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THE IDEAL COOKERY BOOK



Petits Bateaux de Soles aux Ecrevisses.

THE IDEAL COOKERY BOOK

BY
M. A. FAIRCLOUGH

LADY PRINCIPAL OF THE GLOUCESTER ROAD SCHOOL OF COOKERY, LONDON, S.W.

WITH 48 COLOURED PLATES BY A. H. SANDS
AND ABOUT 250 ILLUSTRATIONS IN THE TEXT



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PREFACE

ALTHOUGH there are already many excellent works on cookery, the Editor of the present work has no fear in placing it before the public : for cookery is a science that is constantly advancing, and this volume contains all the newest methods and recipes that are in vogue both in England and on the Continent. The Editor feels confident, therefore, that this book will be acceptable to many, as it is throughout up to date, and includes recipes suitable for the beginner and for the advanced student, as well as information useful for the mistress of the household.

The young cook who is anxious to improve her culinary knowledge will find the recipes clear and easy to understand, and all of them quite reliable. Having been a teacher of cookery for many years, the Editor can understand in what cases a beginner is liable to make mistakes, and has therefore dealt with all these points in clear language. All the recipes in this work have been tested in the Editor's School of Cookery.

The advanced student of cookery, who knows the standard dishes, but perhaps requires to acquaint herself with up-to-date entrées, sweets, savouries, etc., will find a very large number of entirely new and original recipes, which will add considerably to her culinary répertoire.

The mistress of the household will find this volume invaluable, as it states the time taken in the preparation and cooking of each dish, the average cost incurred, and when the dishes are seasonable. This will be found a great convenience, and will lessen the difficulty of ordering the daily meals.

With a view to facilitate the writing of menus, the French names are given, and in most cases the English equivalents are added ; but in instances where translations do not exist, the original titles in French, which is essentially the language of the cuisine, are left untranslated. This applies particularly to the newest dishes. On the other hand, there are many typical English names of which no French translations are current.

The Index is quite comprehensive, both the French and the English titles being registered, thus enabling readers to find any dish without cross-references.

Numerous coloured plates will be found throughout the book, and as these were drawn from actual dishes made in the Editor's School, they are absolutely correct in every detail. Copious text illustrations in black and white are included. In these days, when cookery is an art as well as a science, these illustrations should be of great use in assisting the cook to dress her dishes neatly and well.

The Editor here wishes to emphasize this point—that the eye aids the appetite, and even the most perfectly cooked dish becomes unappetizing unless it is served daintily. Every dish should be made as neat and pretty as it is possible to make it. An untidy, badly garnished entrée, for example, would spoil the whole dinner. On the other hand, the young cook should be careful not to over-decorate, as this is equally wrong, and will give a heavy and clumsy appearance to the dish.

As vegetarianism has increased so much of late years, many vegetable and farinaceous dishes have been included to meet the needs of this section of the public. There is also a chapter on plain and dressed vegetables. This branch of cookery has not been considered important enough to gain the attention of the English cook, but of late years more care has been given to the subject than formerly, and we are beginning to realize the importance of well-cooked vegetables as adjuncts to the daily dinner. In short, this book will, it is hoped, be found to be a complete work of reference on every branch of cookery, from the simplest to the most elaborate.

In conclusion, the Editor wishes to express her sincere thanks to numerous friends who have supplied her with many recipes never before published in any book. She would also draw attention to the large number of original recipes contained in this work; and, lastly, to the section of famous Viennese sweets supplied to her by Mrs. Fluss, of Vienna. These should prove interesting to those who are glad of new recipes, as they are completely unknown in this country, and are well worthy of notice. Further, the Editor and the Publishers have much pleasure in acknowledging their great indebtedness to the works of Mr. C. Herman Senn, who has allowed many of the recipes appearing in his various standard cookery books to be reproduced by the Editor, with or without variations—for which variations, however, Mr. Senn is not responsible.

GLoucester Road,
SOUTH KENSINGTON.

M. A. FAIRCLOUGH

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CHAPTER I

SAUCES

THE making of sauces being such an important branch of cookery, upon which so many other dishes depend, I here give a few rules for their satisfactory preparation :

Care must be taken in measuring the quantities exactly, as the smallest difference in the weight would spoil the consistency of the sauce.

All sauces containing flour must be well boiled, in order that the starch grains which the flour contains may be well cooked.

Proper seasoning is essential to the making of a good sauce : if not sufficiently seasoned, it is insipid ; if too highly, it destroys the distinctive flavour of the sauce

All sauces should be smooth, and of just the right consistency, neither too thick nor too thin.

HOT SAUCES

1. ALLEMANDE SAUCE (GERMAN SAUCE).

1 pint velouté sauce (No. 82).	lemon-juice.	cayenne.
1 oz. butter.	2 tablespoonfuls of cream.	2 yolks of eggs.
	$\frac{1}{2}$ gill chicken or veal stock.	

Boil the velouté sauce with the stock and one tablespoonful of cream until well reduced. Beat the yolk in basin, add the rest of the cream, and stir into the sauce. Cook over a slow fire without boiling. Season with salt and cayenne and a squeeze of lemon-juice. Strain and use.

Average cost, 7d. Time required, 10 minutes.

2. SAUCE AMIRAL (ADMIRAL SAUCE).

1 pint Allemande sauce (No. 1).	$\frac{1}{2}$ teaspoonful chopped parsley.	salt.
1 teaspoonful chopped capers.	a few drops anchovy essence.	juice $\frac{1}{2}$ lemon.
	grated rind $\frac{1}{2}$ lemon.	

Heat up the Allemande sauce ; stir in the capers, parsley, lemon-rind, and anchovy essence. Warm thoroughly, and, lastly, add the juice of half a lemon.

Average cost, 9d. Time required, 10 to 15 minutes.

3. SAUCE AMÉRICAINÉ (AMERICAN SAUCE).

$\frac{1}{2}$ pint brown sauce (No. 6).	1 bay-leaf.	2 mushrooms.
1 shallot.	6 peppercorns.	$\frac{1}{4}$ gill white wine.
1 oz. butter.	1 tomato.	poultry or game bones.

Melt the butter ; break up the bones and put into the butter, with the chopped shallot, the sliced tomato, one chopped mushroom, and the peppercorns. Fry these over the fire until a nice brown colour ; then add the wine, and cook again for a few minutes, and dilute with the brown sauce. Let this simmer for fifteen minutes. Strain into another saucepan ; put in the remaining mushroom, finely chopped. Boil up, and use when the mushroom is cooked. Serve with game or poultry.

Average cost, 8d. Time required, 20 minutes. In season all the year, unless game is used, then in season from September to March.

4. SAUCE BECHAMEL.

2 ozs. butter.	1 small onion.	$\frac{1}{2}$ bay-leaf.	small blade of mace.
$1\frac{1}{2}$ ozs. flour.	$\frac{1}{2}$ carrot.	1 clove.	salt.
1 pint milk.	12 peppercorns.	1 bouquet garni.	

Peel the onion, scrape the carrot ; put them into a saucepan with the bay-leaf, peppercorns, bouquet garni, and clove ; add the milk, and bring to the boil. When the milk boils, take out the mace and bay-leaf. Melt the butter in a small saucepan, mix in the flour smoothly ; whisk into this the hot milk. Stir until it boils, then let it simmer from ten to fifteen minutes. Take out the bouquet ; rub the sauce through a sieve or tammy ; return to the saucepan and reheat. Season with salt. It is then ready for use.

Average cost, 5d. Time required, 20 minutes.

5. SAUCE BANQUIÈRE (BANKER'S SAUCE).

$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ gill cream.	1 pint velouté sauce (No. 82).
6 peppercorns.	1 gill tomato sauce (No. 77).	cayenne.
$\frac{1}{2}$ pint brown stock.	1 oz. butter.	

Put the wine, with the peppercorns, into a saucepan ; reduce well, then add the brown stock and velouté sauce ; reduce to a good consistency, then add the tomato sauce and the cream. Season with salt and cayenne, and finish by adding the butter in small pieces. Each piece of butter must melt before putting in the next, or the sauce will oil.

Average cost, 1s. Time required, 15 minutes.

6. BROWN SAUCE.

1 carrot.	1 pint stock.	$1\frac{1}{4}$ ozs. flour.
1 onion.	2 ozs. butter.	seasoning.

Peel the onion, scrape the carrot ; cut them in slices. Melt the butter in a saucepan ; put in the vegetables, and fry them a dark brown, taking care not to let them burn. Stir in the flour, and fry a light brown ; add the stock, stir until it boils ; let it simmer for ten minutes ; skim off the fat as it rises ; season with pepper and salt. Strain through a hair sieve or through a tammy. It is then ready for use.

Average cost, 4d. Time required, 15 minutes.

7. BÉARNAISE SAUCE.

4 shallots.	4 yolks of eggs.	1 gill Bechamel sauce (No. 4).
$\frac{1}{2}$ gill tarragon vinegar.	$\frac{1}{2}$ gill malt vinegar.	6 peppercorns.
	3 ozs. butter.	

Peel and chop the shallots ; put them into a saucepan with the vinegars and peppercorns, crushed ; boil until the vinegar is reduced to one-third of the original quantity, then strain on to the white sauce, and, when hot, stir in the yolks of the eggs, one at a time, with a wooden spoon. Cook the eggs, but *do not allow this sauce to boil*. Add the butter in small pieces, letting each piece melt before putting in the next ; if put in too quickly, the sauce will oil. Season with salt and a pinch of cayenne pepper.

Average cost, 10d. Time required, 10 to 15 minutes.

8. SAUCE BÉARNAISE VERTE (GREEN BÉARNAISE SAUCE).

$\frac{1}{2}$ pint Béarnaise sauce (No. 7).	$1\frac{1}{2}$ ozs. Venetienne butter (No. 185).
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Make the Béarnaise sauce, and mix in the Venetienne butter.

Average cost, 1s. Time required, 15 minutes.

9. SAUCE BÉARNAISE ROUGE (RED BÉARNAISE SAUCE).

$\frac{1}{2}$ pint Béarnaise sauce (No. 7). | 1 gill tomato sauce (No. 77).

Make the Béarnaise sauce, then stir in the tomato sauce ; make this hot, but do not let it boil.

Average cost, 1s. Time required, 15 minutes.

10. SAUCE BÉARNAISE AU RAIFORT (BÉARNAISE SAUCE WITH HORSE-RADISH).

$\frac{1}{2}$ pint Béarnaise sauce (No. 7). | 2 tablespoonfuls grated horseradish.

Make the Béarnaise sauce, then add the grated horseradish. Season and use as required.

Average cost, 1s. Time required, 15 minutes.

11. SAUCE BORDELAISE (BORDEAUX SAUCE).

$\frac{1}{2}$ pint brown sauce (No. 6). | 2 chopped shallots. | 1 small wineglassful port or claret.
 $\frac{1}{2}$ oz. meat-glaze. | salt and pepper. | 1 teaspoonful parsley, tarragon, and chervil.

Put the chopped shallots in a stewpan with the wine ; boil quickly until the wine is reduced to half ; add the brown sauce, and simmer gently for fifteen minutes. Skim well, then add the meat-glaze and the chopped herbs. Boil up once more, and keep hot until required.

Average cost, 6d. Time required, 30 minutes.

12. SAUCE BRETONNE (BRITTANY SAUCE).

1 leek. | 4 mushrooms. | $\frac{3}{4}$ pint velouté sauce (No. 82). | $\frac{1}{2}$ truffle.
 1 stick celery. | 2 $\frac{1}{2}$ ozs. butter. | $\frac{1}{2}$ gill white stock. | 1 tablespoonful cream.

Cut the white part of the leek, the celery, and mushrooms into fine strips. Melt 2 ozs. butter, add the vegetables, and cook for ten minutes ; dilute with the stock, and reduce well ; then add the velouté sauce and the cream ; finish with the $\frac{1}{2}$ oz. butter and the truffle cut in fine strips.

Average cost, 10d. Time required, 20 minutes.

13. BREAD SAUCE.

$\frac{1}{2}$ pint milk. | 1 small onion. | 1 gill fresh breadcrumbs. | 1 oz. butter. | pepper and salt.

Put the milk into a saucepan with the onion, bring slowly to the boil, add the breadcrumbs, and let the sauce stand by the side of the fire for twenty minutes ; remove the onion, season with salt and pepper ; lastly, work in the butter.

Average cost, 3d. Time required, 25 minutes.

14. SAUCE AU BEURRE NOIR (BLACK BUTTER SAUCE).

2 ozs. butter. | 1 teaspoonful vinegar. | 1 teaspoonful chopped parsley.

Put the butter in an omelet pan, place it on the fire, and fry until it is a nut-brown colour ; then take off the fire, and stir in the vinegar and the chopped parsley.

Average cost, 3d. Time required, 5 minutes.

15. CAPER SAUCE, WHITE.

1 oz. butter. | $\frac{3}{4}$ oz. flour. | $\frac{1}{2}$ pint milk. | 2 tablespoonfuls capers. | seasoning.

Melt the butter in a small saucepan, stir in the flour, dilute with the milk, bring it to the boil, stirring all the time ; simmer for ten minutes ; season with salt and pepper, and, lastly, add the capers.

Average cost, 3d. Time required, 15 minutes.

16. CAPER SAUCE, BROWN.

$\frac{1}{2}$ pint brown sauce (No. 6).	1 tablespoonful vinegar.	1 tablespoonful capers.
1 lemon.	1 shallot.	salt.
	1 tablespoonful of meat-glaze.	

Chop the shallot, put into a saucepan with the vinegar, and boil for a few minutes. Add the brown sauce, meat-glaze, and the juice of the lemon; boil all this together, skim it, and strain through a fine strainer into another saucepan; add the capers, and use as required. This sauce is served with grilled steak, kidneys, etc.

Average cost, 6d. Time required, 10 minutes.

17. CHESTNUT SAUCE, WHITE.

$\frac{1}{2}$ lb. chestnuts. | $\frac{3}{4}$ pint white stock. | $\frac{1}{2}$ lemon. | $\frac{1}{2}$ gill thick cream. | cayenne. | salt.

Remove the outer shell of the chestnuts, cook them quickly in boiling water for a few minutes, then drain and peel off the inner skin. Weigh the chestnuts; take 6 ozs. of them and boil in the white stock, with the rind of the lemon, until tender; then run through a hair sieve. Return to the saucepan, season with salt and cayenne; lastly, stir in the cream, and serve. This sauce is served with turkeys and fowls.

Average cost, 7d. Time required, about 40 minutes. In season from October to February.

18. CHESTNUT SAUCE, BROWN.

$\frac{1}{2}$ lb. chestnuts. | cayenne. | salt.
1 gill Espagnole sauce (No. 33). | $\frac{3}{4}$ pint brown stock. | nutmeg.

Remove the outer shell of the chestnuts, throw them into boiling water for a few minutes, then drain, and peel off the inner skin. Take 6 ozs. of the chestnuts after they are peeled, and boil till tender in the stock. Then rub through a hair sieve, return to the saucepan; season rather highly with salt, cayenne, and nutmeg. Stir in the Espagnole sauce, and let it simmer for five or ten minutes.

Average cost, 6d. Time required, 40 minutes. In season from October to February.

19. SAUCE CHASSEUR.

2 shallots. | 1 gill brown sauce (No. 6). | $\frac{1}{2}$ gill tomato sauce (No. 77).
 $\frac{1}{2}$ gill white wine. | 2 ozs. butter. | parsley.
4 mushrooms.

Peel and chop the shallots, and cook in 1 oz. butter without browning; add the mushrooms, peeled and chopped, also the white wine. Cook this a little more; then stir into it the brown and tomato sauces; boil well; season to taste with salt and pepper. When quite hot, put in the remaining ounce of butter in small pieces, allowing each piece to melt before the next is added. Lastly, stir into the sauce one teaspoonful of chopped parsley.

Average cost, 9d. Time required, 20 minutes.

20. SAUCE COLBERT.

$\frac{1}{2}$ pint Espagnole sauce (No. 33). | $\frac{1}{2}$ teaspoonful chopped tarragon. | lemon-juice.
1 teaspoonful chopped parsley. | 1 tablespoonful meat-glaze. | $\frac{1}{2}$ teaspoonful chopped chervil.
1 oz. butter. | cayenne. | salt.

Reduce the Espagnole sauce to a good consistency, and add to it the chopped herbs, lemon-juice, cayenne, and salt. When hot, stir in the meat-glaze and the ounce of butter, a small piece at a time, until it is all melted. The sauce is then ready for use.

Average cost, 10d. Time required, 15 minutes.

21. CUCUMBER SAUCE.

$\frac{1}{2}$ cucumber. | $\frac{1}{2}$ gill cream. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | pepper and salt.

Peel the cucumber, cut in half lengthways, and take out the seeds; boil the cucumber in salted water until tender, then take it up and drain it carefully. Rub through a hair sieve; heat up the Bechamel sauce; add the sieved cucumber, cream, and seasoning. Stir over the fire until thoroughly hot.

Average cost, 10d. Time required, 30 minutes. In season from March to September.

22. SAUCE AU CÉLERI (CELERY SAUCE).

$1\frac{1}{2}$ ozs. butter. | 1 small white head of celery. | 1 tablespoonful cream.
 $1\frac{1}{4}$ ozs. flour. | white stock and milk in equal quantities. | salt.

Cut the celery into small pieces, taking only the white portions, wash well, and then boil in enough white stock and milk to well cover. When quite tender, take it up and drain well; rub through a hair sieve. Then melt the butter in a saucepan, stir in the flour, and moisten with 1 pint of the liquor that the celery was boiled in. Cook this over the fire until it boils; add seasoning, celery, and cream. Heat the sauce thoroughly without boiling.

Average cost, 10d. Time required, 1 hour. In season from October to March.

23. CURRY SAUCE.

2 onions. | $\frac{1}{2}$ gill white stock. | $\frac{1}{2}$ tablespoonful curry-powder.
 2 ozs. butter. | 1 pint velouté sauce (No. 82). |

Peel and chop the onions finely; fry them, without browning, in the butter. Drain away the butter, add the curry-powder, cook a few minutes; then add the stock; let it reduce, and then pour in the velouté sauce; bring it to the boil, and simmer for ten minutes.

Average cost, 7d. Time required, 20 minutes.

24. SAUCE CHAMPIGNONS BLANCHE (WHITE MUSHROOM SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4). | 12 preserved mushrooms. | juice of $\frac{1}{2}$ lemon.
 salt. | 2 tablespoonfuls mushroom | $\frac{1}{2}$ gill white wine.
 $\frac{1}{2}$ pint white stock. | liquor. | $\frac{1}{2}$ gill cream.

Put the Bechamel sauce and white stock into a saucepan, boil, and reduce to half the quantity. Add the mushrooms, cut in slices, the mushroom liquor, the lemon-juice, and the wine; boil for ten minutes, season to taste, add the cream, and serve.

Average cost, 1s. 3d. Time required, 20 minutes.

25. SAUCE CHAMPIGNONS BRUNE (BROWN MUSHROOM SAUCE).

10 preserved mushrooms. | $\frac{1}{2}$ gill sherry. | $\frac{1}{2}$ pint demi-glace sauce (No. 29). | salt.

Chop the mushrooms very finely; put them into a small saucepan with the sherry and one tablespoonful of the mushroom liquor; allow this to boil until reduced to half its original quantity; then add the demi-glace sauce. Stir over the fire until thoroughly hot, season with salt, and it is then ready for use.

Average cost, 1s. Time required, 15 minutes.

26. SAUCE CHATEAUBRIAND.

1 gill white wine. | $\frac{1}{2}$ bay-leaf. | 1 tablespoonful meat-glaze. | $\frac{1}{2}$ pint brown veal stock.
 3 chopped shallots. | $\frac{1}{2}$ lemon. | 1 teaspoonful chopped | a pinch of chopped tar-
 1 sprig of thyme. | 3 ozs. butter. | parsley. | ragon.

Put the shallots, thyme, bay-leaf, and wine into a saucepan; boil until it is reduced almost entirely, then add the stock, and boil until it is reduced to 1 gill. Add the meat-glaze, and then strain through a cloth. Return to the saucepan, and make hot. Take the saucepan off the fire, and work in the butter gradually. Just before serving, stir in the chopped herbs, and season to taste.

Average cost, 1s. 2d. Time required, $\frac{1}{2}$ hour.

27. SAUCE CREOLE.

1 onion.	½ pint brown sauce	1 oz. butter.	6 crushed peppercorns.
2 tomatoes.	(No. 6).	½ gill white wine.	salt and cayenne.

Melt the butter in a saucepan ; put in the onion, sliced, and the peppercorns ; fry this without browning, dilute with the wine, and reduce a little ; then add the brown sauce, and simmer for twenty minutes. Peel the tomatoes, take out the seeds, cut in large dice, put into the sauce, and cook for another ten minutes. Season to taste with salt and a pinch of cayenne.

Average cost, 8d. Time required, 40 minutes.

28. SAUCE CERVELLES (BRAIN SAUCE).

1½ ozs. butter.	½ onion.	1 set of calf's brains.	squeeze of lemon-juice.
1 oz. flour.	1 pint milk.	salt.	½ teaspoonful of chopped parsley.

Wash the brains well, put them into a saucepan of water with the onion, bring to the boil, and simmer gently for ten minutes. Take up, drain well, and then rub the brains through a hair sieve. Melt the butter in a saucepan, stir in the flour, add the milk, and stir over the fire until boiling ; let it simmer for five or ten minutes. Add the brains, lemon-juice, seasoning, and chopped parsley. Heat thoroughly, and serve with boiled calf's head.

Average cost, 1s. Time required, 30 minutes.

29. DEMI-GLACE SAUCE.

½ pint Espagnole sauce (No. 33).	pepper.	¾ gill good gravy.
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Reduce the Espagnole sauce with the gravy, simmer for fifteen minutes, strain through a fine strainer ; season with pepper, and use.

Average cost, 4d. Time required, 15 minutes.

30. SAUCE DUXELLE.

½ pint brown sauce (No. 6).	1 shallot.	½ lemon.
1 tablespoonful chopped, cooked ham.	1 truffle.	2 yolks of eggs.
1 teaspoonful chopped parsley.	2 mushrooms.	1 oz. butter.

Melt the butter, and fry the chopped shallot ; add the mushrooms and truffle, also chopped ; moisten with the brown sauce ; stir over the fire until thoroughly hot ; add the ham and egg-yolks ; cook over a slow fire until the eggs are cooked. The sauce must not be allowed to boil. Lastly, stir into it the chopped parsley and one teaspoonful of lemon-juice. Add seasoning if required.

Average cost, 1s. Time required, 15 minutes.

31. SAUCE DIABLE (DEVILLED SAUCE).

1 tablespoonful	2 chopped shallots.	½ teaspoonful	½ teaspoonful Worcester
vinegar.	½ pint brown sauce	made mustard.	sauce.
10 peppercorns.	(No. 6).	1 oz. butter.	cayenne.

Reduce the vinegar with the shallots and crushed peppercorns ; dilute with the brown sauce ; simmer for ten minutes ; add the made mustard and the Worcester sauce ; season with salt and cayenne, and finish by adding the ounce of butter gradually.

Average cost, 6d. Time required, 15 minutes.

32. SAUCE DUCHESSE.

½ pint Bechamel sauce (No. 4).	¼ gill cream.	1 tablespoonful cooked ox-
10 preserved mushrooms.	1 oz. butter.	tongue.

Put the Bechamel sauce in a saucepan ; when hot, stir in the cream, the mushrooms, and tongue, both finely chopped. When thoroughly hot, add the butter in small pieces, letting each piece melt before adding the next.

Average cost, 1s. Time required, 10 minutes.

33. SAUCE ESPAGNOLE.

1 pint brown sauce (No. 6). | $\frac{1}{2}$ pint tomato sauce (No. 77). | 1 glass of sherry.

Heat the brown sauce, add to it the tomato sauce and the glass of sherry, bring to the boil, and simmer for ten minutes; skim well, strain through a tammy cloth or hair sieve, and it is ready for use.

Average cost, 9d. Time required, 10 minutes.

34. SAUCE FINANCIÈRE.

$\frac{1}{2}$ pint brown sauce (No. 6). | 1 shallot. | $\frac{1}{2}$ oz. butter.
1 tablespoonful meat-glaze. | 1 large mushroom. | $\frac{1}{2}$ gill sherry.

Peel and chop the shallot; melt the butter in a saucepan; fry the shallot in it until a pale brown; add the mushroom, chopped, also the sherry. Let this boil until reduced to half, then stir in the meat-glaze and brown sauce. Stir over the fire for a few minutes, strain into another saucepan, and use as required.

Average cost, 7d. Time required, 15 minutes.

35. SAUCE FERMÈRE.

1 pint Espagnole sauce (No 33). | 2 ozs. lean ham. | 1 tablespoonful chopped
1 tablespoonful capers. | salt. | parsley.

Chop the ham and capers finely; put these in a saucepan; add the sauce to them, and bring to the boil. Simmer for twenty minutes, then add the parsley, and serve. This sauce is used with game.

Average cost, 1s. Time required, 25 minutes.

36. SAUCE GIBIER (GAME SAUCE).

1 small onion. | 1 bay-leaf. | small piece of mace.
a piece of carrot. | 1 clove. | 1 pint brown sauce (No. 6).
1 sprig of thyme. | $\frac{1}{2}$ gill sherry. | carcasses, etc., of any kind of game.

Chop up the carcasses and trimmings of game; put them in a saucepan with the vegetables, cut in slices, the herbs and spice; moisten with the wine; cook over the fire for five minutes. Add the brown sauce, boil up, and simmer for fifteen minutes. Pass through a sieve, reheat, season to taste, and serve.

Average cost, 10d. Time required, 20 minutes. In season from September to March.

37. SAUCE GRANDVENEUR.

$\frac{1}{2}$ gill vinegar. | $\frac{1}{2}$ gill port wine. | 1 tablespoonful red- | $\frac{1}{2}$ pint brown sauce (No. 6).
8 peppercorns. | seasoning. | currant jelly. | $\frac{1}{2}$ oz. unsweetened chocolate.

Crush the peppercorns; put them, with the vinegar, into a saucepan; reduce until nearly dry; grate the chocolate, and add to the vinegar; moisten with the wine and brown sauce; add the jelly. Simmer for twenty minutes, season to taste, and strain.

Average cost, 9d. Time required, 30 minutes.

38. SAUCE HONGROISE (HUNGARIAN SAUCE).

1 onion. | 1 gill white wine. | 1 teaspoonful paprika | 1 pint velouté sauce (No. 82).
2 ozs. butter. | 1 gill cream. | pepper. | seasoning.

Chop the onion finely, and fry it in 1 oz. butter until a nice brown colour; add the wine, and reduce to half; then stir in the sauce and the paprika pepper. Simmer for fifteen minutes; stir in the cream, and season to taste; finish with the other ounce of butter, put in gradually.

Average cost, 1s. 3d. Time required, 25 minutes.

39. SAUCE HACHIS.

1 pint brown sauce (No. 6).
6 mushrooms.

1 dessertspoonful of capers.
1 dessertspoonful of gherkins.

Peel the mushrooms, chop them finely; also the gherkins. Warm the brown sauce; add the chopped ingredients and the capers; simmer for twenty minutes. Serve with brown meats.

Average cost, 8d. Time required, 25 minutes.

40. HAM SAUCE.

2 ozs. lean cooked ham.
1 oz. butter.

$\frac{1}{2}$ pint brown sauce (No. 6).
2 shallots.

juice of $\frac{1}{2}$ lemon.
pepper.

$\frac{1}{2}$ teaspoonful chopped
parsley.

Cup up the ham in fine shreds; chop the shallots. Melt the butter in a stewpan, add the ham and shallots, fry for five minutes; then stir in the brown sauce, lemon-juice, and seasoning. Simmer the sauce for five minutes, add the parsley, and serve. This sauce is used with white meats.

Average cost, 8d. Time required, 15 minutes.

41. SAUCE ITALIENNE (ITALIAN SAUCE).

$\frac{1}{2}$ pint Espagnole sauce (No. 33).
a few mushroom-peelings.

1 oz. butter.
1 glass white wine.

4 shallots.
 $\frac{1}{2}$ gill stock.

Peel and chop the shallots; melt the butter in a stewpan; put in the shallots and the mushroom-peelings; cook over the fire for a few minutes, but do not let it colour; then add the wine and the stock. Let it reduce well; stir in the Espagnole sauce. Boil for ten minutes, strain, and keep hot until required.

Average cost, 10d. Time required, 20 minutes.

42. SAUCE JARDINIERE.

1 carrot.
1 turnip.

1 onion.
2 ozs. butter.

$\frac{1}{2}$ pint brown sauce (No. 6).
 $\frac{1}{2}$ gill stock.

1 tablespoonful cooked
green peas.

Cut the onion, carrot, and turnip into small dice. Melt 1 oz. butter in a stewpan, put in the vegetables, and cook slightly in the butter; cover with enough stock to cook them. Simmer gently until the vegetables are tender, then strain and put aside until needed. Put the brown sauce and the $\frac{1}{2}$ gill of stock into a saucepan, and let it reduce to a good consistency; then add the prepared vegetables and the peas. Simmer for ten minutes; season with salt and a pinch of sugar; finish the sauce with 1 oz. butter, put in gradually.

Average cost, 8d. Time required, 45 minutes.

43. MELTED BUTTER SAUCE.

1 oz. butter. | $\frac{3}{4}$ oz. flour. | $\frac{1}{2}$ pint milk. | salt and pepper.

Melt the butter in a small stewpan, stir in the flour, and cook for a few minutes, but do not let the flour brown; then add the milk; bring it to the boil, stirring all the time; then season with salt and pepper, and let it simmer for at least ten minutes.

Average cost, 2d. Time required, 15 minutes.

44. SAUCE A LA MOËLLE (MARROW SAUCE).

$\frac{1}{2}$ gill white wine.
2 chopped shallots.

$\frac{1}{2}$ pint brown sauce
(No. 6).

beef marrow.
1 gill brown stock.

Put the chopped shallots in a stewpan with the wine; reduce to half; then add the brown sauce and the stock; boil until a good consistency, strain, and add the beef-marrow, which must be parboiled and cut in slices.

Average cost, 10d. Time required, 20 minutes.

45. MADRAS SAUCE.

1 onion.	$\frac{1}{2}$ gill white stock.	$\frac{1}{2}$ tablespoonful curry-	1 oz. butter.
salt.	$\frac{1}{2}$ pint velouté sauce (No. 82).	powder.	$1\frac{1}{2}$ gills tomato sauce (No. 77).

Chop the onion, and fry in the butter ; add the curry-powder, fry a little, and dilute with the stock and sauce. Reduce to a good consistency ; then add the tomato sauce, and season to taste. Strain and use.

Average cost, 8d. Time required, 15 minutes.

46. SAUCE MARÉCHALE (MARSHAL SAUCE).

$\frac{1}{2}$ teaspoonful chopped tarragon-leaves.	1 tablespoonful meat-glaze.	1 lemon.
1 tablespoonful tarragon vinegar.	$\frac{1}{2}$ pint crown sauce (No. 6).	cayenne.

Put the tarragon vinegar into a saucepan, and let it reduce to one-third of the quantity ; then add the brown sauce and meat-glaze ; reduce for ten minutes, then stir in the juice of the lemon, a pinch of cayenne, and the chopped tarragon.

Average cost, 7d. Time required, 20 minutes.

47. SAUCE MARSEILLAISE.

1 onion.	2 ozs. butter.	1 bay-leaf.	2 ozs. streaky bacon.	salt.
1 carrot.	1 lb. tomatoes.	$1\frac{1}{2}$ ozs. flour.	$1\frac{1}{2}$ pints white stock.	pepper.

Cut the onion and carrot into slices ; put them into a stewpan, with the stock. Add the tomatoes, which should be cut in halves and the pips removed. Cook until tender. Chop up the bacon into dice ; put it into a stewpan with half the butter. Cook over the fire for a few minutes ; mix in the flour ; cook without browning. Add to this the stock, vegetables, bay-leaf, and tomatoes. Simmer gently for fifteen minutes ; season with salt and pepper. Pass through a hair sieve. Return to saucepan, reheat, and add by degrees the rest of the butter.

Average cost, 1s. Time required, 40 minutes.

48. SAUCE MAINTENON.

3 yolks of eggs.	1 pint Bechamel sauce	1 oz. Parmesan cheese.	cayenne.
1 oz. butter.	(No. 4).	1 sliced onion.	salt.

Melt the butter in a stewpan, put in the sliced onion, and fry a few minutes without browning ; add the Bechamel sauce, and reduce well by boiling for about twenty minutes, stirring all the time. Strain into a clean saucepan, add the yolks of eggs, thicken the sauce, and cook the eggs over the fire, but do not let it boil, or the sauce will curdle. Lastly, stir in the cheese and a pinch of cayenne pepper.

Average cost, 10d. Time required, 30 minutes.

49. MINT SAUCE.

3 tablespoonfuls mint.	2 tablespoonfuls castor sugar.
6 tablespoonfuls vinegar.	1 dessertspoonful boiling water.

Put the sugar into a sauce tureen ; add to it the boiling water to melt the sugar ; let it cool. Chop the mint finely, add to the sugar, and mix together ; then add gradually the vinegar. It is then ready to use.

Average cost, 3d. Time required, 5 minutes.

50. SAUCE MADÈRE (MADEIRA SAUCE).

1 pint demi-glaze sauce (No. 29).	$\frac{1}{2}$ oz. meat-glaze.	1 glass Madeira or sherry.
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Heat the sauce, add the wine, and boil for fifteen minutes ; finish with the meat-glaze.

Average cost, 8d. Time required, 20 minutes.

51. SAUCE NEAPOLITAINE.

2 tablespoonfuls grated horse-radish.	2 shallots.	1 oz. lean ham.
$\frac{1}{2}$ pint brown sauce (No. 6).	bay-leaf.	small piece of mace.
1 tablespoonful Harvey sauce.	sprig of thyme.	1 glass port wine.
2 tablespoonfuls red-currant jelly.	2 cloves.	1 gill stock.
	10 peppercorns.	a little glaze.

Put the horseradish, chopped shallots, chopped ham, bay-leaf, thyme, and spices into a saucepan. Add the wine and stock, boil well, and reduce ; then stir in the brown sauce, Harvey sauce, red-currant jelly, and seasoning. Simmer for fifteen minutes, add the glaze, and serve.

Average cost, 1s. Time required, 20 minutes.

52. SAUCE À L'OSEILLE (SORREL SAUCE).

$\frac{1}{2}$ pint demi-glaze sauce (No. 29).	1 tablespoonful blanched sorrel-leaves.
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Put the sorrel-leaves into a saucepan, cover them with cold water, and bring to the boil. Drain and press well to extract all the water ; chop finely ; add this to the sauce. Simmer for ten minutes. Serve with boiled fowls.

Average cost, 6d. Time required, 10 minutes.

53. SAUCE OPORTO (PORT WINE SAUCE).

1 pint brown sauce (No. 6).	1 gill port wine.	1 tablespoonful red-
12 peppercorns.	1 gill game stock.	currant jelly.

Put the peppercorns and wine into a saucepan, reduce to half, then add the game stock and brown sauce ; boil until reduced to a good consistency ; add the jelly. Simmer for five minutes, then strain. This sauce is generally served with game.

Average cost, 1s. Time required, 15 minutes. In season from September to March.

54. SAUCE AUX OLIVES (OLIVE SAUCE).

$\frac{1}{2}$ pint Espagnole sauce (No. 33).	1 dessertspoonful of chopped olives.	lemon-juice.
		salt.

Heat up the Espagnole sauce, season to taste, stir in the chopped olives, and finish with a squeeze of lemon-juice. Serve with ducks and poultry.

Average cost, 7d. Time required, 10 minutes.

55. SAUCE ORANGE.

1 teaspoonful of red-currant jelly.	1 orange.	$\frac{1}{2}$ lemon.
	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	1 gill stock.

Peel half the orange very thinly, taking care not to take off any of the white pith. Cut this peel into very thin strips, put them into a saucepan, cover with cold water, and let it come to the boil ; then strain off the water, and keep the strips until required. Put the Espagnole sauce in a saucepan with the stock, red-currant jelly, and the juice of the orange. Let these boil until it is reduced to a good consistency ; it should be thick enough to coat the back of a spoon. Then add a squeeze of lemon-juice and the strips of orange-peel. Season with pepper and salt. Use with wild-duck and other game.

Average cost, 10d. Time required, 20 minutes.

56. SAUCE AUX OIGNONS (ONION SAUCE).

2 large onions.	1 oz. butter.	$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ oz. flour.	pepper.	salt.
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Peel the onions, cut them in quarters, and cook them in water, with a little salt, until tender. Drain them, and chop finely. Melt the butter in a saucepan ; stir in the flour, add the milk, and stir until it boils ; put in the chopped onions, season to taste, and serve.

Average cost, 3d. Time required, 30 minutes.

57. SAUCE AUX OIGNONS BRUNE (BROWN ONION SAUCE).

2 large onions. | $\frac{1}{2}$ pint brown sauce (No. 6). | 1 oz. butter. | 1 tablespoonful glaze.

Peel the onions and chop finely, melt the butter in a saucepan, put in the onion, and fry a light brown. Add the brown sauce, and let it simmer for ten minutes. Rub through a hair sieve, return to saucepan, stir in the glaze. Simmer for a few minutes.

Average cost, 5d. Time required, 30 minutes.

58. SAUCE POIVRADE (PEPPER SAUCE).

$\frac{1}{2}$ pint Espagnole sauce (No. 33). | $\frac{1}{2}$ small onion. | 12 peppercorns.
 $\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ small carrot. | $\frac{1}{2}$ oz. raw ham.

Cut the onion and carrot in slices, mince the ham, fry these in the butter for a few minutes, add the crushed peppercorns, dilute with the sauce, boil for ten minutes. Skim well and strain.

Average cost, 7d. Time required, 20 minutes.

59. SAUCE PIQUANTE (SHARP SAUCE).

4 shallots. | 1 sprig thyme. | $\frac{1}{2}$ teaspoonful anchovy | $\frac{3}{4}$ oz. flour.
 3 mushrooms. | 1 oz. butter. | essence. | salt.
 1 bay-leaf. | $\frac{1}{2}$ gill vinegar. | 1 tablespoonful Harvey | cayenne.
 $\frac{1}{2}$ carrot. | $\frac{1}{2}$ pint brown stock. | sauce.

Peel and chop the shallots, carrot, and mushrooms; melt the butter in a saucepan; fry the vegetables a nice brown; then add the vinegar, bay-leaf, and thyme. Reduce the vinegar to half the quantity; stir in the flour, dilute with the stock, bring to the boil; then add the anchovy essence, Harvey sauce, salt, and cayenne. Take out the thyme and bay-leaf. Simmer for ten minutes. Skim, and use as required.

Average cost, 1s. Time required, 20 minutes.

60. SAUCE PROVENÇALE.

$\frac{1}{2}$ pint Espagnole sauce (No. 33). | cayenne. | 1 oz. butter.
 1 onion. | 3 mushrooms. | 1 teaspoonful of chopped
 1 gill tomato sauce (No. 77). | lemon-juice. | parsley.

Melt the butter in a saucepan; peel and chop the onion, and fry a light brown in the butter; peel the mushrooms, cut them into very thin slices, and cook them with the onion; add the Espagnole and tomato sauces, the cayenne pepper, and a squeeze of lemon-juice. Let this get thoroughly hot, and just before serving add the teaspoonful of chopped parsley.

Average cost, 8d. Time required, 15 minutes.

61. PARSLEY SAUCE.

$\frac{1}{2}$ oz. butter. | 1 dessertspoonful chopped | $1\frac{1}{2}$ gills milk.
 $\frac{1}{2}$ oz. flour. | parsley. | pepper and salt.

Melt the butter in a small stewpan, mix in the flour, add the milk, stir until it boils, simmer for ten minutes; then add the parsley, pepper, and salt.

Average cost, 2d. Time required, 15 minutes.

62. PÉRIGUEUR SAUCE (PERIGORD SAUCE).

4 truffles. | 1 gill brown sauce (No. 6). | 1 oz. butter.
 $\frac{1}{2}$ gill sherry. | 1 gill tomato sauce (No. 77). | salt.

Chop the truffles very finely; put them into a saucepan with the sherry. Let it boil until reduced to $\frac{1}{4}$ gill, then add the brown and tomato sauces, and boil again for a few minutes; lastly, add salt and the butter in small pieces, allowing each piece to melt before adding the next.

Average cost, 1s. Time required, 15 minutes.

63. SAUCE POMPADOUR.

2 chopped shallots.	$\frac{1}{2}$ pint velouté sauce (No. 82).	$\frac{1}{2}$ lemon.
6 preserved mushrooms.	$\frac{1}{2}$ gill white stock.	salt.
1 oz. butter.	1 teaspoonful chopped parsley.	pepper.
3 yolks of eggs.	2 tablespoonfuls cream.	

Put the chopped mushrooms and shallots in a saucepan with the butter, cook for a few minutes without browning, then add to them the sauce and the stock. Simmer for twenty minutes ; skim well. Thicken the sauce with the yolks of eggs ; add the cream and seasoning. Stir until quite hot, but do not boil. Mix in the parsley, finely chopped ; also a squeeze of lemon-juice, if liked. Keep hot until required.

Average cost, 1s. 3d. Time required, 30 minutes.

64. SAUCE À LA POLONAISE.

2 ozs. butter.	$\frac{1}{2}$ lemon.	1 tablespoonful parsley.	pepper.
1 oz. flour.	$\frac{1}{2}$ pint white stock.	4 tablespoonfuls grated horseradish.	salt.

Melt the butter in a saucepan, stir in the flour, add the stock, and let it boil, stirring all the time ; add the horseradish, salt, and pepper. Simmer for ten minutes ; then add the finely chopped parsley and the juice of half a lemon. The sauce is now ready for serving.

Average cost, 6d. Time required, 15 minutes.

65. SAUCE POULETTE.

2 ozs. butter.	$\frac{3}{4}$ oz. flour.	$\frac{1}{2}$ lemon.	$\frac{3}{4}$ pint white stock.	2 yolks of eggs.
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Melt 1 oz. butter in a saucepan, stir in the flour, and cook a little without browning ; then add the stock, and simmer for fifteen minutes. Let it cool a few minutes, and then stir in the egg-yolks and the rest of the butter, added gradually. Cook the eggs, but do not let the sauce boil again.

Average cost, 5d. Time required, 20 minutes.

66. SAUCE PALOISE.

2 shallots.	$\frac{1}{4}$ gill Bechamel sauce (No. 4).	$\frac{1}{2}$ tablespoonful chopped mint.	2 ozs. butter.
$\frac{1}{2}$ gill vinegar.	3 egg-yolks.		1 oz. meat-glaze.

Put the chopped shallots and mint into a saucepan with the wine ; reduce until nearly dry, then add the Bechamel sauce, and bring to the boil. Stir in the egg-yolks, and cook without boiling ; mix the butter in by degrees, in small pieces ; and, lastly, add the meat-glaze just before serving.

Average cost, 9d. Time required, 15 minutes.

67. SAUCE RÉFORME (FOR CUTLETS À LA RÉFORME).

$\frac{1}{2}$ pint poivrade sauce (No. 58).	1 glass port wine.	1 dessertspoonful red-currant jelly.
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Heat the poivrade sauce ; add the wine and red-currant jelly. Boil well for ten minutes ; then strain and use.

Average cost, 1s. Time required, 15 minutes.

68. SAUCE ROBERT.

1 shallot.	$\frac{1}{4}$ gill sherry.	$\frac{1}{2}$ gill tomato sauce (No. 77).
1 oz. butter.	$1\frac{1}{2}$ gills brown sauce (No. 6).	salt and mustard.

Peel and chop the shallots. Melt the butter in a saucepan, put in the chopped shallot, and fry a light brown ; then stir in a saltspoonful of dry mustard and the wine. Let this boil for a few minutes ; add the brown and tomato sauces. Let this simmer for fifteen minutes.

Average cost, 8d. Time required, 20 minutes.

69. SAUCE RÉGENCE.

1 shallot.	1 oz. butter.	1 gill chicken stock.
1 onion.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	2 ozs. raw ham.

Chop the shallot and onion ; cut the ham into small pieces ; fry these ingredients in the butter ; dilute with the chicken stock, boil for a few minutes, and then add the brown sauce. Simmer this sauce until a creamy consistency. Strain and use as required.

Average cost, 9d. Time required, 15 minutes.

70. SAUCE RICHELIEU.

$\frac{1}{2}$ pint Espagnole sauce (No. 33).	salt.	$1\frac{1}{2}$ ozs. butter.	1 gill game stock.
1 glass Madeira or sherry.	2 truffles.	2 shallots.	1 teaspoonful Bovril.

Chop the shallots, melt the butter in a saucepan, and fry the shallots a golden colour ; add the wine, and reduce to half. Dilute with the stock and Espagnole sauce, bring to the boil, add the Bovril, and simmer for ten minutes. Strain, and add the truffles, finely chopped. Serve with game.

Average cost, 1s. Time required, 20 minutes. In season from September to March.

71. SAUCE RAIFORT CHAUDE (HOT HORSERADISH SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4).	$\frac{1}{2}$ teaspoonful vinegar.	cayenne.
2 tablespoonfuls grated horseradish.	$\frac{1}{2}$ teaspoonful sugar.	salt.

Pour the vinegar over the horseradish ; stir this into the sauce ; boil up, stirring all the time. Add the sugar, cayenne, and salt ; let the sauce simmer for ten minutes. Serve with hot roast beef, etc.

Average cost, 6d. Time required, 15 minutes.

72. SAUCE RAVIGOTE.

2 shallots.	1 teaspoonful chopped	1 pint velouté sauce (No. 82).
$\frac{1}{2}$ gill vinegar.	tarragon and chervil.	2 ozs. Venetian butter (No. 185).

Chop the shallots, put them with the vinegar in a saucepan, reduce to a third of the quantity, then add the sauce ; stir until it boils. Let it simmer for ten minutes. Strain, and add the chopped herbs. Warm up, and stir in the Venetian butter. Mix well, and serve.

Average cost, 8d. Time required, 20 minutes.

73. SAUCE RUISSEAU (WATERCRESS SAUCE).

1 bunch of watercress.	1 tablespoonful capers.	3 gills Allemande	2 ozs. butter.
1 gill white stock.	1 hard-boiled yolk of egg.	sauce (No. 1).	seasoning.

Wash the cress, take off the stalks, put the leaves into a saucepan, cover with cold water, bring to the boil, and then strain. Put the cress into a mortar, with the capers, hard-boiled yolk, and butter ; pound well, and rub through a fine sieve. Mix the sauce and stock together in a saucepan ; let it boil, and then reduce to a good consistency. Stir the green purée in by degrees ; season to taste. Strain through a strainer ; return to saucepan, and make hot, but do not let it boil again.

Average cost, 10d. Time required, 30 minutes.

74. SAUCE SUPRÊME.

$2\frac{1}{2}$ ozs. butter.	6 peppercorns.	1 pint chicken or veal stock.	1 gill cream.
$1\frac{1}{4}$ ozs. flour.	1 bouquet garni.	mushroom-peelings.	salt.

Melt $1\frac{1}{2}$ ozs. butter in a saucepan, stir in the flour, dilute with the white stock, and cook over the fire until boiling ; then add the mushroom-peelings, herbs, peppercorns, and salt. Let this simmer gently for twenty to thirty minutes ; strain through a fine strainer into another saucepan. Add the cream ; stir over the fire until hot, but

not boiling ; then add the remaining ounce of butter, a small piece at a time, allowing each piece to melt before adding the next. If the butter is put in too quickly, the sauce will oil ; but if put in carefully, will greatly improve it.

Average cost, 1s. Time required, 40 minutes.

75. SAUCE SOUBISE (ONION SAUCE).

6 large onions. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | $\frac{1}{2}$ gill cream. | milk. | salt.

Peel the onions, cut into quarters, and boil them in milk until tender ; take them up, and press all the milk out, then rub through a hair sieve. Put it into a saucepan with the Bechamel sauce, cream, and seasoning. Heat this over the fire, and it is then ready for use.

Average cost, 8d. Time required, 40 minutes.

76. SAUCE SALMI.

$\frac{1}{2}$ pint Espagnole sauce (No. 33). | 2 shallots. | 1 glass port wine. | 1 teaspoonful red-
carcass of cooked game. | $1\frac{1}{2}$ ozs. butter. | 1 gill game stock. | currant jelly.

Peel and chop the shallots ; melt the butter in a saucepan, and fry the shallots a golden colour ; chop the carcass of game, and fry in a little butter ; drain, and put with the shallots ; add the wine, cover the saucepan, and cook for a few minutes. Dilute with the stock and sauce, bring to the boil, and then simmer for ten to fifteen minutes. Skim well and strain ; add the red-currant jelly and seasoning ; heat up, and serve.

Average cost, 10d. Time required, 30 minutes. In season from September to March.

77. TOMATO SAUCE.

2 lbs. tomatoes. | $\frac{1}{2}$ oz. cornflour. | 1 sprig thyme.
2 ozs. lean ham. | 1 small onion. | 1 oz. butter.
6 peppercorns. | 1 small carrot. | salt.

Peel and cut up the onion and carrot in slices. Chop the ham, melt the butter in a stewpan put in the vegetables and ham ; let them cook a little, then add the tomatoes, cut in slices, the sprig of thyme, peppercorns, and salt. Simmer for ten minutes ; then rub the sauce through a hair sieve ; return it to the saucepan to re-heat. When boiling, stir in the cornflour, previously mixed with a little cold water. Let the sauce boil for a few minutes, so as to thoroughly cook the cornflour. Serve as required.

Average cost, 1s. 3d. Time required, 30 minutes.

78. TANGERINE SAUCE.

2 tangerine oranges. | 1 teaspoonful red-currant | $\frac{1}{2}$ pint demi-glaze sauce (No. 29).
 $\frac{1}{2}$ gill port wine. | jelly. | 1 gill tomato sauce (No. 77).

Peel the tangerines very thinly, and cut into narrow strips. Put them into cold water, and bring up to the boil ; strain, and keep till required. Boil the port wine, red-currant wine, demi-glaze and tomato sauces until of a nice consistency ; then strain into another saucepan, and add the tangerine strips. Season with salt, and use for serving with boiled tongue and game.

Average cost, 10d. Time required, 20 minutes. In season from November to February.

79. SAUCE TOULOUSE.

$\frac{1}{2}$ pint Allemande sauce | $\frac{1}{2}$ gill white wine. | 4 mushrooms.
(No. 1). | 1 truffle. | $\frac{1}{2}$ oz. meat-glaze.

Heat the sauce, add to it the wine, and bring to the boil ; slice the truffle, chop the mushrooms, and stir these into the sauce. Just before serving add the meat-glaze.

Average cost, 9d. Time required, 15 minutes.

80. TARRAGON SAUCE, CLEAR.

1 pint white stock.		small bunch of tarragon.
white of 1 egg.		1 tablespoonful tarragon vinegar.

Put the stock into a saucepan ; add to it the bunch of tarragon, the vinegar, and the white of egg, whipped ; whisk this over the fire until it boils ; simmer until the egg is set hard and the sauce is clear. Strain into a stewpan, and boil to the consistency of half glaze. Serve with quenelles and boiled fowls.

Average cost, 5d. Time required 30 minutes.

81. SAUCE VALOIS.

1 gill Béarnaise sauce (No. 7).		2 tablespoonfuls meat-glaze.
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Prepare the Béarnaise sauce ; add to it the meat-glaze. The sauce should be a fawn colour.

Average cost, 10d. Time required, 15 minutes.

82. SAUCE VELOUTÉ (VELVET SAUCE).

1½ ozs. butter.		1 pint white stock.		Mushroom-peelings.		1 small bouquet
1½ ozs. flour.		6 peppercorns.		salt.		garni.

Melt the butter in a saucepan, stir in the flour, and cook over the fire without browning for a few minutes. Add the white stock, and stir until it boils ; then put in the mushroom-peelings, peppercorns, bouquet garni, and salt to taste. Let this simmer gently for thirty minutes ; strain, and use as required.

Average cost, 4d. Time required, 35 minutes.

83. SAUCE VERT-PRÉ (GREEN SAUCE).

½ pint velouté sauce (No. 82).		½ gill white wine.		2 or 3 sprigs parsley.
1 tablespoonful cooked		2 shallots.		salt and pepper.
spinach.		2 ozs. butter.		a few tarragon-leaves.

Chop the shallots, put them with the wine into a stewpan, reduce to half the quantity. Stir in the sauce, and simmer for five minutes. Blanch the parsley and tarragon, drain well, put these into a mortar with the spinach, and pound with 1 oz. butter ; rub through a sieve, and stir it into the sauce. Whisk in the remaining 1 oz. butter, season with salt and pepper, and serve.

Average cost, 10d. Time required, 25 minutes.

84. SAUCE VILLEROY.

2 ozs. butter.		¾ oz. flour.		juice of ½ lemon.
½ pint milk.		1 gill white stock.		2 ozs. cooked ham.
2 egg-yolks.		½ gill cream.		seasoning.

Put 1 oz. butter in a stewpan ; when melted, stir in the flour ; cook a little without browning, then add the milk and stock ; simmer for fifteen minutes ; bind with the egg-yolks and cream. Do not boil again. Add the ham, finely chopped, 1 oz. butter, lemon-juice, and seasoning. This sauce is used for coating solids, and must be thick.

Average cost, 1s. Time required, 20 minutes.

HOT FISH SAUCES

85. ANCHOVY SAUCE.

1 oz. butter.		1½ gills milk.		1 dessertspoonful anchovy essence.
½ oz. flour.		½ gill fish stock.		seasoning.

Melt the butter in a small stewpan, stir in the flour, cook a little, then dilute with the milk and stock ; stir until it boils ; simmer for ten minutes ; season with pepper, and then mix in the anchovy essence.

Average cost, 4d. Time required, 15 minutes.

86. SAUCE AURORE (AURORA SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 gill fish stock.	1 gill thick tomato sauce
1 oz. lobster butter (No. 179).	$\frac{1}{2}$ gill cream.	(No. 77).

Put the Bechamel sauce into a stewpan with the fish stock and cream, reduce to a good consistency, then add the tomato sauce. Season to taste, and then stir in by degrees the lobster butter. It is then ready to serve.

Average cost, 1s. Time required, 15 minutes.

87. BROWN FISH SAUCE.

1 oz. butter.	1 onion.	4 mushrooms.	salt and pepper.
$\frac{3}{4}$ oz. flour.	$\frac{1}{2}$ pint fish stock.	1 gill claret.	fish-bones.

Break up the fish-bones, and fry them in the butter with the onion, cut in slices ; add the flour, brown it a little ; put in the mushrooms, chopped ; dilute with the claret and stock. Stir until it boils, and cook gently for fifteen to twenty minutes. Strain through a fine sieve or strainer ; season to taste, and serve.

Average cost, 8d. Time required, 30 minutes.

88. SAUCE BLANC (WHITE SAUCE).

1 oz. butter.	1 gill fish stock.	2 tablespoonfuls cream.	1 shallot.	lemon-juice.
$\frac{3}{4}$ oz. flour.	pepper and salt.	small piece of mace.	1 clove.	1 gill milk.

Boil the milk with the fish liquor, the shallot (peeled), clove, and mace. Melt the butter in a small stewpan ; stir in the flour. When the milk boils, whisk in the flour and butter ; when thoroughly mixed, take out the whisk, and stir with a wooden spoon. Simmer gently for ten minutes. Strain into a clean saucepan ; season with lemon-juice, salt, and pepper ; heat up, and add the cream, but do not let it boil again. The cream may be omitted.

Average cost, 7d. Time required, 20 minutes.

89. SAUCE BLANCHET.

1 teaspoonful anchovy essence.	1 teaspoonful Harvey sauce.	cayenne.	1 teaspoonful mushroom
1 teaspoonful Worcester sauce.	1 wineglassful sherry.	2 ozs. butter.	ketchup.

Melt the butter in a saucepan ; add the sherry, anchovy essence, Harvey and Worcester sauces, and mushroom ketchup. Make this very hot, and season with cayenne pepper. This sauce is served with baked and fried fish.

Average cost, 6d. Time required, 5 minutes.

90. SAUCE CARDINAL.

$\frac{1}{2}$ pint Bechamel sauce	juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ gill cream.	salt.
(No. 4).	$\frac{1}{2}$ gill fish stock.	1 oz. lobster butter (No. 179).	pepper.

Warm up the Bechamel sauce, add the fish stock, and reduce to a good consistency ; season with salt and pepper. Mix in the cream and lemon-juice, then whisk in the lobster butter ; stir until smooth. Strain through a hair sieve or tammy. Return to the saucepan, and keep hot until required.

Average cost, 9d. Time required, 15 minutes.

91. DUTCH SAUCE.

2 yolks raw eggs.	1 teaspoonful tarragon vinegar.	pepper.
1 oz. butter.	1 tablespoonful cream.	salt.

Put all the ingredients into a small stewpan ; place it within another stewpan of larger size, containing half a pint of hot water ; then proceed to whisk the sauce swiftly, until it begins to thicken and is of a creamy appearance. Great care must be taken to prevent the sauce from curdling. If this accident should occur, it may be remedied by adding another yolk of egg or a spoonful of white sauce.

Average cost, 6d. Time required, 10 minutes.

92. SAUCE DIPLOMATE.

$\frac{1}{2}$ pint Normande sauce (No. 113).	$\frac{1}{2}$ gill cream.
1 oz. lobster butter (No. 179).	2 tablespoonfuls lobster-meat.

Prepare the Normande sauce, omitting the herbs ; add to it the lobster-meat cut in small pieces ; stir in the cream, and finish with the lobster butter, which should be added by degrees.

Average cost, 1s. 6d. Time required, 10 minutes.

93. SAUCE DANOISE (DANISH SAUCE).

2 ozs. butter.	1 gill white wine.	$\frac{1}{2}$ gill cream.
1 oz. flour.	$\frac{1}{2}$ oz. Parmesan cheese.	$\frac{1}{2}$ oz. lobster butter (No. 179).
$\frac{1}{2}$ pint fish stock.	1 teaspoonful anchovy essence.	salt and pepper.

Put the butter into a stewpan, and when melted stir in the flour, and cook without allowing it to brown. Add the fish stock and wine ; bring to the boil, stirring all the time ; then add the anchovy essence, grated cheese, salt, and pepper. Let the sauce simmer for ten minutes ; skim and strain. Return to the saucepan, and bring to the boil ; stir in the cream and lobster butter ; do not let the sauce boil again. Serve with salmon, turbot, lobster, or soles.

Average cost, 1s. Time required, 20 minutes.

94. SAUCE AUX ÉCREVISSE (PRAWN SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4). | $\frac{1}{2}$ lemon. | 1 oz. lobster butter (No. 179). | 12 prawns.

Heat the Bechamel sauce ; shell the prawns, and cut them in quarters ; add these to the sauce, also the lemon-juice, and, lastly, the lobster butter, added in small pieces. Season to taste with salt, pepper, and cayenne. Shrimp sauce (sauce aux crevettes) is prepared in the same way, substituting shrimps for prawns.

Average cost, 1s. 3d. Time required, 15 minutes.

95. FISH GRATIN SAUCE.

4 large mushrooms.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 oz. butter.
1 gill white wine.	1 tablespoonful chopped herbs.	2 shallots.
1 oz. meat-glaze.	1 teaspoonful anchovy essence.	salt.

Melt the butter ; peel and chop the shallots, and fry a pale brown in the butter ; then add the mushrooms, peeled and chopped. Cook these over the fire for a few minutes ; add the wine, and reduce to half its original quantity. Stir in the brown sauce and meat-glaze ; let this simmer gently for ten minutes ; add the anchovy essence and the chopped herbs (parsley and chervil).

Average cost, 10d. Time required, 20 minutes.

96. SAUCE AUX FINES HERBES (FINE HERB SAUCE).

$\frac{1}{2}$ gill fish stock.	2 gills velouté sauce (No. 82).	juice $\frac{1}{2}$ lemon.
2 yolks of eggs.	1 tablespoonful parsley.	cayenne.
1 oz. butter.	1 teaspoonful tarragon and chervil.	salt.

Put the velouté sauce and the fish stock into a saucepan, and reduce to a good consistency ; bind with the yolks of eggs, but do not allow it to boil again ; add the chopped herbs, the lemon-juice, salt, and cayenne ; lastly, the butter, added gradually.

Average cost, 10d. Time required, 15 minutes.

97. GOOSEBERRY SAUCE.

$\frac{1}{2}$ pint green gooseberries. | $\frac{1}{4}$ oz. sugar. | 1 gill melted butter sauce (No. 43). | 1 oz. butter.

Top and tail the gooseberries, put them into a saucepan of water, and let them simmer gently until tender. Drain the water away carefully, and then rub the gooseberries through a hair sieve. Warm up the melted butter sauce, taking care that it is not too thick ; stir in the gooseberries, the sugar, and, lastly, the butter, in small pieces.

Average cost, 4d. Time required, 20 minutes.

98. SAUCE GÉNEVOIS (GENEVA SAUCE).

$\frac{1}{2}$ pint brown fish sauce (No. 87).		1 teaspoonful anchovy essence.		$\frac{1}{2}$ gill sherry.
$1\frac{1}{2}$ ozs. butter.				1 shallot.

Peel and chop the shallot finely, put into a saucepan with the wine, and let it simmer for five minutes ; then stir in the brown fish stock and the anchovy essence ; bring it to the boil, and then stir in the butter. This should be put in a small piece at a time, letting each piece melt before adding the next. The sauce is then ready for use.

Average cost, 8d. Time required, 10 minutes.

99. SAUCE GÉNOISE (GENOESE SAUCE).

1 onion.		1 glass claret.		1 bouquet garni (No. 194).		1 teaspoonful anchovy essence.
1 shallot.		1 oz. butter.		$\frac{1}{2}$ pint brown sauce (No. 6).		

Slice the onion and shallot, fry them in the butter in a small stewpan ; add the wine, and reduce well ; stir in the brown sauce, add the bouquet garni, bring to the boil, and cook for fifteen minutes. Strain, return to the saucepan, add seasoning and anchovy essence, and use as required.

Average cost, 8d. Time required, 20 minutes.

100. SAUCE GOUFFÉ.

$\frac{1}{2}$ gill vinegar. | $\frac{1}{2}$ bay-leaf. | 6 peppercorns. | 2 yolks of eggs. | 1 oz. lobster. | 1 gill cream.

Reduce the vinegar in a stewpan, with the bay-leaf and crushed peppercorns. Stir in the yolks of eggs over the fire ; cook until the sauce begins to thicken ; put the stewpan containing the sauce into a larger saucepan, with hot water ; stir with a small whisk, adding the cream ; work the butter in carefully by degrees. Strain through a strainer or cloth, return to the saucepan, and add the lobster, finely chopped. Season to taste, and serve.

Average cost, 1s. Time required, 15 minutes.

101. SAUCE HOLLANDAISE.

$\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ oz. flour. | $\frac{1}{2}$ pint milk. | 3 yolks of eggs. | juice of $\frac{1}{2}$ lemon. | salt and pepper.

Melt the butter, stir in the flour, add the milk, and stir until boiling ; season with pepper and salt ; simmer for ten minutes. Take the saucepan from the fire, and let the sauce cool for a few minutes before adding the yolks of eggs ; whisk these in carefully, and cook over the fire, but the sauce must on no account be allowed to boil, or the eggs will curdle ; lastly, add the lemon-juice.

Average cost, 6d. Time required, 15 minutes.

102. SAUCE AUX HUITRES (OYSTER SAUCE).

9 oysters. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | 1 yolk of egg. | 1 teaspoonful lemon-juice.

Remove the beards from the oysters ; put them into a small saucepan, with their liquor ; bring them slowly to boiling-point (they must on no account be allowed to boil). Take up the oysters ; cut each in quarters. Heat the Bechamel sauce, add to it the oyster liquor, reduce well, strain, and return it to the saucepan ; stir in the yolk of the egg, bind, and then add the oysters and lemon-juice. Stir till hot, but it must not boil. Season to taste, and serve.

Average cost, 1s. 3d. Time required, 15 minutes. In season from September to April.

103. SAUCE HOMARD (LOBSTER SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4).		a little lobster spawn or coral.
2 tablespoonfuls chopped lobster.		pinch of cayenne.

Warm up the sauce, add to it the finely chopped lobster, some pounded lobster spawn or coral, and a pinch of cayenne. Heat up and serve.

Average cost, 1s. 3d. Time required, 10 minutes.

104. SAUCE INDIENNE.

1 oz. butter.	$\frac{1}{2}$ oz. flour.	1 tablespoonful of curry-	$\frac{1}{2}$ pint of fish stock.
$\frac{1}{2}$ onion.	1 tomato.	powder.	salt.

Chop the onion, fry it a light brown in the butter ; mix the flour and curry-powder together, stir into the butter, and fry for a few minutes ; add the fish stock and the tomato, sliced ; bring to the boil, stirring all the time ; cook for fifteen minutes, season, and serve.

Average cost, 6d. Time required, 25 minutes.

105. SAUCE JOINVILLE.

2 ozs. butter.	$\frac{3}{4}$ pint white stock.	lemon-juice.	2 yolks of eggs.
$1\frac{1}{2}$ ozs. flour.	1 gill fish stock.	lobster coral.	salt and cayenne.

Melt half the butter in a saucepan, add the flour, and cook for a few minutes but do not let the flour brown ; dilute with the white and fish stocks ; stir until it boils, and then let it simmer for fifteen minutes. Pound the lobster coral in a mortar with the remainder of the butter, rub through a sieve, and add it to the sauce ; whisk in the yolks of eggs, one at a time ; bind over the fire, but do not let it boil. Season with salt, a pinch of cayenne, and a squeeze of lemon-juice. Pass through a strainer or sieve.

Average cost, 9d. Time required, 25 minutes.

106. LYONNAISE SAUCE.

$\frac{1}{2}$ teaspoonful chopped shallot.	1 glass sherry.	$\frac{1}{2}$ gill tomato purée.	1 teaspoonful Bovril.
$1\frac{1}{2}$ gills clear fish stock.	$\frac{1}{2}$ bay-leaf.	6 white peppercorns.	$\frac{1}{2}$ oz. cornflour.

Put the wine, fish stock, bay-leaf, shallot, peppercorns, and Bovril into a saucepan, and simmer for ten minutes. Mix the cornflour in a basin with the tomato purée, add the wine and other ingredients to this, return to the saucepan, and bring to the boil ; pass through a sieve or strainer, reheat, season to taste, and add a few drops of cochineal to make a good colour.

Average cost, 9d. Time required, 20 minutes.

107. SAUCE MATELOTE.

$\frac{1}{2}$ pint brown sauce (No. 6).	$\frac{1}{2}$ onion.	1 oz. butter.
$\frac{1}{2}$ gill claret.	$\frac{1}{2}$ carrot.	lemon-juice.
2 tomatoes.	$\frac{1}{2}$ gill fish stock.	seasoning.

Peel the onion and carrot, cut them in slices, and fry in the butter a nice brown ; then add the wine and fish stock. Reduce to half the quantity ; stir in the brown sauce, cut the tomatoes in slices, and add them to the sauce. Simmer for fifteen minutes. Strain through a sieve or tammy ; reheat ; season nicely with salt and pepper, and a few drops of lemon-juice.

Average cost, 10d. Time required, 25 minutes.

108. SAUCE MATELOTE BLANCHE (WHITE MATELOTE SAUCE).

$\frac{1}{2}$ pint white sauce (No. 88).	1 dozen oysters.	mushroom-juice.
1 teaspoonful anchovy essence.	$\frac{1}{2}$ gill white wine.	3 yolks of eggs.
6 preserved mushrooms.	juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ gill cream.

Beard and drain the oysters ; put their liquor into a saucepan with the wine, mushroom-juice, and the sauce ; stir over the fire until boiling ; simmer for fifteen minutes, then add the yolks of eggs, and the cream, and the anchovy ; stir over the fire to cook the eggs, but do not let the sauce boil, or it will curdle. Strain the sauce into another saucepan ; add to it the oysters and the mushrooms ; make hot, and serve with fish.

Average cost 2s. 9d. Time required, 25 minutes. In season from September to April.

109. SAUCE MAÎTRE D'HÔTEL (PARSLEY OR FINE HERB SAUCE).

$\frac{1}{2}$ pint Bechamel sauce (No. 4). | $\frac{1}{2}$ lemon. | 1 teaspoonful parsley seasoning.

Heat the sauce ; chop the parsley finely ; add to the sauce also the lemon-juice and seasoning. This sauce is not used exclusively for fish, but is also served with meat dishes.

Average cost, 6d. Time required, 15 minutes.

110. SAUCE MORNAY.

$\frac{1}{2}$ pint melted butter sauce (No. 43). | $\frac{1}{2}$ gill fish stock. | $\frac{1}{4}$ gill cream.
 $1\frac{1}{2}$ ozs. grated Parmesan cheese. | 1 oz. butter. | pepper and salt.

Heat up the sauce with the fish stock, and reduce ; stir in the cream, and add carefully the grated cheese ; season with salt, pepper, and a pinch of cayenne ; lastly, add the butter in small pieces, off the fire ; this must be done gradually, or the sauce will oil ; each piece of butter must melt before putting in the next. When this sauce is used for other things besides fish, the fish stock must be omitted.

Average cost, 8d. Time required, 20 minutes.

111. MUSTARD SAUCE.

1 oz. butter. | $\frac{3}{4}$ oz. flour. | 1 teaspoonful anchovy sauce. | pepper.
 $\frac{1}{2}$ pint fish stock. | $\frac{1}{4}$ gill vinegar. | 1 teaspoonful mustard. | salt.

Melt the butter in a saucepan, stir in the flour, dilute with the stock ; stir until it boils ; cook for ten minutes. Mix the mustard with the vinegar to a smooth paste ; stir this into the sauce. Season with salt, pepper, and the anchovy sauce. Served with boiled or fried herrings or mackerel.

Average cost, 6d. Time required, 15 minutes.

112. SAUCE NONPAREILLE.

$\frac{1}{2}$ pint Hollandaise sauce (No. 101). | 2 truffles. | 6 preserved mushrooms.
 2 ozs. crayfish or lobster butter (No. 179). | 1 oz. lobster-meat. | 1 hard-boiled white of egg.

Warm the Hollandaise sauce, but do not let it boil ; chop finely the lobster-meat, truffles, white of egg, and mushrooms ; add these to the sauce ; stir over the fire until hot ; finish with the lobster or crayfish butter, adding it gradually. Serve with fish.

Average cost, 1s. 3d. Time required, 25 minutes.

113. SAUCE NORMANDE.

1 oz. butter. | $\frac{1}{2}$ pint white stock. | 1 gill fish stock. | 1 teaspoonful of parsley.
 1 oz. flour. | $\frac{1}{2}$ gill vinegar. | seasoning. | tarragon and chervil.

Melt the butter in a stewpan, add the vinegar to it, and reduce to half the quantity ; then stir in the flour, cook for a few minutes without browning, dilute with the stock, stir until boiling, simmer for ten minutes. Add the chopped herbs and seasoning. Keep hot until required.

Average cost, 8d. Time required, 20 minutes.

114. SAUCE AUX ŒUFS DURS (EGG SAUCE).

1 egg. | $\frac{1}{2}$ pint melted butter sauce (No. 43). | pepper and salt.

Boil the egg for twelve minutes, place it in cold water, then remove the shell ; chop the egg finely. Heat the sauce, add the chopped egg, season to taste, and use as required. Usually served with boiled fish, salt cod, fresh haddock, etc.

Average cost, 4d. Time required, 20 minutes.

115. SAUCE PORTUGAISE.

3 shallots.		$\frac{1}{2}$ gill fish stock.		cayenne pepper.
2 ozs. butter.		$\frac{1}{2}$ pint tomato sauce (No. 77).		salt.

Melt 1 oz. of the butter in a stewpan ; chop the shallots finely, and fry lightly in the butter ; moisten with the fish stock, boil for five minutes, then add the tomato sauce ; season with salt and cayenne : lastly, add the remaining butter by degrees.

Average cost, 10d. Time required, 25 minutes.

116. SAUCE PAUVRE HOMME (POOR MAN'S SAUCE).

1 oz. butter.	1 onion.		1 teaspoonful anchovy		$\frac{1}{2}$ pint stock.
$\frac{3}{4}$ oz. flour.	1 tomato.		essence.		chopped parsley.

Melt the butter in a saucepan, add the flour, and stir over the fire for a few minutes ; moisten with the stock, and allow it to come to the boil. Then put in the sliced onion and tomato ; place on a slow fire to simmer for twenty to twenty-five minutes. Strain, and add, lastly, the chopped parsley and anchovy essence.

Average cost, 4d. Time required, 30 minutes.

117. SAUCE RUSSE (RUSSIAN SAUCE).

2 shallots.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ bay-leaf.	$\frac{1}{2}$ pint velouté sauce (No. 82).
1 oz. lean ham.	$\frac{1}{2}$ gill white wine.	cayenne.	1 dessertspoonful horseradish.

Chop the ham and shallots finely, melt the butter in a saucepan, put in the chopped ingredients, and fry a little ; then add the wine and bay-leaf, boil, and reduce to half the quantity. Add to this the velouté sauce, and simmer for ten minutes. Strain the sauce through a fine strainer or sieve, return to the saucepan, season with cayenne, add the grated horseradish, and finish with the butter, added by degrees. This sauce can be served with fillet of beef as well as fish.

Average cost, 1s. Time required, 25 minutes.

118. SAUCE À LA VICTORIA.

$\frac{1}{2}$ pint Allemande sauce (No. 1).		$\frac{1}{2}$ gill fish stock.	6 mushrooms.
1 oz. lobster butter (No. 179).		$\frac{1}{2}$ glass white wine.	salt and pepper.

Heat the Allemande sauce with the fish stock, reduce well, peel the mushrooms, wash them, and chop finely ; add to the sauce with the wine, simmer for ten minutes, season, and add by degrees the lobster butter.

Average cost, 1s. Time required, 30 minutes.

119. SAUCE AU VIN BLANC (WHITE WINE SAUCE).

1 oz. butter.	$\frac{1}{2}$ pint white stock.	$\frac{1}{2}$ gill fish stock.	$\frac{1}{2}$ lemon.
$\frac{3}{4}$ oz. flour.	$\frac{1}{2}$ gill white wine.	2 yolks of eggs.	salt and pepper.

Melt the butter, add the flour, stir in the stock and fish liquor and wine ; boil and cook for twenty minutes. Take off the fire and cool a minute, then add the yolks of eggs ; return to the fire and cook the eggs, but on no account allow the sauce to boil, or it will curdle. Add the juice of the lemon, season, and strain. Generally served with fish, but when otherwise omit the fish stock.

Average cost, 9d. Time required, 30 minutes.

120. SAUCE VÉNITIENNE.

$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 teaspoonful chopped tarragon,		salt.
1 oz. lobster butter (No. 179).	chervil, and parsley.		pepper.
2 chopped shallots.	$\frac{1}{2}$ gill tarragon vinegar.		cayenne.

Put the chopped shallots into a small stewpan, add the vinegar, and boil until reduced to half ; then strain into the Bechamel sauce, which should be heated ready in another saucepan ; mix in by degrees the lobster butter ; lastly, add the chopped herbs and seasoning.

Average cost, 1s. 3d. Time required, 20 minutes.

121. SAUCE XAVIER.

$\frac{1}{2}$ bunch watercress.		a few sprigs of parsley.		seasoning.
1 oz. butter.		$\frac{3}{4}$ pint white fish sauce (No. 88).		lemon-juice.

Cook the cress and parsley in water until the leaves are tender ; strain and cool. Put the butter and the herbs in a mortar and pound ; then rub through a fine sieve. Heat the sauce ; add to it the green purée, and cook for five minutes. Season with pepper, salt, and lemon-juice, and use as required.

Average cost, 6d. Time required, 20 minutes.

COLD SAUCES

122. SAUCE CAMBRIDGE.

3 hard-boiled yolks of eggs.		2 anchovies.		1 teaspoonful capers.		1 teaspoonful chopped
1 teaspoonful made mustard.		$\frac{1}{2}$ gill salad oil.		1 tablespoonful vinegar.		parsley.

Pound the eggs, capers, and filleted anchovies in a mortar ; add the oil, vinegar, mustard, and a little cayenne pepper. Rub this through a hair sieve, put into a basin, and add more oil and vinegar, if necessary, to make a good consistency ; keep this sauce on the ice until required, then add the chopped parsley. Serve with cold meat.

Average cost, 10d. Time required, 15 minutes.

123. SAUCE CAZANOVA.

1 gill mayonnaise sauce (No. 134). | $\frac{1}{2}$ shallot. | 2 hard-boiled eggs. | 2 truffles.

Shred the truffles, and chop the shallot finely ; rub the yolks of the hard-boiled eggs through a sieve, and shred the whites ; mix all these ingredients into the mayonnaise. Serve with any kind of salad or fish.

Average cost, 10d. Time required, 20 minutes.

124. CHAUDFROID SAUCE BLANCHE (WHITE CHAUDFROID SAUCE).

$\frac{1}{2}$ pint suprême sauce		$\frac{1}{4}$ oz. gelatine.		1 gill thick cream.
(No. 74).		$\frac{1}{4}$ pint aspic jelly (No. 251).		salt.

Melt the gelatine with the aspic jelly. Put the suprême sauce into a stewpan, and stir in by degrees the aspic and gelatine ; mix thoroughly, then strain through a fine strainer or a hair sieve. Stir in the cream, and use as directed.

Average cost, 1s. Time required, 30 minutes.

125. CHAUDFROID SAUCE BLONDE (FAWN CHAUDFROID SAUCE).

1 gill velouté sauce (No. 82).		1 gill aspic jelly (No. 251).		1 tablespoonful white		$\frac{1}{2}$ gill cream.
$\frac{1}{4}$ gill brown sauce (No. 6).		$\frac{1}{2}$ oz. gelatine.		wine.		seasoning.

Melt the gelatine in the aspic jelly. Mix the two sauces together in another saucepan with the wine, and, when hot, stir in the aspic and gelatine. Strain the sauce, and when cooling mix in the $\frac{1}{2}$ gill of cream.

Average cost, 1s. Time required, 30 minutes.

126. CHAUDFROID SAUCE BRUNE (BROWN CHAUDFROID SAUCE).

$\frac{1}{2}$ pint brown sauce (No. 6).		$1\frac{1}{2}$ gills aspic jelly (No. 251).
$\frac{1}{4}$ oz. gelatine.		1 tablespoonful sherry.

Melt the gelatine in the aspic jelly, add the wine to it, and stir these into the brown sauce. Let it simmer for five minutes, then strain, and add seasoning if required.

Average cost, 1s. Time required, 30 minutes.

127. GREEN CHAUDFROID SAUCE.

$\frac{1}{2}$ pint suprême sauce (No. 74).	$\frac{1}{4}$ oz. gelatine.	1 gill aspic jelly.
1 tablespoonful cooked spinach.	$\frac{1}{2}$ gill cream.	spinach greening.

Rub the spinach through a sieve ; add to it the $\frac{1}{2}$ pint suprême sauce. Melt the gelatine in the aspic jelly, and stir into the spinach mixture. Heat this over the fire : add the cream, and enough spinach greening to make a nice green.

Average cost, 1s. Time required, 30 minutes.

128. PINK CHAUDFROID SAUCE.

$\frac{1}{2}$ pint velouté sauce (No. 82).	$\frac{1}{2}$ gill cream.	1 gill aspic jelly.	$\frac{1}{4}$ oz. gelatine.	paprika pepper
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Melt the gelatine in the aspic jelly. Warm up the velouté sauce, stir into it the aspic and cream. Mix thoroughly, and add enough paprika pepper to make a delicate pink shade.

Average cost, 10d. Time required, 25 minutes.

129. CUMBERLAND SAUCE.

1 lemon.	2 tablespoonfuls red-currant jelly.	$\frac{1}{2}$ gill water.
1 orange.	1 tablespoonful vinegar.	cayenne.
$\frac{1}{2}$ gill port wine.	$\frac{1}{2}$ teaspoonful made mustard.	salt.

Peel the orange and lemon very thinly, without taking off any of the white pith ; cut this peel into very fine shreds. cook in the $\frac{1}{2}$ gill of water for five minutes, strain, put back into the saucepan ; add the port wine, red-currant jelly, mustard, cayenne, salt, the juice of the orange and lemon, and the vinegar. Boil this for a few minutes ; allow it to get cold, and serve with any kind of game.

Average cost, 1s. Time required, 15 minutes.

130. CUCUMBER SAUCE, COLD.

1 gill white sauce (No. 82).	salt.	$\frac{1}{2}$ cucumber.
$\frac{1}{2}$ gill mayonnaise sauce (No. 134).	$\frac{1}{2}$ gill cream.	spinach greening.

Peel the cucumber, cut into pieces, and boil in water until tender ; take it up, drain well, taking care to press out all the water ; then rub through a hair sieve. Put the purée into a saucepan with the white sauce, and boil until thick ; turn into a basin to cool. Stir in the mayonnaise, cream, seasoning, and a few drops of spinach greening, if necessary.

Average cost, 10d. Time required, 40 minutes. In season from April to September.

131. SAUCE CHANTILLY.

1 tablespoonful grated horseradish.	1 gill mayonnaise sauce (No. 134).
1 gill stewed apple.	2 tablespoonfuls cream.

Mix the horseradish with the mayonnaise sauce ; stir in the apple sauce, and, lastly, the cream ; season to taste, and serve cold.

Average cost, 1s. 3d. Time required, 20 minutes.

132. SAUCE ÉPICURIENNE.

1 cucumber.	a little anchovy essence.	1 tablespoonful aspic jelly.
1 gill mayonnaise sauce (No. 134).	1 tablespoonful of vinegar.	salt.
$\frac{1}{2}$ gill cream.	pepper.	2 teaspoonfuls chopped gherkins.

Peel the cucumber, cut it in quarters and take out the seeds, divide into small pieces, put into a saucepan, cover with sufficient water to cook them, add some salt, and boil until tender ; strain, and rub through a hair sieve. As soon as this purée is cold, stir it into the mayonnaise sauce ; add the aspic jelly, anchovy essence, and cream ; add the chopped gherkins, pepper, and salt. Serve with asparagus or artichokes.

Average cost, 1s. 3d. Time required, 40 minutes. In season from April to September.

133. SAUCE GLOUCESTER.

1 gill mayonnaise sauce (No. 134).	cayenne.	$\frac{1}{4}$ teaspoonful tarragon.
2 tablespoonfuls cream.	1 teaspoonful Chili vinegar.	a little French mustard.

Whip the cream, and stir it into the mayonnaise sauce ; add the vinegar, chopped tarragon, mustard, and a little cayenne. Mix well together, and serve with salads.

Average cost, 10d. Time required, 20 minutes.

134. SAUCE MAYONNAISE.

2 yolks of eggs.	2 gills salad oil.	2 teaspoonfuls vinegar.	salt.	pepper.
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Put the yolks of eggs in a basin, add to them some salt and pepper ; stir the yolks with a wooden spoon, dropping in the oil, a drop at a time at first, and then quicker, stirring it very quickly all the time. When the sauce is the consistency of thick cream, add the vinegar and a little mustard, if liked. A tablespoonful of cream is a great improvement.

Average cost, 9d. Time required, 15 minutes.

135. SAUCE MAYONNAISE DE TOMATES (MAYONNAISE WITH TOMATOES).

$\frac{1}{2}$ pint mayonnaise sauce (No. 134).	1 gill tomato sauce (No. 77).
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Make the tomato sauce, and allow it to get quite cold ; then mix it into the mayonnaise sauce. Season to taste, and serve.

Average cost, 1s. 2d. Time required, 20 minutes.

136. SAUCE MOUSSELINE.

1 tablespoonful white sauce (No. 82).	1 gill mayonnaise sauce (No. 134).	1 gill cooked spinach.
1 tablespoonful herbs (tarragon, chervil, and parsley).	$\frac{1}{2}$ teaspoonful made mustard.	$\frac{1}{2}$ gill cream.
	2 yolks of hard-boiled eggs.	1 anchovy, rolled.

Pick the herbs from their stalks, and put into a saucepan of boiling water ; let them remain there a few minutes, then take them up, drain well, put into a mortar with the spinach, anchovy fillets, and yolks of eggs ; pound well, and rub through a sieve. Put the mixture into a basin, stir in the white sauce, mayonnaise, cream, mustard, and seasoning. The sauce is then ready for use.

Average cost, 1s. 3d. Time required, 20 minutes.

137. SAUCE PRINCE DE GALLES (PRINCE OF WALES SAUCE).

1 dessertspoonful capers.	2 hard-boiled yolks of eggs.	2 anchovies.
1 dessertspoonful chopped tarragon, parsley, and chervil.	2 raw yolks.	salt.
	$\frac{1}{2}$ gill tarragon vinegar.	cayenne.
	$1\frac{1}{2}$ gills salad oil.	French mustard.

Wash and bone the anchovies ; parboil the herbs, and drain them well ; shell the eggs, take out the yolks ; put these ingredients into a mortar ; pound them well ; add the capers, mustard, and seasoning ; mix thoroughly, then work in the oil carefully, and the vinegar. Rub through a hair sieve, and serve with grilled or fried fish or meats *à la Tartare*.

Average cost, 1s. Time required, 15 minutes.

138. SAUCE RAIFORT FROIDE (COLD HORSERADISH SAUCE).

2 tablespoonfuls grated horseradish.	1 gill cream.	a pinch of sugar.
$\frac{1}{4}$ teaspoonful made mustard.	1 tablespoonful vinegar.	salt and cayenne.

Mix the horseradish with the sugar, salt, cayenne pepper, mustard, and vinegar. Whip the cream a little, and stir it into the horseradish by degrees. Whisk slightly, and serve. Use with cold roast beef.

Average cost, 10d. Time required, 10 minutes.

139. SAUCE RAVIGOTE FROIDE (COLD RAVIGOTE SAUCE).

1 gill mayonnaise sauce (No. 134).	1 tablespoonful cream.	1 tablespoonful chives,
1 tablespoonful chopped parsley.	1 shallot.	tarragon, and chervil.
	$\frac{1}{2}$ oz. butter.	spinach greening.

Chop the shallot, and fry in the butter ; when a golden colour, strain off the butter, and stir the shallot into the mayonnaise, with the cream and chopped herbs. Season to taste with salt and pepper. Add a few drops of spinach greening, if necessary.

Average cost, 10d. Time required, 20 minutes.

140. SAUCE RÉMOULADE.

1 yolk of egg.	1 teaspoonful parsley, tarragon, and chervil.	1 teaspoonful made mustard.
1 gill salad oil.	4 teaspoonfuls tarragon vinegar.	salt and pepper.

Make a sauce with the yolk of egg and oil in the same way as for mayonnaise sauce (No. 134). Put the parsley, tarragon, and chervil leaves in a saucepan : cover them with cold water ; set them on the fire, and bring to the boil ; drain and chop them finely ; stir these into the sauce, also the mustard, pepper, and salt.

Average cost, 7d. Time required, 15 minutes.

141. SAUCE SUÉDOISE (SWEDISH SAUCE).

1 gill mayonnaise sauce (No. 134).	1 tablespoonful cream.
1 tablespoonful grated horseradish.	1 teaspoonful mustard.

Stir the grated horseradish and mustard into the mayonnaise, add the cream, and season to taste.

Average cost, 9d. Time required, 15 minutes.

142. A SALAD DRESSING.

2 eggs.	$\frac{1}{2}$ teaspoonful mustard.	1 tablespoonful vinegar.	pepper.
salt.	3 tablespoonfuls salad oil.	$\frac{1}{2}$ teaspoonful castor sugar.	1 tablespoonful cream.

Boil the eggs for fifteen minutes, then put into cold water. When they are quite cold, shell them, cut the eggs in halves, take out the yolks, put them into a basin, and mash them with a wooden spoon ; add the oil, and mix thoroughly ; then stir in the vinegar, cream, sugar, mustard, pepper, and salt. Stir all well together, and use.

Average cost, 8d. Time required, 20 minutes.

143. SAUCE TARTARE.

$\frac{1}{2}$ pint mayonnaise sauce (No. 134).	1 tablespoonful parsley.
1 tablespoonful capers or gherkins.	$\frac{1}{2}$ teaspoonful tarragon and chervil.

Make the mayonnaise sauce, chop the capers or gherkins finely, also the parsley, tarragon, and chervil ; stir these ingredients into the sauce, season to taste, and serve.

Average cost, 1s. 2d. Time required, 15 minutes.

144. SAUCE TYROLIENNE.

$\frac{1}{2}$ pint tomato sauce (No. 77).	1 gill whipped cream.
$\frac{1}{2}$ pint mayonnaise sauce (No. 134).	paprika pepper.

Put the tomato sauce into a stewpan, and boil until well reduced. When a good consistency, and while still hot, stir in the mayonnaise sauce. Let this get cold, then season with salt and paprika pepper ; lastly, mix in the whipped cream.

Average cost, 1s. 6d. Time required, 30 minutes.

145. SAUCE VALENTINE.

1 gill mayonnaise sauce (No. 134).	1 tablespoonful grated horse-	$\frac{1}{2}$ teaspoonful mustard.
1 teaspoonful tarragon vinegar.	radish.	1 tablespoonful cream.

Mix the mayonnaise and cream together, add the rest of the ingredients, stir well, season to taste, and serve.

Average cost, 1s. Time required, 20 minutes.

146. SAUCE VINAIGRETTE.

$\frac{1}{2}$ gill tarragon vinegar.	$\frac{1}{2}$ teaspoonful made mustard.	$\frac{1}{2}$ teaspoonful chopped shallots.
1 gill olive oil.	$\frac{1}{2}$ teaspoonful chopped parsley.	1 teaspoonful chopped capers.

Put the vinegar into a basin, add the mustard and a little salt, stir in the oil and the chopped ingredients. Mix well together, and serve.

Average cost, 6d. Time required, 10 minutes.

SWEET SAUCES

147. SAUCE AUX AMANDES (ALMOND SAUCE).

1 oz. sweet almonds.	6 bitter almonds.	1 gill cream.
2 ozs. castor sugar.	a little orange-flower water.	2 raw yolks of eggs.

Blanch the almonds, remove the skins, put them into a mortar with the sugar and orange-flower water, pound them to a pulp. Put this mixture into a saucepan, add the cream and yolks of eggs, whisk over a very slow fire until frothy. The sauce must on no account be allowed to boil. Serve with steamed puddings.

Average cost, 1s. Time required, 10 minutes.

148. SAUCE AUX ABRICOTS (APRICOT SAUCE).

2 tablespoonfuls apricot jam. | 1 oz. castor sugar. | juice $\frac{1}{2}$ lemon. | $\frac{1}{2}$ pint water. | $\frac{1}{4}$ oz. cornflour.

Mix the cornflour in a basin to a smooth paste with a little water. Put the jam, sugar, and water into a saucepan, and boil for ten minutes; then add the cornflour boil for a few minutes longer; lastly, add the lemon-juice, strain, and use.

Average cost, 4d. Time required, 20 minutes.

149. BRANDY SAUCE.

1 glass of brandy. | $\frac{1}{2}$ pint water. | $\frac{1}{2}$ oz. cornflour. | 1 oz. castor sugar.

Mix the water and cornflour together; put this into a saucepan with the sugar, and boil for five minutes, stirring all the time. Add the brandy, and the sauce is ready for use.

Average cost, 6d. Time required, 10 minutes.

150. CORNFLOUR SAUCE.

$\frac{1}{2}$ oz. cornflour. | $\frac{1}{2}$ pint milk. | $\frac{1}{2}$ oz. butter. | sugar to taste. | lemon-rind or vanilla.

Mix the cornflour with a little milk in a basin. Boil the milk, sugar, butter, and lemon-rind together; when boiling, pour it on to the cornflour; return to the saucepan, and boil for ten minutes. If lemon-rind is not liked for flavouring, use vanilla or almond essence.

Average cost, 3d. Time required, 15 minutes.

151. CHOCOLATE SAUCE.

2 ozs. grated chocolate. | 1 oz. icing sugar. | $1\frac{1}{2}$ gills water. | a few drops of vanilla.

Put the chocolate and sugar into a saucepan; add the water, and stir until it boils; flavour with vanilla, and serve.

Average cost, 3d. Time required, 10 minutes.

152. CARAMEL SAUCE.

2 ozs. loaf sugar.	$\frac{1}{2}$ oz. castor sugar.	vanilla essence.
$\frac{1}{2}$ gill water.	$\frac{1}{4}$ oz. cornflour.	$\frac{1}{2}$ pint milk.

Put the loaf sugar and water into a saucepan, and let it boil until a light brown colour; pour in the milk, and let it simmer for five minutes; add the $\frac{1}{2}$ oz. sugar and the vanilla essence. Mix the cornflour with enough milk to make a smooth paste; add this to the sauce. Bring to the boil, simmer a few minutes, strain, and use as required.

Average cost, 3d. Time required, 20 minutes.

153. COFFEE SAUCE.

2 tablespoonfuls of ground coffee.		$\frac{1}{2}$ pint boiling water. $\frac{1}{4}$ gill sherry or brandy.		2 ozs. sugar. $\frac{1}{2}$ oz. cornflour.
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Pour the boiling water over the coffee, stir it, then let it stand for a few minutes. Strain into a saucepan ; add the sugar. Mix the cornflour with a little water ; stir into the coffee ; bring to the boil, stirring all the time ; add the sherry or brandy ; simmer for a few minutes. Strain and serve.

Average cost, 7d. Time required, 10 minutes.

154. CLARET SAUCE.

1 gill claret.		1 oz. loaf sugar.		$\frac{1}{4}$ oz. cornflour.		1 slice of lemon.
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Put the claret, lemon, and sugar into a saucepan ; boil up. Mix the cornflour with a tablespoonful of water, add it to the other ingredients, stir it until it comes to the boil ; simmer for five minutes. Strain and serve.

Average cost, 6d. Time required, 10 minutes.

155. CHAUDFROID SAUCE, SWEET.

$\frac{3}{4}$ pint vanilla sauce (No. 165).		$\frac{1}{2}$ oz. gelatine.		$\frac{1}{2}$ gill cream.
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Heat the vanilla sauce ; soak the gelatine in cold water for ten minutes, then melt it over the fire in a small saucepan ; add this to the sauce ; stir in the cream ; make it hot, but do not boil. Strain before using.

Average cost, 6d. Time required, 10 minutes.

156. CUSTARD SAUCE.

2 whole eggs and 1 yolk.		3 gills milk.		1 oz. castor sugar.		rind of 1 lemon.
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Whip the eggs in a basin. Put the milk, sugar, and lemon-rind into a saucepan ; bring to the boil ; pour this on to the eggs, whisking them all the time. Strain into the saucepan ; stir over the fire until the sauce thickens ; it must not boil, or the eggs will curdle. Vanilla or sherry may be used for flavouring if liked, instead of lemon.

Average cost, 6d. Time required, 15 minutes.

157. CHERRY SAUCE.

$\frac{1}{2}$ lb. cherries.		$\frac{1}{2}$ lemon.		$\frac{1}{4}$ pint water.		$\frac{1}{4}$ gill port
$\frac{1}{2}$ oz. butter.		$\frac{1}{4}$ oz. flour.		1 oz. sugar.		wine.

Put the cherries, sugar, and water into a saucepan ; cook over the fire until the cherries are tender, then rub through a hair sieve. Melt the butter in a saucepan, stir in the flour, add the cherry purée and lemon-juice ; stir this over the fire until it boils, then pour in the port wine, heat thoroughly, and serve.

Average cost, 6d. Time required, 30 minutes. In season from June to August.

158. CHAUDEAU SAUCE.

1 gill white wine.		1 $\frac{1}{2}$ ozs. sugar.		3 yolks of eggs.		1 white of egg.		$\frac{1}{2}$ lemon.
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Put the eggs, sugar, and lemon-juice into a small saucepan ; place this in a larger saucepan containing boiling water. Place over the fire, whisk for a few minutes, add the wine, and whisk again until it thickens. Take off the fire, and serve immediately. This sauce must not be allowed to boil.

Average cost, 10d. Time required, 10 minutes.

159. SAUCE DIPLOMATE, SWEET.

$\frac{1}{4}$ lb. loaf sugar.		$\frac{1}{2}$ pint water.		$\frac{1}{2}$ lemon.		1 wineglassful claret.		$\frac{1}{2}$ oz. cornflour.
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Boil the sugar and water for five or ten minutes ; mix the cornflour with a little water, and thicken the syrup with it. After it has boiled well, stir in the claret and the juice of half a lemon. It is then ready for use.

Average cost, 4d. Time required, 15 minutes.

160. FRUIT SAUCE.

4 tablespoonfuls stewed apples.		4 tablespoonfuls apricot jam. $\frac{1}{4}$ gill sherry or rum.		$\frac{1}{2}$ gill cream. 1 gill water.		1 oz. sugar. $\frac{1}{4}$ oz. cornflour
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Boil the apple, apricot jam, water, and sugar together for ten or fifteen minutes. Strain into another saucepan; mix the cornflour with a little water, stir into the sauce, and bring to the boil; stir in the sherry or rum and the cream. Heat thoroughly, and use.

Average cost, 1s. Time required, 20 minutes.

161. GERMAN SAUCE.

1 gill sherry or marsala.		3 yolks of eggs.		2 ozs. castor sugar.		1 teaspoonful lemon-juice.
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Put the wine into a small saucepan with the sugar and lemon-juice; let this dissolve, then add the well-beaten yolks of eggs; whisk this over the fire until thick and frothy.

Average cost, 8d. Time required, 10 minutes.

162. HARD SAUCE.

4 ozs. fresh butter.		4 ozs. castor sugar.		1 glass brandy.		1 white of egg.
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Cream the butter and sugar together with a wooden spoon until quite creamy and light. Whisk the white of egg to a stiff froth, and add to the butter and sugar. Stir in the brandy, and use.

Average cost, 8d. Time required, 5 minutes.

163. JAM SAUCE.

2 tablespoonfuls raspberry or strawberry jam.		2 ozs. castor sugar. juice of $\frac{1}{2}$ lemon.		$\frac{1}{2}$ glass sherry. a few drops cochineal.
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Put all the above ingredients in a stewpan; boil for ten or fifteen minutes, colour with cochineal, strain, and serve.

Average cost, 7d. Time required, 15 minutes.

164. LEMON SAUCE.

2 yolks of eggs.		$\frac{1}{2}$ pint milk.		rind and juice of
1 oz. castor sugar.		$\frac{1}{2}$ oz. cornflour.		$\frac{1}{2}$ lemon.

Boil the milk with the rind of the lemon and the sugar, beat the yolks of the eggs, mix the cornflour with them, stir this into the boiling milk, whisk well until the sauce is the proper consistency, add the lemon-juice, strain, and serve.

Average cost, 4d. Time required, 10 minutes.

165. MELTED BUTTER SAUCE, SWEET.

1 oz. butter.		$\frac{3}{4}$ oz. flour.		$\frac{1}{2}$ pint milk.		sugar to taste.		flavouring.
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Melt the butter, stir in the flour, add the milk, and stir until it boils; let it simmer for ten minutes, mix in the sugar, and flavour with a few drops of vanilla or lemon-juice.

Average cost, 2 $\frac{1}{2}$ d. Time required, 15 minutes.

166. MARMALADE SAUCE.

1 tablespoonful marmalade.		$\frac{1}{2}$ oz. cornflour.		rind and juice of 1 lemon.
		1 oz. castor sugar.		$\frac{1}{2}$ pint water.

Mix the cornflour with a little water. Put the $\frac{1}{2}$ pint of water on to boil, with the rind of the lemon and sugar; strain on to the cornflour, boil for five minutes, then stir in the marmalade and lemon-juice. When well mixed, it is ready.

Average cost, 4d. Time required, 15 minutes

167. MARASCHINO SAUCE.

1 oz. butter.		$\frac{1}{2}$ pint milk.		a few finely chopped		1 teaspoonful chopped lemon-rind.
$\frac{3}{4}$ oz. flour.		$\frac{1}{2}$ oz. sugar.		pistachio-nuts.		1 tablespoonful maraschino.

Melt the butter in a saucepan, stir in the flour, and add the milk ; bring to the boil, stirring all the time ; mix in the sugar, and simmer for ten minutes ; then add the pistachio-nuts, lemon-peel, and maraschino.

Average cost, 8d. Time required, 15 minutes.

168. MOUSSELINE SAUCE, SWEET.

1 whole egg and 2 yolks of eggs. | $\frac{1}{2}$ gill cream. | 1 oz. sugar. | 1 glass of Madeira.

Put the eggs, sugar, and cream into a small saucepan ; place in a larger saucepan, containing boiling water, and whisk until creamy, but do not let it boil ; add the wine, whisk again for a minute, and then serve.

Average cost, 11d. Time required, 10 minutes.

169. PINEAPPLE SAUCE.

$\frac{1}{2}$ oz. cornflour. | 1 oz. castor sugar. | $\frac{1}{2}$ pint pineapple syrup. | $\frac{1}{2}$ gill sherry.

Mix the cornflour with a little of the pineapple syrup. Put the rest on to boil with the sugar. When boiling, stir in the cornflour ; boil for ten minutes, add the wine and a little lemon-juice, if liked.

Average cost, 6d. Time required, 15 minutes.

170. PUNCH SAUCE.

3 ozs. sugar.		$\frac{1}{2}$ lemon.		1 oz. butter.		$\frac{1}{2}$ gill brandy.		$\frac{1}{4}$ gill sherry.
1 gill water.		1 orange.		$\frac{1}{2}$ oz. flour.		$\frac{1}{4}$ gill rum.		

Peel the rind of the orange and lemon very thinly, put into a saucepan with the sugar and water ; bring to the boil, and simmer for fifteen minutes. Melt the butter in another saucepan, stir in the flour, add the water and sugar, with the peel strained out ; stir this until it boils, then add the brandy, rum, sherry, the juice of the orange, and a squeeze of lemon-juice. Let this get very hot, but not boiling.

Average cost, 1s. Time required, 20 minutes.

171. RUM SAUCE.

4 ozs. loaf sugar. | $\frac{1}{2}$ gill rum. | 1 gill water. | rind of 1 lemon.

Rub the lemon on the sugar, taking care to have only the zest of the lemon (that is, the yellow part) ; put the sugar thus prepared into a saucepan with the water, boil for five minutes, then add the rum. Boil again, and serve.

Average cost, 4d. Time required, 10 minutes.

172. RASPBERRY SAUCE.

1 gill raspberries. | $\frac{1}{2}$ gill red currants. | 1 oz. sugar. | $\frac{1}{2}$ oz. cornflour. | 2 gills water.

Rub the raspberries and currants through a fine sieve, put this pulp into a saucepan with the sugar and water, boil together for ten minutes ; mix the cornflour with a little water, and stir it into the sauce ; boil again for five minutes. When raspberries are not in season jam may be used.

Average cost, 6d. Time required, 20 minutes. In season in July and August.

173. SABAYON SAUCE.

1 oz. castor sugar. | 3 yolks of eggs. | $\frac{1}{2}$ gill cream. | $\frac{1}{2}$ gill Madeira wine.

Put the sugar, yolks of eggs, and cream into a small saucepan ; place this in a larger saucepan, containing boiling water, over the fire ; whisk it until frothy, then add the wine ; continue whisking until it begins to thicken ; it is then ready.

Average cost, 11d. Time required, 10 minutes.

CHAPTER II

FLAVOURING BUTTERS, FORCEMEATS, ETC.

FLAVOURING butters are used in cookery for many purposes—amongst others, in the construction of hors d'œuvres and savouries, to serve with grilled fish and meat, in the making of sandwiches, and for giving the finishing touch to sauces. In the latter case the butter is added just before serving ; it gives mellowness to the sauce, and also imparts to it the special flavour of the ingredient which has been employed in the making of the butter.

The principal recipes for these flavouring butters are here given.

FLAVOURING BUTTERS

174. BEURRE D'ANCHOIS (ANCHOVY BUTTER).

2 ozs. butter. | 4 Gorgona anchovies, or juice of $\frac{1}{2}$ lemon. | 1 oz. anchovy paste.

Wash the anchovies, scrape them, take out the bones and pound in a mortar with the butter, add the juice of the lemon, and rub the mixture through a sieve. Use as required. If the anchovy paste is used, work it into the butter ; add lemon-juice, and use.

175. BEURRE À LA MADRAS (CHUTNEY BUTTER).

3 ozs. butter. | 2 ozs. chutney. | lemon-juice. | cayenne. | salt.

Pound the chutney with the butter, add a few drops of lemon-juice, work in a little salt and cayenne, rub through a sieve, and use as required.

176. BEURRE À LA DIABLE (DEVILLED BUTTER).

2 ozs. butter. | $\frac{1}{2}$ saltspoonful black pepper. | $\frac{1}{2}$ teaspoonful curry-powder.
 $\frac{1}{2}$ teaspoonful paprika. | a pinch of cayenne.

Mix the peppers and curry-powder into the butter. Spread on a plate, and put on ice. Use for grilled meats.

177. BEURRE DE RAIFORT (HORSERADISH BUTTER).

$\frac{1}{2}$ horseradish. | 4 ozs. butter. | juice of $\frac{1}{2}$ lemon. | pepper and salt.

Wash and scrape the horseradish, grate it finely, work it into the butter, season with salt and pepper, add the lemon-juice, and rub through a fine sieve.

178. BEURRE AU JAMBON (HAM BUTTER).

2 ozs. butter. | 3 ozs. lean cooked ham. | 1 tablespoonful cream. | cayenne.

Mince the ham, put it into a mortar with the butter, pound well, add the cream and a pinch of cayenne, rub through a sieve. Use as required.

179. BEURRE DE HOMARD (LOBSTER BUTTER).

1 lobster shell. | coral and spawn. | equal weight of butter. | cayenne.

Pound the shell, coral, and spawn of the lobster in a mortar with an equal quantity of butter, season to taste, and rub through a fine sieve.

180. BEURRE MAÎTRE D'HÔTEL (PARSLEY BUTTER).

1 oz. butter. | 1 tablespoonful chopped parsley. | lemon-juice. | pepper. | salt.

Chop the parsley very finely, work it into the butter, add a squeeze of lemon-juice, pepper, and salt to taste.

181. BEURRE MONTPELLIER (MONTPELLIER BUTTER).

1 oz. of parsley.	$\frac{1}{2}$ oz. tarragon and	$\frac{1}{2}$ oz. burnet and chives.	1 teaspoonful capers.
2 ozs. spinach.	chervil.	6 hard-boiled yolks.	salt.
2 anchovies.	4 ozs. butter.	2 gherkins.	cayenne.

Blanch the parsley, tarragon, chervil, burnet, chives, and spinach ; drain well ; pound in a mortar with the hard-boiled yolks. the anchovies—which must be first freed from bones and chopped—the capers, and gherkins ; pound well, then add the butter ; season, mix well, and rub through a fine sieve.

182. BEURRE AU PAPRIKA (PAPRIKA BUTTER).

2 ozs. butter. | 1 small teaspoonful paprika. | lemon-juice.

Work the paprika into the butter on a plate ; add a few drops of lemon-juice ; put on ice until required.

183. BEURRE RAVIGOTE (GREEN HERB BUTTER).

1 oz. parsley.	3 ozs. tarragon, chervil,	3 shallots.	pepper.
2 ozs. spinach.	and chives.	4 ozs. butter.	salt.

Wash the parsley, spinach, tarragon, chives, and chervil ; blanch them ; drain and pound in a mortar. Chop the shallots, and fry them in a little butter a light brown ; put them in the mortar with the herbs ; work in the butter, season to taste, and rub through a fine sieve.

184. BEURRE DE RUISSEAU (WATERCRESS BUTTER).

2 ozs. butter. | 1 bunch watercress. | salt. | pepper.

Wash and pick the watercress, chop the leaves finely, put them in a mortar with the butter, and pound well together ; season with pepper and salt, and serve.

185. BEURRE VÉNITIENNE (VENETIAN BUTTER).

2 shallots. | 2 ozs. spinach-leaves. | 2 anchovies. | $\frac{1}{2}$ oz. tarragon and chervil.

Chop the shallots, and fry them in a little butter ; blanch the spinach, tarragon, and chervil ; bone the anchovies, and cut them up small ; drain the herbs ; put them in a mortar with the shallots and anchovies, and pound well, then rub through a fine sieve. Put on ice until ready to use.

186. BEURRE DE CREVETTES (SHRIMP BUTTER).

4 ozs. shrimps. | 4 ozs. butter.

Pound the unpicked shrimps in a mortar with the butter ; rub through a fine sieve, taking care not to allow any of the shell to pass through ; place in the cool until required. Crayfish and prawn butters are prepared in the same way.

187. BEURRE ESTRAGON (TARRAGON BUTTER).

4 ozs. tarragon-leaves. | 4 ozs. butter. | lemon-juice. | salt. | pepper.

Blanch the tarragon-leaves, drain well, press out all moisture. Put these into a mortar, add the butter, pound well together, and rub through a fine sieve ; mix in a few drops of lemon-juice, and add seasoning to taste.

188. BEURRE DE MOUTARDE (MUSTARD BUTTER).

2 ozs. butter. | 1 teaspoonful of mustard. | lemon-juice. | cayenne. | salt.

Work the mustard into the butter until thoroughly mixed ; add a few drops of lemon-juice and seasoning.

189. BEURRE À LA PORTUGAISE (PORTUGUESE BUTTER).

2 hard-boiled yolks of eggs. | 1 gill tomato sauce. | 4 ozs. butter.

Reduce the tomato sauce by boiling until it is very thick ; rub the yolks through a wire sieve, and mix them with the sauce. Work this into the butter.

190. BEURRE ÉCHALOTE (SHALLOT BUTTER).

4 ozs. shallots. | 4 ozs. butter. | seasoning.

Peel the shallots, blanch them quickly, drain and press out all the moisture in a cloth. Put the shallots into a mortar with the butter, pound well together, and rub through a fine sieve ; season, and put on ice until required.

191. BEURRE NOIR (BLACK BUTTER).

2 ozs. butter. | 1 teaspoonful parsley. | squeeze of lemon. | salt. | pepper.

Put the butter into a frying-pan, and cook it over the fire until it acquires a nut-brown colour. Take it off the fire, add the chopped parsley, a few drops of lemon-juice, and seasoning. Use at once

192. HAZEL-NUT BUTTER.

4 ozs. butter. | 4 ozs. shelled hazel-nuts.

Put the nuts for a few minutes into a cool oven, in order to cook the skins, and so make it possible to remove them. Put the nuts in a mortar, pound them, and add the butter ; mix well, and rub through a fine sieve. When pounding the nuts, a little water should be added, in order to prevent oiling.

USEFUL HINTS FOR THE KITCHEN**193. FLOUR.**

Flour should always be passed through a wire sieve before using ; by doing this, lumps are removed, and the flour is made lighter by causing the air to pass through it.

194. BOUQUETS GARNIS (FAGGOTS).

These consist of little bunches of savoury herbs, used for flavouring, consisting of generally—

1 sprig of parsley. | 1 sprig of thyme. | 1 sprig of marjoram. | 1 bay-leaf.

The sprigs are put together, and the bay-leaf tied round them, making a neat bunch.

195. FRIED PARSLEY.

Pick, wash, and drain some parsley sprigs ; put them into a frying-basket, and fry in hot fat ; shake the basket while frying ; fry until crisp. Drain well. Fried parsley is generally used to garnish fried dishes, such as fried fish, rissoles, etc. The parsley should be crisp and green.

196. SALPICON.

A salpicon is a mixture of cooked ingredients—either chicken, game, sweetbread, veal, or foie-gras, minced or cut in dice, mixed with tongue, ham-truffles, or mushrooms, and sufficient Bechamel or brown sauce to bind. Used for filling patties and other small entrées.

197. TO CLARIFY FAT.

Cut up the fat—any kind of beef and mutton fat—take away any pieces of meat that may be adhering to it ; put the fat into an iron saucepan, and cover with cold water ; boil quickly until the water has evaporated ; continue to cook, stirring occasionally, until the pieces of fat have shrivelled up into little brown bits. Strain through a wire strainer or cullender. Use for frying.

198. TO CLARIFY DRIPPING.

Put the dripping into a basin, pour over it boiling water ; let it get cold, then lift off the cake of fat which has formed on the top of the water ; the gravy that it contains will be found to have sunk to the bottom, and this can easily be removed with a knife.

199. TO CLARIFY BUTTER.

Melt the butter in a stewpan ; place the saucepan on a slow fire ; remove the scum as it rises to the surface ; when the butter is clear, strain it through muslin.

FARCES (FORCEMEATS)

200. FARCE DE MERLAN (WHITING FORCEMEAT).

$\frac{1}{2}$ lb. whiting meat.	1 oz. flour.	1 whole egg and 2 yolks.	pepper.
1 oz. butter.	$\frac{1}{2}$ gill fish stock (No. 316).	$\frac{1}{2}$ gill cream.	salt.

Remove the skin and bones from the whittings ; chop the meat, which must weigh half a pound ; melt the butter in a small saucepan, stir in the flour ; cook a little without browning ; dilute with the fish stock ; stir over the fire until thick. The mixture must leave the bottom and sides of the saucepan clean. Put the chopped fish into a mortar with the panada (*i.e.*, the thick sauce), and pound well together. Add by degrees the eggs and seasoning. Rub this mixture through a wire sieve, return to the mortar, and work in the whipped cream carefully, or, if preferred, Bechamel sauce (No. 4) may be used instead of the cream.

Average cost, 1s. 3d. Time required, 30 minutes. Sufficient for 4 or 5 people. Seasonable at any time.

201. FARCE DE VEAU (VEAL FORCEMEAT).

$\frac{1}{2}$ lb. lean veal.	2 ozs. fat bacon.	2 eggs.	seasoning.	1 oz. breadcrumbs.
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Cut up the veal and bacon into small pieces ; put the meat and bacon into a mortar, and pound well together ; add the eggs one at a time ; season, mix well, and then rub through a wire sieve ; return to the mortar, and mix in the breadcrumbs ; work all well together ; if the mixture should be too stiff, add a little whipped cream or some well-reduced white sauce.

Average cost, 1s. Time required, 30 minutes. Seasonable at any time.

202. FARCE DE VOLAILLE (CHICKEN FORCEMEAT).

$\frac{1}{2}$ lb. raw chicken meat.	1 oz. butter.	1 egg.	pepper.
$\frac{1}{2}$ gill chicken stock (No. 314).	1 oz. flour.	salt.	a little cream (optional).

Cup up the chicken meat, which must be free from skin and sinews. Melt the butter in a saucepan ; stir in the flour, add the stock, and boil till thick ; let this mixture cool a little, then put it in a mortar with the chicken meat. Pound well, add the egg and seasoning, mix thoroughly ; rub through a wire sieve. If the cream is used, mix it into the forcemeat after it has been sieved.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at any time.

203. FARCE DE FAISAN (PHEASANT FORCEMEAT).

$\frac{1}{2}$ lb. pheasant meat.	3 ozs. lean veal.	3 ozs. fat bacon.	salt.
$\frac{2}{2}$ tablespoonfuls game sauce.	2 ozs. foie-gras.	2 eggs.	pepper.

Free the pheasant from skin and bone ; put it in a mortar with the veal and bacon, cut small ; pound well, and add the game sauce, the foie-gras, and the eggs ; work all well together, season with pepper and salt, and rub through a wire sieve. If the farce is too stiff, add a little more sauce or cream.

Average cost, 5s. Time required, 30 minutes. Seasonable October to February.

204. FARCE DE FOIE DE VEAU (LIVER FARCE).

$\frac{1}{2}$ lb. calf's liver.	$\frac{1}{2}$ onion.	1 bunch savoury herbs.
$\frac{2}{2}$ ozs. bacon.	$\frac{1}{2}$ small carrot.	salt and pepper.

Mince the liver, cut up the bacon, chop the vegetables. Fry the bacon, then add the liver and the vegetables ; fry all together ; add the herbs and seasoning. When sufficiently cooked, take out the herbs ; put the rest in a mortar, pound well, and then rub through a wire sieve. The farce is then ready for use.

Average cost, 8d. Time required, 20 minutes.

205. FARCE DE MARRONS (CHESTNUT STUFFING).

$1\frac{1}{2}$ lbs. chestnuts.	2 ozs. butter.	salt and pepper.
$1\frac{1}{2}$ pints white stock.	$\frac{1}{2}$ gill cream or milk.	pinch of sugar.

Slit the chestnuts, put them into the oven for about fifteen minutes, then remove the shell and inner skin ; put them in a saucepan with the stock, and cook until soft enough to sieve. After sieving, return to the saucepan ; mix in the cream or milk and butter ; season nicely with the pepper and salt and a very little sugar. Used for garnishing entrées and as stuffing for turkeys.

Average cost, 9d. Time required, 1 hour. Seasonable October to February.

206. HERB FARCE.

4 ozs. breadcrumbs.	1 tablespoonful chopped parsley.	rind $\frac{1}{2}$ lemon.	salt.
4 ozs. suet (beef).	1 tablespoonful thyme and marjoram.	pepper.	2 eggs.

Chop the suet finely ; mix with it the breadcrumbs, the chopped parsley and herbs, the grated rind of the lemon, pepper and salt. Beat the eggs, and add to the mixture ; if not sufficient to bind, add a little milk. Use for veal, turkey, poultry, etc.

Average cost, 8d. Time required, 15 minutes.

207. SAGE AND ONION STUFFING.

8 large onions.	2 tablespoonfuls sage.	pepper.
2 ozs. butter.	2 tablespoonfuls breadcrumbs.	salt.

Peel the onions, cut them in pieces, put them into a saucepan, and cover with cold water ; boil until done, drain well, and chop finely ; mix them with the breadcrumbs and the chopped sage ; cut up the butter into small pieces, and mix with the stuffing. Season with pepper and salt. Used for stuffing geese, ducks, pork, etc.

Average cost, 6d. Time required, 45 minutes.

208. FARCE D'HUITRES (OYSTER FORCEMEAT).

12 oysters.	4 ozs. breadcrumbs.	rind $\frac{1}{2}$ lemon.	cayenne.
1 oz. butter.	1 teaspoonful chopped parsley.	1 egg-yolk.	salt.

Drain the oysters from their liquor, take off the beards, and cut the oysters into small dice ; mix with the breadcrumbs ; add the butter, broken up into small pieces, the grated rind of the lemon, a little salt, a pinch of cayenne, and the chopped parsley. Mix these ingredients well together, and bind with the yolk of egg and some of the oyster liquor. The forcemeat is now ready, and may be used for stuffing

fowls or boiled turkeys, or made into balls, fried or poached, and used as a garnish for soups or made dishes.

Average cost, 2s. Time required, 15 minutes. Seasonable September to May.

209. FARCE DE CHAMPIGNONS (MUSHROOM FORCEMEAT).

$\frac{1}{4}$ lb. mushrooms.	3 ozs. breadcrumbs.	$\frac{1}{2}$ lemon.	salt.
1 oz. butter.	1 teaspoonful parsley.	2 yolks of eggs.	cayenne.

Wash and peel the mushrooms, mince them finely. Melt the butter in a saucepan, put in the mushrooms, and cook; add to them the breadcrumbs, the rind of the lemon, grated, the chopped parsley, a little salt, and a pinch of cayenne; mix well; add the yolks of the eggs, and stir all together. Care must be taken to use the seasonings sparingly, so as not to destroy the flavour of the mushrooms. This forcemeat is served with roast fowls, or as stuffing for boiled fowls or turkeys.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times.

210. SAUSAGE FARCE FOR TURKEYS, ETC.

8 ozs. lean pork.	4 ozs. fat pork.	2 yolks of eggs.	salt.
4 ozs. breadcrumbs.	liver of turkey.	$\frac{1}{2}$ teaspoonful sage.	pepper.

Mince the pork very finely by putting it twice through a mincing-machine; mix with it the breadcrumbs and the chopped sage; mince the liver of the turkey very finely, and add to the other ingredients; season with pepper and salt, and bind with the two egg-yolks.

Average cost, 1s. Time required, 20 minutes. Seasonable in the winter months.

211. FORCEMEAT BALLS FOR HARE, ETC.

2 ozs. suet.	1 tablespoonful parsley, thyme, and marjoram.	pepper.
1 egg.	2 ozs. breadcrumbs.	salt.

Chop the suet very finely, mix the breadcrumbs with it, also the finely chopped herbs; season with pepper and salt. Beat the egg, and add to the ingredients. Divide this farce into equal-sized pieces, roll them in flour, shape into balls, put them into boiling water, and simmer for ten minutes; take up and drain; use as required. These balls are sometimes fried; in that case, dip them in flour, then in beaten egg, roll them in breadcrumbs, and fry a golden brown in boiling fat.

GARNISHES

Garnishes are used in the construction of dishes consisting of fish, meat, poultry, and game. Garnishes not only add to the flavour of the dish, but are also attractive to the eye, and thereby are made more pleasing to the palate. A few of the most important of these garnishes, with their preparation, are given here:

212. À LA BAYARD (BAYARD GARNISH).

1 truffle.	2 artichoke bottoms.	2 ozs. ox-tongue.	croûtons of fried bread.
3 mushrooms.	$\frac{1}{2}$ gill Madeira.	Espagnole sauce (No. 33).	foie-gras.

Slice the truffle and mushrooms, cut the ox-tongue and artichoke bottoms into dice; put these ingredients into a stewpan with the wine, reduce well, then add some well-reduced Espagnole sauce. Surround the dish with small fried croûtons of bread, spread with a thin layer of purée of foie-gras.

213. À LA BORDELAISE (BORDEAUX GARNISH).

1 shallot.	$\frac{1}{2}$ gill claret.	beef-marrow.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	cayenne.
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Chop the shallot finely; put it in a stewpan with the wine; boil and reduce for five minutes; add the sauce and a pinch of cayenne; cook five minutes longer. Serve it, poured over steaks or fillets of beef. Parboil the marrow in slices, grill it, and place on the cooked meat when dished up.

214. À LA BOURGUIGNONNE (BURGUNDY GARNISH).

claret.		fish stock.		mushrooms.		button onions.		glaze.
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This is a fish garnish, the fish being cooked in claret, with fish stock, and the dish garnished with cooked mushroom heads and glazed button onions.

215. À LA BEUFREMONT (BEAUFREMONT GARNISH).

cooked macaroni.		cream.		croustades.
tomato sauce (No. 77).		butter.		truffles.

Cook the macaroni ; when tender, drain it and cut in $\frac{1}{2}$ -inch pieces ; melt a little butter in a stewpan ; put in the macaroni ; add some cream, enough to bind ; fill some croustades with this mixture ; shred or chop the truffles, and sprinkle on the top. Served with tomato sauce on the dish.

216. À LA BIGNON (BIGNON GARNISH).

potatoes.		sausage-meat.		butter.
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The potatoes should be small, oval or round, scooped out raw, stuffed with sausage-meat, baked with butter in a moderate oven.

217. À LA BELLE-VUE (BELLE-VUE STYLE).

white chaufroid sauce		truffles.		tarragon-leaves.
(No. 124).		ox-tongue.		aspic jelly (No. 251).

This is used for cold dishes. Masked with the sauce, decorated with the truffles, tarragon, and ox-tongue, cut in fancy shapes, garnished with chopped aspic jelly.

218. À LA CHAMBORD (CHAMBORD GARNISH).

fish quenelles, made with		genoise sauce (No. 99).		oysters.		crayfish.
fish forcemeat (No. 200).		truffles.		mushrooms.		

Cook some whole mushrooms, and make some small quenelles with the fish forcemeat ; cook some bearded oysters and sliced truffles in Genoese sauce. When the quenelles are cooked, coat them with the sauce. Arrange these garnishes in heaps round the dish, alternately with whole crayfish. Serve with fish.

219. À LA CHIPOLATA (CHIPOLATA GARNISH).

1 gill young carrots.		1 gill mushrooms.		6 chipolata sausages		$\frac{1}{4}$ lb. bacon.
1 gill young turnips.		1 gill chestnuts.		(small).		pepper and salt.

Cut the carrots and turnips the size and shape of olives, blanch them, fry in butter, and then braise in stock ; blanch and peel the chestnuts, boil and glaze them ; cut the bacon into dice, also the cooked mushrooms ; slice the sausages. The garnish is arranged round the dish with the slices of sausage.

220. À LA FÉDORA (FÉDORA GARNISH).

artichoke bottoms.		foie-gras.		bordeaux sauce (No. 11).		beef-marrow.
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Make a purée of the foie-gras by passing it through a wire sieve ; mix with it a little of the sauce to make it a nice consistency. Fill the artichoke bottoms with this purée, heat in the oven, and put them round the dish to be garnished. Served with the Bordeaux sauce, which should contain cubes of parboiled marrow.

221. À LA FLORENTINE (FLORENTINE GARNISH).

artichoke bottoms.		cauliflower.		cream.		veal stock.
tomato sauce (No. 77).		grated cheese.		butter.		seasoning.

Cook the cauliflower, drain and rub through a hair sieve ; mix this purée with a little butter and cream ; fill the artichoke bottoms with it, sprinkle with grated cheese, and bake in the oven. Put round the dish, and serve with tomato sauce blended with veal stock.

222. À LA FERMIÈRE (FERMIÈRE GARNISH).

potatoes. | butter. | carrots. | very small cabbages. | lettuces.

Cut the potatoes in rounds, and fry them in butter ; glaze the carrots, and braise the cabbages and lettuces. These are arranged in groups round the dish.

223. À LA FINANCIÈRE (FINANCIÈRE GARNISH).

3 cockscombs. | 4 truffles. | 6 quenelles (veal forcemeat, | butter.
1 sweetbread. | 6 mushrooms. | No. 201). | Madeira sauce (No. 50).

Blanch the cockscombs by soaking in boiling water, dry them, and take off the skin ; stew in butter and stock. Cut the sweetbreads in slices or in dice, after being cooked. Slice the cooked mushrooms and truffles. Put all these ingredients, with the quenelles, into a saucepan ; moisten with Madeira sauce, and use.

224. À LA FLAMANDE (FLEMISH GARNISH).

carrots. | turnips. | French beans. | small cabbages.

Scoop out the carrots and turnips with a vegetable-cutter, cut the beans, cook the vegetables in boiling water, braise the cabbages. Arrange in alternate groups. This garnish is suitable for fillet of beef and rump-steak.

225. À LA GOURMET (GOURMET GARNISH).

6 mushrooms. | 4 artichoke bottoms. | $\frac{1}{2}$ gill Madeira wine.
2 truffles. | a small quantity of cooked ox-palate. | Madeira sauce (No. 50).

Cut the artichokes into quarters, the mushrooms and truffles into dice, also the ox-palate ; put these into a saucepan with the wine, and cook for five minutes ; dilute with Madeira sauce, cook for a few minutes longer, and it is ready for use.

226. À LA GRECQUE (GREEK GARNISH).

aubergines, or egg-plants. | Béarnaise sauce (No. 7). | Madeira sauce (No. 50). | butter.

Cut the aubergines in quarters, parboil, and fry in butter ; moisten with a little Madeira sauce, cook for ten minutes. Arrange in groups round dish with Béarnaise sauce.

227. À LA JARDINIÈRE (GARNISH OF VEGETABLES).

1 pint macédoine of vegetables (such | 1 oz. butter. | chopped parsley.
as peas, beans, carrots, turnips, | $\frac{1}{2}$ gill Bechamel sauce. | pepper.
asparagus tips, cauliflower sprigs). | $\frac{1}{2}$ gill cream. | salt.

Scoop out the carrots and turnips with a vegetable scoop, the beans cut in short pieces. Cook all the vegetables separately. Melt the butter in a saucepan, put in the vegetables, add the sauce and cream ; let them get quite hot ; add the parsley and seasoning. Serve with meat entrées.

228. À LA JULIENNE (JULIENNE GARNISH).

2 carrots. | 2 onions. | 1 stalk of eelery. | 2 tablespoonfuls | white part of 2 leeks.
2 turnips. | salt. | 3 ozs. butter. | French beans. | 3 or 4 cabbage-leaves.

Peel and cut the vegetables into 1-inch strips. Melt the butter in a stewpan, put in the vegetables, stew them for ten minutes, then add enough stock to cook them. When tender, strain and use.

229. À LA MILANAISE (MILANESE GARNISH).

6 mushrooms. | about 3 gills Madeira (No. 50) | 2 tablespoonfuls | 2 ozs. cooked ox-tongue.
2 truffles. | and tomato sauces (No. 77). | grated cheese. | 2 ozs. cooked macaroni.

Cut the mushrooms, truffles, ox-tongue, and macaroni into Julienne strips ; put them into a saucepan with the sauces, mixed in equal quantities ; season with salt and pepper ; add the cheese, which should be either Parmesan or Gruyère ; cook all together for fifteen minutes. Used for mutton cutlets, fillets, chicken, etc.

230. À LA MONTEBELLO (MONTEBELLO GARNISH).

$\frac{1}{2}$ pint Béarnaise sauce (No. 7). | $\frac{1}{2}$ pint tomato sauce (No. 77), well reduced. | 3 truffles.

Mix the two sauces together in a saucepan ; work these up without boiling ; add to the sauces the sliced truffles.

231. À LA NORMANDE (NORMANDY GARNISH).

fish quenelles (forcemeat, No. 200).		mussels.		crayfish tails.
Normande sauce (No. 113).		oysters.		mushrooms.

Make some small fish quenelles, slice the cooked mushrooms, blanch as many oysters and mussels as are required, prepare some shelled crayfish-tails. Put these ingredients into a saucepan, dilute with Normande sauce, stir carefully over the fire until hot. Served with fish.

232. À LA PARISIENNE (PARISIAN GARNISH).

$\frac{1}{2}$ gill Madeira wine. | 2 truffles. | 4 mushrooms. | $\frac{1}{2}$ pint Madeira sauce (No. 50).

Slice the mushrooms and truffles, put them into a saucepan with the wine, and cook for about five minutes ; then stir in the Madeira sauce ; bring to the boil, stirring all the time ; cook for five minutes ; it is then ready to serve.

233. À LA PROVENÇALE (PROVENÇALE GARNISH).

stuffed tomatoes. | stuffed mushrooms. | string beans. | Madeira sauce (No. 50).

The stuffed mushrooms and tomatoes and the beans are arranged round the dish to be garnished in alternate groups. Can be served with all kinds of entrées. Madeira sauce is served with it.

234. À LA RÉFORME (REFORM GARNISH).

1 oz. cooked ham.		2 truffles.		2 gherkins.		$\frac{1}{2}$ oz. butter.
1 hard-boiled white of egg.		6 mushrooms.		1 cooked carrot.		a little stock.

Cut the ham, hard-boiled white of egg, truffles, gherkins, carrot, and mushrooms into shreds ; melt the butter in a stewpan, add the shredded ingredients, moisten with a little stock, and keep hot until required. Used as a garnish with côtelettes de mouton à la réforme.

235. À LA REGENCE (REGENCY GARNISH).

6 chicken quenelles.		1 small cooked sweetbread.		6 cockscombs.
$\frac{1}{2}$ pint Allemande sauce (No. 1).		4 mushrooms.		6 cocks' kidneys.
		2 truffles.		$\frac{1}{2}$ gill white wine.

Cut the sweetbread into slices, also the mushrooms and truffles ; put these, with the cockscombs and kidneys and quenelles, into a saucepan with the wine ; cook for five minutes, then add the sauce ; cook a few minutes longer.

236. À LA SOUBISE (SOUBISE GARNISH).

3 onions. | $1\frac{1}{2}$ ozs. butter. | salt. | pepper. | 1 gill white stock. | $\frac{1}{2}$ pint Bechamel sauce (No. 4).

Cut up the onions, melt the butter in a saucepan, put in the onions, cook them for a few minutes without browning, add the stock, and cook for twenty minutes. Add the sauce, and simmer a few minutes longer ; season with pepper and salt. Rub through a hair sieve, return to the saucepan, reheat, and use.

237. À LA ROUENNAISE (ROUEN GARNISH).

2 turnips.		6 button onions.		castor sugar.
2 carrots.		2 ozs. butter.		demi-glace sauce (No. 29).

Cut the turnips and carrots into olive shapes. Melt the butter in a stewpan ; put in the carrots, turnips, and onions ; sprinkle a little castor sugar over them, and saute them for a few minutes ; then add sufficient sauce to finish their cooking ; season them with salt and pepper. Dress in groups round the dish, or serve in the centre.

238. À LA MARINIÈRE (MARINIÈRE GARNISH).

mussels.	fish quenelles (forcemeat,	truffles.
crayfish.	No. 200).	velouté sauce (No. 82).

Make some small fish quenelles, blanch the mussels and trim them ; remove the shells from the crayfish after they are cooked ; keep the tails whole. Reduce some velouté sauce with some of the liquor the mussels were cooked in to a good consistency ; then add the mussels, truffles, and fish quenelles ; season with cayenne ; stir over the fire until hot. Serve with fish.

239. À LA MATELOTE (MATELOTE GARNISH).

soft roes.	cooked crayfish tails.	matelote sauce	truffles.
mussels.	mushrooms.	(No. 107).	onions.

Blanch some mussels, and boil some roes ; take out the meat from the crayfish tails, keeping them whole ; glaze the mushrooms, truffles, and onions. This garnish is dished in heaps round the dish, the matelote sauce being sent to table separately.

240. À LA MARENGO, FOR CHICKEN (MARENGO GARNISH).

mushrooms.	brown sauce (No. 6).	fried eggs.
truffles.	tomato sauce (No. 77).	oil.

Slice the mushrooms and truffles ; fry the eggs in oil. The dish is garnished with these, and the sauces served with the chicken.

241. À LA SUPRÊME (SUPRÊME GARNISH).

2 ozs. rice.	the breast of a	$\frac{1}{2}$ oz. butter.	pepper.	truffles.
1 pint white stock.	chicken.	$\frac{1}{2}$ gill cream.	salt.	meat-glaze.

Bring the stock to the boil ; sprinkle in the rice. Cut up the breast of the chicken, put it in a mortar ; pound well, then add it to the rice. Season with salt and pepper, and cook for thirty minutes ; strain ; return rice and chicken to the saucepan ; add the butter and cream. Heat without boiling. Arrange this garnish round a dish ; place the suprêmes in the centre, decorate with slices of truffles, and brush over a little meat-glaze. Suprêmes of game, poultry, or sweetbread may be served with this garnish.

242. À LA TOULOUSE (TOULOUSE GARNISH).

sweetbread.	truffles.	mushrooms.	chicken quenelles.
foie-gras.	tongue.	cockscombs.	Allemande sauce (No. 1).

Sweetbread, foie-gras, mushrooms, tongue, and truffles cut in slices, and warmed in Allemande sauce.

243. À LA TORTUE (TURTLE GARNISH).

3 chicken livers.	2 truffles.	1 small sweetbread.	$\frac{1}{2}$ pint demi-glaze sauce (No. 29).
4 stoned olives.	seasoning.	1 gill Madeira wine.	4 mushrooms.

Boil the chicken livers a few minutes, cut them into large dice-shapes, put into a saucepan with the olives, truffles, mushrooms, and sweetbread, all cut in dice ; add the wine, cook for ten minutes ; then add the sauce and seasoning ; cook for another ten minutes.

244. À LA VALENCIENNE (VALENCIA GARNISH).

1 oz. ox-tongue.	1 truffle.	2 tablespoonfuls tomato	2 tablespoonfuls boiled rice.
2 mushrooms.	seasoning.	sauce (No. 77).	1 tablespoonful grated cheese.

Cut the truffle, tongue, and mushrooms in strips ; put them in a saucepan with the rice ; add the tomato sauce, seasoning, and cheese ; simmer for five minutes, and use.

245. À LA WINDSOR (WINDSOR GARNISH).

green haricots.	young carrots.	capers.
sprigs of cauliflower.	white stock.	seasoning.

The vegetables are cooked separately in stock. The dish is garnished with alternate groups of these vegetables and capers. Served with boiled mutton.

246. DUXELLE PURÉE.

8 mushrooms.	1½ gills Espagnole sauce (No. 33).	2 ozs. lean ham.	2 ozs. butter.	pepper.
4 shallots.	1 teaspoonful chopped parsley.	1 gill white wine.	1 truffle.	salt.

Chop the shallots, mushrooms, ham, and truffle ; melt the butter in a saucepan, add the chopped ingredients ; cook for a few minutes, then add the wine ; reduce to a quarter of the original quantity, add the sauce, and cook a few minutes longer ; stir in the parsley, and season to taste.

247. MEAT-GLAZE.

Put 8 or 9 quarts of strong brown or white stock into a saucepan, boil up, and reduce quickly, keeping it well skimmed during the process of boiling ; it will take three to four hours to reduce. When it is cooked sufficiently, put a spoon into it, and touch it with the fingers ; if it makes them stick together, it is ready. Put it into jars, keep in a dry place, and use as required.

248. FUMET OF GAME.

carcass of game.	1 bay-leaf.	1 oz. butter.	1 gill white	2 ozs. raw bacon.
1 small onion.	½ carrot.	1 quart stock.	wine.	1 sprig of thyme.

Wash and scrape the carrot, peel the onion, and slice them. Put the butter in a saucepan ; when melted, put in the carcass, which must be chopped up, and the bacon cut in dice ; fry these together for a few minutes ; add the vegetables and herbs ; fry a short time longer ; add the wine, and cook for ten minutes. Stir in the stock ; cook for thirty minutes. Skim well, and strain.

249. CALF'S-FOOT STOCK FOR JELLY.

2 calf's feet. | 4 quarts of cold water.

Wash the feet in plenty of cold water ; remove all the hairs, and cut out all defective pieces ; put them into a large saucepan, cover with the water, place on a slow fire, and cook very slowly ; skim well, and continue to simmer until the quantity of water is reduced to half. Strain the stock, and when cold remove all fat ; the stock will now be ready to use for jelly.

250. MIREPOIX.

1 carrot.	1 bay-leaf.	2 ozs. butter.
2 shallots.	a sprig of thyme.	white wine.
2 onions.	4 ozs. bacon.	stock.

Cut the carrot, onions, and shallots in slices ; cut the bacon into small pieces. Melt the butter in a stewpan ; add the vegetables, herbs, and bacon ; fry these without browning. Dilute with wine and stock as required. Used for sauces, for braising meats, soups, and stews.

251. ASPIC JELLY.

rind and juice of 1 lemon.	1 onion.	12 peppercorns.	2½ ozs. gelatine.
1½ pints of water or stock.	1 carrot.	½ teaspoonful salt.	1 gill of sherry.
small piece of celery.	1 bay-leaf.	whites and shells	½ gill malt vinegar.
small blade of mace.	2 cloves.	of 2 eggs.	½ gill tarragon vinegar.

Peel the onion, scrape the carrot, cut them in quarters, wash the celery, peel the lemon very thinly ; put these ingredients into a large clean stewpan ; add the

spices, juice of the lemon, the vinegars, gelatine, water, and wine. Whisk the whites of the eggs, crush the shells, and put them into the stewpan with the rest of the ingredients. Stir over the fire with a whisk until the gelatine is melted, then whisk until it boils. Remove the whisk, and simmer gently for fifteen minutes. Fix a clean cloth on to a soup-stand, or tie the cloth to the legs of a chair turned upside down; put a basin underneath. Before straining the jelly, pour some boiling water through the cloth; empty this away, then strain the jelly. If not clear the first time, pass it through again; continue to do this until the jelly is clear. Allow it to run through the cloth without stirring. In hot weather more gelatine may be found to be necessary; in cold weather less may be used. Aspic jelly is used for borders for cold entrées, and for garnishing.

Average cost, 1s. 3d. Time required, 30 minutes.

252. TO STRAIN CONSOMMÉ.

Put a clean linen cloth on a soup-stand, or tie the cloth to the four legs of a chair turned upside down; for soup the cloth is best left dry. Place a basin underneath; pour the soup slowly through the cloth, repeating the process if necessary; the consommé must not be stirred, or it will become cloudy.

253. CROÛTONS FRITS POUR POTAGE (FRIED CRUSTS FOR SOUPS).

Cut some slices of bread from a tin-loaf, take off the crust, and cut the crumb into $\frac{1}{4}$ -inch squares; fry these in hot fat or butter a golden colour; drain well. Serve these croûtons separately, and not in the soup.

254. CROÛTONS POUR ENTRÉES (CRUSTS FOR ENTRÉES).

Cut some slices of bread from a tin-loaf, take off the crust, and cut with a cutter some pieces of bread to the required shape and size; the thickness should be about $\frac{3}{8}$ inch. Fry in clarified butter or fat.

255. MARINADE.

4 tablespoonfuls of vinegar.		2 tablespoonfuls of salad oil.		pepper.
a little onion.		1 teaspoonful of chopped parsley.		salt.

Chop the onion finely; mix it with the vinegar and oil; add salt, pepper, and the parsley. Pour this over the meat or fish, and let it remain in for some hours. Baste occasionally.

CHAPTER III

HORS - D'ŒUVRES

THIS course precedes the soup, and is partaken of for the purpose of stimulating the appetite. There are many hors-d'œuvres which are served plain. The most popular of these are the following :

256. OYSTERS.

Usually served each in its own shell, with quarters of lemon and thin slices of brown bread and butter handed round. This is the most highly esteemed of all hors-d'œuvres.

257. CAVIARE

should also be served simply. The addition of finely chopped onion or shallot, which is sometimes added, is not to be recommended, as it is apt to destroy the delicate flavour of the caviare. Caviare must on no account be touched with a metal implement ; this must be done with a wooden spoon or skewer.

258. OLIVES,

of which there are several kinds, should be green and firm, and not too salt ; they can be served plain or dressed.

259. SARDINES.

Open the tin carefully, take out the sardines, wipe them with a cloth, and serve them, for a plain hors-d'œuvre, with a little salad oil poured over them and garnished with sprigs of fresh parsley.

260. PRUNES À LA STRASBOURGEOISE (PRUNES WITH FOIE-GRAS).

8 French plums. | 1 small terrine foie-gras. | cream. | anchovy fillets. | 8 croûtes bread.

Soak the plums in a basin of cold water for twelve hours ; take them out, wipe them, and then remove the stones, taking care not to spoil the shape of the plum. After the stones have been removed, put the plums into their original shape, leaving an aperture at the top of each. Take a small terrine of foie-gras, remove the truffle and the fat from the top, and rub the foie-gras through a fine sieve. Put the purée into a basin, and mix with it a little whipped cream, just sufficient to make the purée of the right consistency. Put this mixture into a forcing-bag fitted with a rose-pipe, and fill the plums with it. Have ready some fried croûtes of bread, about $1\frac{1}{2}$ inches in diameter ; spread these with the same mixture. Place a stuffed plum on each croûte ; then round the plum wind some anchovy fillets, bringing them nearly to the top of the plum. Dish up, and garnish the dish with watercress or sprigs of fresh parsley. Serve cold.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

261. PRUNES À LA MONTPELLIER.

8 French plums. | 8 croûtes bread. | Montpellier butter (No. 181).

Soak the plums, as in the previous recipe ; cut each down one side, and take out the stone ; open each plum wide, and fill it with Montpellier butter by means of a forcing-bag with a rose-pipe. Place each plum on a croûte of fried bread, previously



Prunes à la Montpelliér.

covered with a layer of the same butter that the plums are filled with. Dish up, and garnish the dish with sprigs of parsley. (See coloured plate.)

Average cost, 1s. Time required, 30 minutes. Seasonable at any time. Sufficient for 8 persons.

262. PRUNES FARCIS AUX ANCHOIS (FRENCH PLUMS STUFFED WITH ANCHOVY).

8 French plums.	2 hard-boiled yolks of eggs.	1 oz. anchovy paste.	1 oz. butter.
8 anchovy fillets.	8 fried croûtes bread.	$\frac{1}{2}$ pint stock.	cayenne.

Prepare the plums as in the last recipe ; take out the stones, and open them down the centre. Put the hard-boiled yolks of eggs, the anchovy paste, and the butter into a mortar ; pound well together. Season the mixture with a little cayenne, and rub it through a wire sieve. Put the mixture into a forcing-bag fitted with a rose-pipe, and fill the plums, dressing the mixture rather high. Cut each anchovy fillet into four thin strips, and place them perpendicularly on the filling, letting the strips meet each other at the top. Place each plum on a fried croûte of bread, covered with a layer of the same mixture. Dish up, and garnish with sprigs of parsley and watercress.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

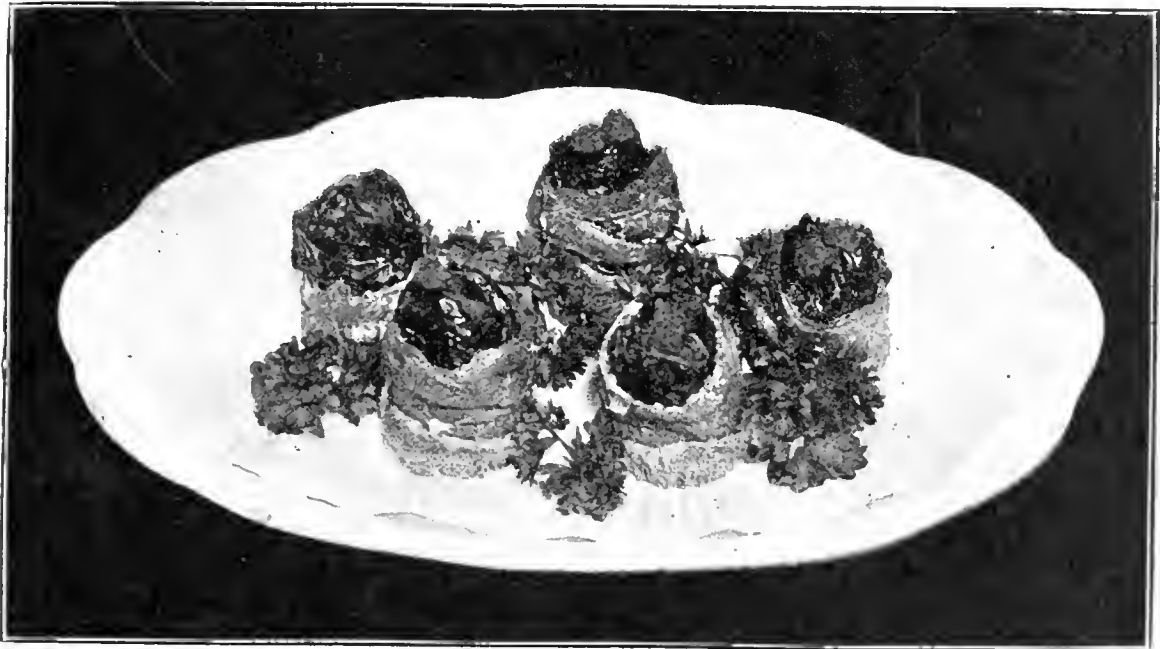


FIG. 1.—PRUNES FARCIS À LA STRASBOURGEOISE.

263. PRUNES FARCIS AUX FOIE-GRAS (FRENCH PLUMS STUFFED WITH FOIE-GRAS).

8 French plums.	foie-gras.	watercress or small salad.
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Soak the plums in cold water, wipe them, and remove the stones. Pass the foie-gras through a wire sieve ; cut each plum down the side ; fill with the foie-gras. Arrange a bed of watercress or small salad on a dish ; dress the plums on it, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

264. SARDINES À LA TARTARE.

12 sardines.	tartare sauce (No. 143).	12 croûtons fried bread.	watercress.
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Skin the sardines carefully, take out the backbone, and arrange each sardine on a fried croûton of bread, cut the same shape as the sardine. Coat the fish with the sauce. Dish them on a bed of watercress, and garnish each sardine with a few capers.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 12 persons.

265. SARDINES FARCIES AUX CREVETTES (SARDINES STUFFED WITH SHRIMPS).

1 tablespoonful picked shrimps.	12 sardines. a little vinegar.	1 dessertspoonful capers. 1 hard-boiled egg.	1 oz. butter. cayenne.
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Drain the sardines free from oil, open them, and remove backbone (this must be done with the greatest care, so as not to break the fish) ; put the sardines on a dish, and pour over them a little vinegar ; let them remain in this for ten minutes, then drain them. Chop the shrimps finely ; pound them in a mortar with the capers, butter, and a tiny pinch of cayenne, until they are of the consistency of a thick paste. Stuff the sardines with this mixture. Dish up, and garnish each sardine with the hard-boiled yolk of egg rubbed through a sieve and a few capers. Serve with them thin rolls of brown bread and butter.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 12 persons.

266. SARDINES À L'ALEXANDRA.

6 sardines. 1 oz. butter. Capers.	a little cream. 1 hard-boiled yolk of egg.	1 oz. Parmesan cheese. 6 croûtons fried bread. a pinch of curry-powder.	parsley. salt. cayenne.
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Drain the sardines free from oil, scrape them, and take out the bones. Put the sardines into a mortar with the butter and cheese ; pound well together ; season with a pinch of curry-powder, cayenne, and salt ; mix all well together ; soften the mixture with a little cream. Spread this paste on the fried croûtes of bread ; sprinkle on the top of each the hard-boiled yolk of egg, which has been put through a wire sieve ; decorate with capers. Dish up, and garnish the dish with sprigs of parsley or watercress.

Average cost, 10d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

267. OLIVES À LA NANTUA (OLIVES NANTUA STYLE).

8 olives. 16 prawns.	Montpellier butter (No. 181).	4 anchovies. 1 oz. butter.	8 croûtons fried bread. aspic jelly (No. 251).
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Cut some slices of bread about $\frac{1}{8}$ inch thick, stamp out some round with a cutter 2 inches across ; fry these a golden brown in very hot fat. Let them get cold. Stone the olives. Wash and bone the anchovies, put them into a mortar with the butter, and pound well ; rub this mixture through a sieve ; fill the olives with it by means of a forcing-bag fitted with a rose-tube. Spread the fried croûtes of bread with the Montpellier butter ; place a stuffed olive on each, and on each side of the olive put a prawn-tail. Dish up, and decorate the dish with finely chopped aspic jelly.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable April to August. Sufficient for 8 persons.

268. OLIVES EN ASPIC (OLIVES IN ASPIC JELLY).

10 olives. 1 oz. butter.	1 small terrine foie-gras. $\frac{1}{2}$ pint aspic jelly (No. 251).	10 fried croûtes bread. 4 filleted anchovies.
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Melt the aspic jelly in a small saucepan ; pour a small quantity of this into the bottom of some small bouche moulds ; let this set ; then place in each a stoned olive, fixing them in with a little of the jelly. Pass the foie-gras through a sieve, and fill the olives with it by means of a forcing-bag. Fill up the moulds with the jelly, which should come halfway up the olive. Pound the anchovies with the butter, and rub through a wire sieve ; spread the mixture on the fried croûtes of bread. When the little moulds are set, turn them out, and put one on each of the croûtes. Dish them neatly on a lace paper, garnish with sprigs of parsley, and serve.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable any time. Sufficient for 10 persons.

269. OLIVES À LA MONTPELLIER.

6 olives. | Montpellier butter (No. 181). | 2 small tomatoes.

Stone the olives, and stuff them with the butter. Cut each tomato into three slices; place an olive in the centre of each slice, and decorate round the base of each olive with the Montpellier butter by means of a rose-pipe and forcing-bag. Dish up, and garnish the dish with parsley or watercress. Spanish olives are the best kind to use for stuffing, as they are larger than other sorts.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

270. BETTERAVES À LA JARDINIÈRE (BEETROOT WITH VEGETABLES).

1 small beetroot. | mixed vegetables—i.e., carrots, | a little vinegar. | chopped parsley.
 mayonnaise (No. 134). | peas, beans, turnips, etc. | salt and pepper. | brown bread.

Cut the brown bread and beetroot into slices; stamp out some rounds of each about $1\frac{1}{2}$ inches across; cut the carrots, beans, and turnips into small dice. Cook each separately in salted water, also the peas; when cooked, drain them well, and mix them with a little mayonnaise, just sufficient to bind them together. Season the beetroot slices with pepper and salt, and sprinkle over them a few drops of vinegar; place each round of beetroot on a round of brown bread; pile the vegetables neatly on the top of the beetroot; sprinkle a little chopped parsley on the top of each. Arrange on a dish-paper, and garnish with sprigs of parsley.

Average cost, 1s. 2d. Time required, 15 minutes. Seasonable always. Sufficient for 12 persons.

271. BETTERAVES À LA ROYALE (BEETROOT ROYAL STYLE).

1 small beetroot. | Montpellier butter (No. 181). | 2 hard-boiled eggs. | pepper. | salt.

Cut the beetroot into slices $\frac{1}{8}$ inch thick; season them with pepper and salt and a few drops of vinegar; cut off the ends of the eggs, and then slice them into rounds; season them with pepper and salt; place an egg-slice on each side of beetroot. Make the Montpelleir butter, put it into a forcing-bag fitted with a rose-pipe, and force out a large rose in the centre of each piece of egg. Arrange tastefully on a dish with a lace paper, garnish with parsley, and serve.

Average cost, 9d. Time required, 20 minutes. In season all the year. Sufficient for 8 persons.

272. ROSETTES À LA RUSSE.

1 small beetroot. | caviare. | 6 gherkins. | salt. | pepper. | lemon-juice.

Cut the beetroot into slices $\frac{1}{8}$ inch thick; season them with pepper and salt; cut the gherkins into strips, and arrange them on the beetroot slices in the form of a rosette. Mix some caviare with a squeeze of lemon-juice, and put a piece in the centre of each rosette. Dish up and serve.

Average cost, 2s. 9d. Time required, 15 minutes. Sufficient for 8 persons.

273. CAVIAR AUX ÉCREVISSES (CAVIARE WITH PRAWNS).

2 ozs. Russian caviare. | 8 fried croûtes bread. | 16 prawns. | 2 gherkins. | parsley.

The croûtes of bread should be the size of a crown-piece, and $\frac{1}{4}$ inch thick. When the croûtes are cold, place on each three or four pieces of caviare the size of a hazel-nut; place two picked prawns on each croûte, and a few shreds of gherkin between the pieces of caviare. Dish up, and garnish with parsley.

Average cost, 3s. 6d. Time required, 15 minutes. Seasonable April to August. Sufficient for 8 persons.

274. CAVIARE BRISSOLETTES.

caviare.	mayonnaise (No. 134).	aspic jelly (No. 251).
anchovy fillets.	bread for croûtes.	parsley.

Cut the bread in rounds $\frac{3}{4}$ inch across and $\frac{1}{2}$ inch thick ; scoop out the centre, and fry them a golden brown in very hot butter. When the croûtes are cold, line them with mayonnaise that has been stiffened with aspic jelly ; let this set, then put in the centre of each a teaspoonful of caviare. Place a little chopped aspic on the top of each, and garnish with strips of anchovy fillets. Dish up, and garnish with parsley.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times.

275. CROÛTES D'ÉCRIVISSES À LA CARDINAL (PRAWN CROÛTES CARDINAL STYLE).

6 very small dinner-rolls.	12 prawns.	lobster coral.	2 anchovies.
aspic jelly (No. 251).	1 gill tartare sauce	1 hard-boiled egg.	1 gherkin.
mustard and cress.	(No. 143).	1½ ozs. butter.	parsley.

Cut the rolls one-third part from the top of each ; take out the crumb, and dry the crusts in a warm oven. Chop the prawns, filleted anchovies, gherkin, and the white of the hard-boiled egg ; mix these with the tartare sauce ; put some mustard and cress in each roll, and fill up with the mixture. Cut out some slices of aspic jelly $\frac{1}{8}$ inch thick ; place one of these on the top of each roll ; fasten in the centre of each with a little lobster butter, a prawn-head, and decorate with the same butter through a forcing-bag with a rose-pipe attached. To make the butter, pound the yolk of the hard-boiled egg with the butter ; pound the coral separately, and pass it through a hair sieve ; add this to the yolk and butter in the mortar, mix thoroughly, and use as directed. Dish the croûtes on a lace paper, and garnish with parsley. (See coloured plate.)

Average cost, 1s. 10d. Time required, 30 minutes. Seasonable April to August. Sufficient for 6 persons.

276. CROÛTES À LA MARGUERITE.

8 fried croûtes bread.	2 hard-boiled eggs.
aspic jelly (No. 251).	½ gill mayonnaise (No. 134).

Cut the croûtes the size and shape of half a crown ; fry them, and let them get cold. Shell the egg, cut it in half, take out the yolk, and pass it through a wire sieve. Cut the white in strips. Melt some aspic jelly, and add enough to the mayonnaise to make it set (about one tablespoonful will be sufficient). Mask the croûtes with this on one side only ; arrange the strips of white round from the centre to the edge in a ring to represent the petals of the flower ; when arranged, sprinkle over a little salt and a few drops of lemon-juice. Put some of the sieved yolk in the centre of each croûte. Dish up on a lace paper, and garnish with watercress or parsley.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.

277. LANGUE DE BŒUF SUR CANAPÉS (TONGUE CROÛTES).

8 rounds fried bread.	mustard butter (No. 188).	8 rounds very red tongue.
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Cut out the bread for the croûtes with a fancy cutter ; fry them, and when cold cover with a layer of mustard butter. Upon this place a round of tongue the same size. In the centre of the tongue make a rosette of the mustard butter by means of a forcing-bag with a rose-forcer attached. Serve garnished with sprigs of parsley.

Average cost, 10d. Time required, 15 minutes. Seasonable always. Sufficient for 8 persons.



Canapés d'Ecrevisses à la Cardinal.

278. MÉDAILLONS D'ANCHOIS (ANCHOVY MEDALLIONS).

2 cold boiled potatoes. | 8 anchovy fillets. | salad oil. | 1 hard-boiled egg.

Cut the potatoes in rounds the size of half a crown ; cut the fillets in strips, and marinate them in oil ; arrange these round the slices of potato in the form of a rosette. Chop the hard-boiled egg finely, and place a small quantity in the centre of each. Dish up on a lace paper, and garnish with parsley.

Average cost, 6d. Time required, 15 minutes. Seasonable always. Sufficient for 6 or 8 persons.

279. PAUPIETTES D'ANCHOIS.

1 cucumber. | 12 anchovy fillets. | 3 tablespoonfuls cream. | 1 teaspoonful vinegar. | coral
1 oz. butter. | 2 ozs. lobster-meat. | 1 tablespoonful salad oil. | cayenne. | salt.

Cut the cucumber in $\frac{1}{2}$ -inch slices about the size of half a crown ; peel and blanch them, put them on a plate, and pour over them the vinegar and oil ; let them stand in this for half an hour, turning them over several times. Drain them, and hollow out their centres slightly. Arrange round the slices the fillets of anchovies, and fill the centres with the following mixture : Pound the lobster and coral finely in a mortar with the butter, add one tablespoonful of cream, mix well, and rub through a wire sieve. Whip the rest of the cream, and mix into the preparation ; season with salt and a pinch of cayenne. Use as directed. Dish the paupiettes, and garnish them with cress or parsley.

Average cost, 2s. Time required, 45 minutes. Seasonable April to September. Sufficient for 8 or 10 persons.

280. CAVIAR AUX HÛÎTRES (CAVIARE WITH OYSTERS).

$\frac{1}{4}$ lb. short pastry. | caviare. | 6 oysters. | pepper and salt. | lemon-juice.

Line some small patty-pans with the short paste, fill them with raw rice to keep them in shape, and bake in a moderate oven. When the pastry is cooked, take out the rice carefully, and let the cases get cold. When ready to dish up, put in each piece of pastry a tablespoonful of caviare ; beard the oysters, and put one in each case on the caviare ; sprinkle the oysters with a little salt and pepper and lemon-juice.

Average cost, 3s. 9d. Time required, 30 minutes. Seasonable September to April. Sufficient for 6 persons.

281. PYRAMIDES DE JAMBON (HAM PYRAMIDS).

6 slices cooked ham. | 6 fried bread croûtes. | $1\frac{1}{2}$ ozs. horseradish. | 3 ozs. butter.

Grate the horseradish finely, put it into a mortar with the butter, and pound well together ; rub through a fine wire sieve. Cut the slices of ham, which must be very thin, into triangles, and then roll them to the shape of cones. Cut the croûtes round, and, when fried, allow them to get cold ; then spread them with some of the horseradish butter. Stand the ham-cone on this, put the remainder of the mixture into a forcing-bag fitted with a rose-pipe, and fill the cones, letting the mixture come above the cone ; force a little of the mixture round the base, and serve.

Average cost, 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

282. PYRAMIDES DE LANGUE DE BŒUF (TONGUE PYRAMIDS).

6 slices very thinly cut tongue. | 6 round fried croûtes. | Montpellier butter (No. 181).

When the croûtes are fried, let them get cold ; then spread them with a layer of Montpellier butter ; cut the tongue into triangles ; roll them into the shape of cones ; stand one of these on each croûte of bread fried ; fill them with the Montpellier butter, using a forcing-bag for the purpose ; force a little of the mixture round the base of the cone.

Average cost, 9d. Time required, 15 minutes. Sufficient for 6 persons.

283. TOMATO CANAPÉS.

3 ozs. flour.	mayonnaise sauce	1 hard-boiled egg-yolk.	2 tomatoes.
2½ ozs. butter.	(No. 134).	2 filleted anchovies.	6 olives.

Make some pastry with the flour and 1½ ozs. of butter, and a little water ; roll it out on a floured board, cut it into rounds about 2 inches across, and bake it in a moderate oven a pale colour. Stone the olives ; pound the anchovies, yolk of hard-boiled egg, and remainder of butter well together ; rub through a fine sieve ; stuff the olives with this mixture. Cut the tomato in thin slices ; spread a little of the mayonnaise over each tomato-slice, leaving a rim of red ; place a stuffed olive in the centre of each, and place each tomato-slice, with the olive, on a round of pastry. Serve with parsley or cress round.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.



FIG. 2.—TOMATO CANAPÉS.

284. ŒUFS AUX TOMATES (EGGS WITH TOMATO).

1 gill tomato purée (No. 77).	2 hard-boiled eggs.	1 oz. butter.
aspic jelly (No. 251).	2 anchovies (filleted).	mustard and cress.

Mix the tomato purée with enough melted jelly to make it set. Fill some egg-cups with it, and let them get quite set. When firm, turn out the little shapes ; scoop out the centre, so that they look like half-eggs ; cut a piece off the end of each, to make them stand. Pound the anchovies, yolks of eggs, and butter together ; rub through a fine sieve. Fill the little egg-shapes with this mixture, piling it high. Dish up, and garnish with mustard and cress.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable all the year. Sufficient for 8 persons.

285. CROÛTES DE CREVETTES (SHRIMP TOASTS).

2 ozs. butter.	a pinch of cayenne.	paprika pepper.
2 ozs. anchovy paste.	1 gill picked shrimps.	8 or 10 fried croûtes.

Cut the bread in rounds 2 inches in diameter, fry, and let them get cold. Pound the butter and anchovy paste together, add a pinch of cayenne ; spread this on the croûtes of bread ; arrange the shrimps round in the form of a star on the top of each croûte ; put a pinch of paprika in the centre of each.

Average cost, 8d. Time required, 10 minutes. Seasonable all the year. Sufficient for 8 or 10 persons.

286. OLIVES À LA MADRAS.

8 fried bread croûtes.	8 Spanish olives.	1 oz. anchovy paste.	1 oz. butter.
2 hard-boiled yolks.	8 fillets anchovy.	1 teaspoonful chutney.	cayenne.

Pound the yolks of eggs, butter, anchovy paste, chutney, and cayenne together in a mortar; then rub the mixture through a wire sieve. Stone the olives, and fill them with the mixture; spread some of the same purée on the croûtes; put one of the stuffed olives in the centre of each. Curl an anchovy fillet round each olive, and decorate with the rest of the purée through a forcier. Dish up, garnish with cress or parsley, and serve.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.



FIG. 3.—OLIVES À LA MADRAS.

287. PETITS PAINS AUX HUITRES (LITTLE ROLLS WITH OYSTERS).

$\frac{1}{2}$ oz. butter.	6 very small dinner rolls.	watercress.
18 oysters.	mayonnaise sauce (No. 134).	seasoning.

Cut the dinner-rolls in halves, scoop out the centre, put a small piece of butter in each, and place them in the oven for a few minutes. Take the beards from the oysters, cut each oyster in quarters, put them into a basin with a little chopped watercress and seasoning; add to them some mayonnaise, mix well together, and fill the little rolls with this mixture. Dish up, and garnish with watercress.

Average cost, 2s. 10d. Time required, 15 minutes. Seasonable September to April. Sufficient for 6 persons.

288. BARQUETTES DE HOMARD (LITTLE BOAT-SHAPES OF LOBSTER).

pastry (Recipe No. 289).	4 ozs. lobster-meat	2 hard-boiled eggs.	cayenne.
$\frac{1}{2}$ gill whipped cream.	and coral.	$\frac{1}{2}$ gill aspic jelly.	salt.

Make the pastry, roll and cut it out, line some little boat-shaped moulds with it, fill them with raw rice, and bake in a moderate oven. Remove the rice, and allow them to cool. Pound the lobster-meat and coral together until very fine, rub through a wire sieve, put the purée into a basin, and add the cream to it, which should be half whipped, and the aspic jelly melted, but not hot; season to taste with salt and cayenne. Fill the baked cases with this mixture. Cut the hard-boiled eggs in

slices, stamp them out with a fancy cutter, and put a slice on the top of each case ; in the centre of the yolk put a pinch of lobster coral. Dish up in the same way as in the following recipe.

Average cost, 2s. Time required, 30 minutes. Seasonable April to September. Sufficient for 6 or 8 persons.

289. BARQUETTES DE CREVETTES (LITTLE BOAT-SHAPES OF SHRIMPS).

$\frac{1}{4}$ lb. flour.	3 ozs. butter.	salt.
4 ozs. shrimps.	1 yolk of egg.	a little water.
2 ozs. butter.	cayenne.	paprika pepper.

First make the tartlet paste as follows : Pass the flour through a sieve into a basin with a pinch of salt ; break up the butter (2 ozs.), and rub it into the flour ; mix to a paste with the yolk of egg and a little water ; knead it into a ball, and allow it to stand in a cool place for one hour. Roll out the paste $\frac{1}{8}$ inch thick, cut



FIG. 4.—BARQUETTES DE CREVETTES.

it out with an oval cutter, and line the little boat-shaped moulds with it ; prick the paste at the bottom of the moulds, and fill with raw rice ; bake in a moderate oven. Remove the rice, and let cool. Put aside for decoration twenty-four picked shrimps. Put the remaining unpicked shrimps into a mortar, with the 3 ozs. butter ; pound well together ; season to taste with a little salt and a pinch of cayenne ; rub through a fine sieve, and then through muslin or a hair sieve. Fill the baked crusts with this mixture, put four picked shrimps in the centre of each barquette in the form of a star, sprinkle in the centre of the star of shrimps a pinch of paprika. Dish up on a lace paper in a circle, one end of each barquette meeting in the centre. Garnish with parsley, and serve.

Average cost, 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

290. PETITS CHOUX À LA REINE.

1 dessertspoonful mayonnaise sauce (No. 134).	4 ozs. cooked chicken or veal.	choux pastry.
$\frac{1}{2}$ gill stiff white sauce.	aspic jelly (No. 251).	1 oz. cooked ham.
	pepper and salt.	watercress.

Make the choux paste into very small round balls, and bake in a cool oven ; brush over with white of egg, and return to the oven for five minutes. Let the little balls

get cold. Mince the chicken and ham, and stir them into the sauce ; season with pepper and a little salt ; add the mayonnaise as soon as the mixture is cold ; fill the little choux with it. Decorate the tops alternately with yellow and red aspic jelly, chopped finely. Dish up, and garnish with watercress.

Average cost, 1s. 6d. Time required, 45 minutes.

N.B.—The recipe for choux pastry will be found in the pastry section.

291. CANAPÉS DE FOIE-GRAS.

1 small terrine foie-gras.
6 anchovy fillets.

1 hard-boiled yolk.
6 small rounds fried bread.

Spread the fried croûtes of bread with the foie-gras purée ; cut the yolk of egg into squares, and place one on the top of each croûte ; sprinkle a pinch of paprika on the egg, and garnish round the edge of the croûtes with the anchovy fillets.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

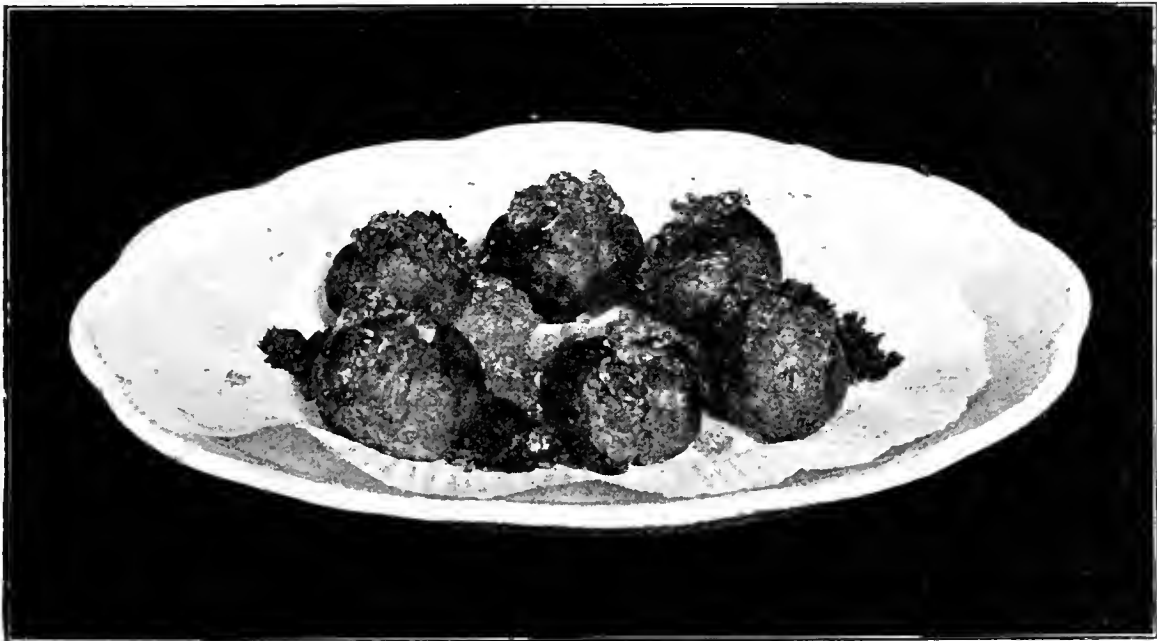


FIG. 5.—PETITS CHOUX À LA REINE.

292. PLOVERS' EGGS, PLAIN.

These eggs, when served as a hors-d'œuvre, are always hard-boiled. Place them in a saucepan, cover them with cold water, let them boil for eight minutes after reaching boiling-point. Let them cool, and serve them in a bed of watercress.

293. PLOVERS' EGGS IN ASPIC.

6 plovers' eggs. | aspic jelly (No. 251). | 1 truffle. | chervil-leaves. | watercress.

Cover the bottoms of six small dariole moulds with aspic jelly ; let this set, then decorate each with a star of truffle and a few chervil-leaves ; sprinkle with a little aspic in order to set the decoration. Boil the eggs hard, and shell them ; put one in each mould ; pour in a little aspic to set them ; when firm, fill up the tins with aspic, so as to cover the eggs. Put on ice to set. When ready to serve, dip the moulds in hot water, wipe them quickly, and turn the shapes out on to a dish in a circle. Garnish with chopped aspic and watercress.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable April to May. Sufficient for 6 persons.

294. PLOVERS' EGGS À LA MOSCOVITE.

6 plovers' eggs. | tartlet paste (No. 289). | caviare. | watercress or parsley.

Line some small patty-pans with the pastry, fill them with rice, and bake in a moderate oven. Let cool. Boil the eggs hard, and when they are cold, shell them. Put some caviare at the bottom of each tartlet crust, and place an egg in the centre of each. Dish up, and garnish with watercress or parsley.

Average cost, 3s. 6d. Time required, 20 minutes. Seasonable April and May. Sufficient for 6 persons.

295. CANAPÉS À L'INDIENNE.

1 oz. cooked chicken. | 1 oz. cooked ham. | pinch of curry-powder. | 1 oz. butter.
1 teaspoonful chutney. | 1 hard-boiled egg. | 8 croûtes fried bread. | seasoning.

Mince the chicken and ham finely; put them into a mortar with the butter, chutney, curry-powder, and seasoning, and pound well. Pass this mixture through a wire sieve, and spread it on the croûtes of bread. Decorate them with the hard-boiled egg, finely chopped. Dish on a lace paper, and garnish with sprigs of parsley.

Average cost, 6d. Time required, 15 minutes. Sufficient for 8 persons.

296. CANAPÉS À LA RÉFORME.

8 croûtes bread. | ravigote butter (No. 183). | 1 hard-boiled white | 1 truffle.
1 slice tongue. | aspic jelly (No. 251). | of egg. | 1 gherkin.

Fry the croûtes of bread a golden brown; when cold, spread over them a layer of ravigote butter. Cut the tongue, white of egg, truffle, and gherkin into fine strips; garnish the croûtes with these, blending the colours. Dish up, and serve with parsley or watercress.

Average cost, 1s. Time required, 15 minutes. Sufficient for 8 persons.

297. FONDS D'ARTICHAUTS À LA TARTARE (ARTICHOKE BOTTOMS WITH TARTARE SAUCE).

12 artichoke bottoms. | $\frac{1}{2}$ pint macédoine of | olives.
1 gill tartare sauce (No. 143). | vegetables. | paprika.

Take a bottle of preserved artichokes, drain them from the liquor, and season them with pepper and salt. Mix the vegetables with the tartare sauce, and fill the artichokes; put a layer of thick tartare sauce over each. Stone the olives, cut them in rings, and decorate the artichokes with these; in the centre of each ring put a pinch of paprika.

Average cost, 2s. 9d. Time required, 20 minutes. Sufficient for 12 persons.

298. LAITUES À LA GENOISE (LETTUCE-LEAVES GENOISE STYLE).

2 hard-boiled eggs. | 6 anchovies. | beetroot.
mayonnaise sauce (No. 134). | lettuce-leaves. | capers.

Cut the eggs and anchovies into small dice, put them together into a basin, add to them a few capers, and mix in sufficient mayonnaise to bind the ingredients. Cut the lettuce-leaves into rounds about 2 inches in diameter; do this with a round cutter; put a spoonful of the mixture on the rounds of lettuce, arrange in a pile, and decorate to taste with beetroot and chopped parsley.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable January to September. Sufficient for 8 or 10 persons.

299. LAITUES À L'INDIENNE (LETTUCE-LEAVES INDIAN STYLE).

2 hard-boiled eggs. | 12 prawns. | 1 dessertspoonful chutney. | beetroot.
a pinch of curry-powder. | seasoning. | mayonnaise sauce (No. 134). | lettuces.

Cut the eggs into dice, and the prawns in half lengthways; mix them together in a basin with the chutney, curry-powder, seasoning, and mayonnaise sauce.

Stamp out some rounds from the lettuce-leaves, dress the mixture on them, garnish to taste with beetroot and chopped parsley, and serve as soon as it is ready.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable April to August. Sufficient for 8 or 10 persons.

300. CANAPÉS À LA PRINCE DE GALLES.

12 prawns.	6 anchovy fillets.	aspic jelly (No. 251).
1 truffle.	1 small head of celery.	4 very small rolls.
2 gherkins.	tartare sauce (No. 143).	$\frac{1}{2}$ teaspoonful chopped tarragon and parsley.

Cut the prawns, anchovies, celery, truffle, and gherkins into dice; mix them together with the chopped tarragon, parsley, and tartare sauce; season with a little pepper. Cut the rolls in halves, scoop out the soft part, and fill them with the mixture. Stamp out some rounds of aspic jelly, the same size as the rolls, and about $\frac{1}{4}$ inch thick; place one of these on the top of each canapé. Dish on a lace paper, and garnish with sprigs of parsley.

Average cost, 2s. Time required, 20 minutes. In season April to August. Sufficient for 8 persons.

301. CANAPÉS D'ANCHOIS.

4 very small rolls.	1 small teaspoonful chopped	1 tablespoonful salad oil.
2 hard-boiled eggs.	tarragon, chervil, and	1 tablespoonful vinegar.
10 anchovy fillets.	parsley.	pepper and salt.

Cut the rolls in halves, scoop out the crumb, and dry the crusts in a cool oven. Chop the eggs, put them in a basin with the chopped herbs and six of the anchovy fillets, cut in fine strips, season with pepper and salt, and add the oil and vinegar; mix well, and fill the rolls with this mixture. Cut the remaining four fillets of anchovies into strips, and ornament the canapés with them, arranging them in the form of lattice-work. Dish on a lace paper, and serve.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 8 persons.

302. CANAPÉS DE SARDINES À LA RÉMOULADE (CANAPÉS OF SARDINES WITH RÉMOULADE SAUCE).

6 sardines.	6 finger-shapes of fried bread.	capers.
chopped parsley.	rémoulade sauce (No. 140).	cayenne.

Bone the sardines carefully, so as not to break them; place a sardine on each piece of fried bread, season with pepper and salt, and coat them with rémoulade sauce; decorate them with a few capers and chopped parsley.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

303. PAUPIETTES DE BETTERAVE À LA MONTPELLIER (LITTLE ROLLS OF BEETROOT WITH MONTPELLIER BUTTER).

Montpellier butter (No. 181).	8 oval croûtes fried bread.
1 beetroot.	8 anchovy fillets.

Cut from the thickest part of the beetroot some very thin slices; put a small teaspoonful of Montpellier butter in the centre of each slice of beetroot, and roll up carefully. Spread the croûtes of bread with a layer of the same butter, and place a roll of beetroot on each. Cut each fillet into three strips, and place them round the rolls. Decorate the croûtes with the butter by means of a forcing-bag fitted with a rose-forcer.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.

304. CASSOLETTES D'ÉCRIVISSES (CASES OF SHRIMPS).

$\frac{3}{4}$ lb. tartlet paste (No. 239).	1 gill shrimps or prawns (picked).	chopped parsley.
$\frac{1}{2}$ gill aspic jelly (No. 251).	$\frac{1}{2}$ gill stiff mayonnaise (No. 134).	lobster coral.

Roll out the paste, and line with it some small patty-pans ; fill them with raw rice, and bake a pale colour. Take out the rice, and let the cases get cold. Mix together the mayonnaise and aspic jelly, stir the shrimps into it, season with salt and a pinch of cayenne ; fill the paste crusts with this mixture. Decorate the top of each alternately with chopped parsley and sieved coral. Dish up, and garnish with sprigs of parsley or watercress.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

305. CREVETTES À LA DUCHESSE.

18 prawns.	$\frac{1}{2}$ gill mayonnaise sauce	1 dessertspoonful capers.
$\frac{1}{4}$ lb. short pastry.	(No. 134).	$\frac{1}{2}$ teaspoonful anchovy essence.

Roll out the short pastry, and cut into rounds 2 inches across ; bake them a light colour in a moderate oven ; let them get cold. Pick the prawns, put them into a bowl with the capers, the anchovy essence, and the mayonnaise ; mix all well together, and put the mixture on the rounds of baked pastry. Garnish each with a little chopped parsley or lobster coral.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable April to August. Sufficient for 8 or 10 persons.

303. LAITANCES DE HARENG SUR CROÛTES (HERRING-ROES ON CROÛTES).

8 soft roes.	8 round croûtes fried bread.	2 tablespoonfuls cucumber	1 tablespoonful capers.
salad oil.	hard-boiled yolk of egg.	cut in dice.	chopped parsley.

Wash the roes, put them in a pie-dish with a little water and vinegar, and cook them for ten minutes ; then take them from the oven and let them get cold. Mix the cucumber and capers together ; season them with pepper and salt and oil. Pile a little of this on each croûte ; place one of the cooked roes on the top of each ; sprinkle with the hard-boiled yolk of egg, which should have been sieved ready, and a pinch of parsley. Dish up, and garnish the dish with sprigs of parsley or cress.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times, as the herring-roes can be obtained in glass jars. Sufficient for 8 persons.

307. NIDS DE FOIE-GRAS (NESTS OF FOIE-GRAS).

1 small terrine foie-gras.	1 oz. butter.	salt and pepper.
2 hard-boiled yolks of eggs.	stale bread.	aspic jelly (No. 251).

Cut some slices of bread $\frac{1}{4}$ inch thick, stamp out with $1\frac{1}{2}$ -inch cutter eight or ten rounds, cut out some of the inside of each, and fry a golden colour ; let them get cold. Take away the fat from the foie-gras, also remove the truffle ; cut some small squares of foie-gras, and put on one side. Put the remainder into a mortar with the butter, hard-boiled eggs, and seasoning ; pound well together, and rub through a wire sieve, allowing it to fall on to the croûtes of bread as it falls from the sieve. Place a square of foie-gras in the centre of each croûte. Dish up, and garnish with chopped aspic and parsley.

Average cost, 2s. Time required, 15 minutes. Seasonable all the year. Sufficient for 8 or 10 persons.

308. CROÛTES À LA BALMORAL.

8 rounds fried bread, $1\frac{1}{2}$ inches	caviare.	hard-boiled yolks of egg.
in diameter.	lax.	chopped parsley.

Spread the croûtes with a layer of caviare ; cut the lax into strips, and arrange them on the caviare in the form of lattice-work. In the divisions formed by the strips



Caises de Concombre aux Tomates.

of lax sprinkle the hard-boiled yolk of egg and the chopped parsley alternately. Dish up, and garnish with parsley.

Average cost, 3s. 6d. Time required, 15 minutes. Seasonable at all times. Sufficient for 8 persons.

309. CROÛTES À LA RUSSE.

slices of bread. | anchovy butter (No. 170). | caviare. | Montpellier butter (No. 181).

Cut the slices of bread $\frac{1}{8}$ inch thick, and stamp out some rounds $1\frac{1}{2}$ inches across ; fry them a golden colour. Let them cool, then put in the centre of each a piece of caviare ; decorate round it with the two butters alternately, using a forcing-bag with a rose-foreer for the purpose. Dish up, and keep in a very cool place until ready to serve.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times.

310. CROÛTES À LA DUCHESSE.

6 anchovy fillets.	1 teaspoonful anchovy essence.	lemon-juice.
1 oz. butter.	2 ozs. cooked dried haddock.	seasoning.
1 hard-boiled yolk of egg.	8 croûtes of fried bread.	8 prawns.

Put the anchovy fillets, butter, hard-boiled yolk, cooked haddock, and seasoning into a mortar ; pound all well together, add a few drops of lemon-juice, and rub through a fine sieve ; spread the croûtes with this mixture. Place a picked prawn in the centre of each croûte. Put the remainder of the purée into a forcing-bag fitted with a rose-pipe, and decorate the croûtes with it ; sprinkle over a little parsley or coral. Dish up, and garnish with parsley or cress.

Average cost, 1s. 4d. Time required, 15 minutes. Seasonable April to August. Sufficient for 8 persons.

311. OLIVES À L'ESPAGNOLE.

12 rounds fried bread ($1\frac{1}{2}$ inches in diameter).	12 spanish olives.	lobster coral.
$\frac{1}{2}$ gill tartare sauce (No. 143).	12 anchovy fillets.	parsley.

Stone the olives, and fill them with the tartare sauce, which must be very stiff ; place an olive on each croûte of bread ; wind an anchovy fillet round the base of each olive ; decorate the croûtes round the olives with lobster coral and chopped parsley.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 12 persons.

312. PETITES CAISSES DE CONCOMBRE FARCIS (LITTLE CASES OF STUFFED CUCUMBER).

1 cucumber.	6 anchovies.	1 teaspoonful chopped parsley.	cayenne.
3 or 4 tomatoes.	1 oz. butter.	2 hard-boiled yolks of eggs.	sprigs of parsley.

Cut the cucumber into pieces about $1\frac{1}{2}$ inches in length, keeping them all the same size ; with a sharp knife cut the peel, so as to make strips of green and white. Scoop out the centre of each case, taking care not to go right through. Chop the pulp that has been scooped out. Pound the hard-boiled yolks of eggs, butter, two boned anchovies, and chopped parsley together ; rub through a wire sieve, season with cayenne, and add to it the chopped cucumber pulp. Fill the cucumber cases with this mixture, piling it rather high ; put an anchovy fillet round the base of the filling ; stand each piece of cucumber on a slice of tomato. Dish up, and garnish with parsley. (See illustration.)

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable March to September. Sufficient for 8 persons.

CHAPTER IV

POTAGES (SOUPS)

SOUPS are divided into two chief classes :

1. Consommés (clear soups), both plain and garnished.
2. Thick soups, which include purées, creams, and veloutés.

To these may be added a third class, consisting of soups that are used in everyday cookery, but are not suitable for smart dinners.

Stock is the foundation of all soups, and the importance of good stock in cooking cannot be overestimated, not only in the making of soups, but also for the preparation of sauces, gravies, and many other dishes for which stock is used.

Rules for Stock-making.—The best materials should be obtained, and all ingredients should be perfectly fresh. Cold water must be used for commencing the stock, as it draws out the juices from the meat. It should be brought slowly to the boil, and then allowed to simmer for the allotted time, keeping it well skimmed. The stock should be made the day before it is wanted, as it can then be strained, allowed to get cold, and all the fat removed.

There are four kinds of stock : (1) Brown stock ; (2) white stock ; (3) game stock ; (4) fish stock.

STOCKS

313. BROWN STOCK.

4 lbs. shin of beef.	a few chicken giblets.	6 quarts cold water.	2 onions.	2 leeks.
stick of celery.	2 lbs. knuckle of veal.	bouquet grain (No. 194).	2 carrots.	1 turnip.

Cut up the meat into large cubes, chop the bones, clean the giblets ; prepare the vegetables, and cut them in slices. Put some fat into a large saucepan, and when melted, add the vegetables and bones to it ; fry until brown, then add the meat, the giblets, and the herbs ; pour on to them the cold water, and bring slowly to the boil. Then skim carefully, taking off all scum as it rises. Simmer gently for five hours. When the stock has simmered sufficiently, strain it into a basin, and put it aside until cold ; then remove the fat, and use as required.

Average cost, 4s.

314. WHITE STOCK.

4 lbs. knuckle of veal.	2 onions.	bones of poultry, if avail-	stick of celery.
6 quarts cold water.	2 carrots.	able.	2 cloves (stuck in the onions).
2 lbs. shin of beef.	2 leeks.	bouquet garni (No. 194).	12 peppercorns.

Cut up the meat into large cubes ; chop the bones. Put these into a large saucepan ; add the water, and bring it slowly to the boil ; take off the scum as it rises, adding occasionally a little cold water, as this will help to bring the scum to the top. After all the scum has been carefully removed, add the vegetables, which have been prepared in readiness, a tablespoonful of salt, and the peppercorns. Simmer for five hours at the side of the fire. At the end of this time strain the stock into a large basin, and let it get cold. Remove from it every particle of fat, and use as required.

Average cost, 3s. 6d. Time required, 5 hours.

315. GAME STOCK.

1 old pheasant or 2 partridges.	bouquet garni.	2 ozs. butter.	1 onion.	1 stick celery.
3 quarts of white stock or water.	3 or 4 mushrooms.	12 peppercorns.	1 carrot.	salt.

Draw and clean the game ; cut it up into joints. Melt the butter in a saucepan ; slice the vegetables, and put them with the game into the butter, and fry them all together for about twenty minutes ; dilute with the stock or water ; let it come to the boil ; skim well, add salt, peppercorns, and the bouquet garni ; let it simmer gently for three hours. Strain, remove all fat, and use as required.

Average cost, 3s. Time required, 3 hours. Seasonable October to February.

316. FISH STOCK.

2 lbs. of trimmings and bones of white fish.	1 oz. parsley stalks. 2 onions.	1 gill white wine. 2 quarts water.
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Slice the onions, and put them into a saucepan with the fish trimmings and bones. Add to them the wine, and reduce to half the quantity ; now add the water, let it come to the boil, skim well, and cook for thirty minutes. Strain into a basin, and use as required.

Time required, 30 minutes.

317. SECOND STOCK.

This is made by putting the meat and bones that were used for first stock back into the saucepan, and adding to them the same quantity of water as before. Any bones from joints, or pieces of meat which cannot be used in other ways, should be added to the second stock. Simmer for five hours, keeping it well skimmed. When cooked, strain it, and use as required. This stock is used for purée soups and sauces, and for many other purposes.

318. POT-AU-FEU.

3 lbs. beef (brisket or shin).	2 onions.	1 carrot.	bouquet garni.
½ a very white cabbage.	2 cloves.	1 leek.	3 quarts water.
	1 turnip.	piece of celery.	12 peppercorns.

Prepare the vegetables ; stick the cloves into the onions. Put the meat into a saucepan, add to it the cold water, and bring it to the boil ; skim well, then add the vegetables, some salt, and the peppercorns. Simmer slowly for three to four hours. Strain off the stock into a tureen ; cut up carrots, turnips, and leeks into small pieces, and put them into the soup. Serve the meat and cabbage separately.

Average cost, 2s.

CONSOMMÉS

319. CONSOMMÉ (CLEAR SOUP).

½ lb. shin of beef.	1 onion.	12 peppercorns.	1 sprig marjoram.	1 stick of celery.
½ bay-leaf.	1 carrot.	1 sprig of thyme.	2 whites of eggs.	1 glass of sherry.
	2 cloves.	2 quarts stock.	2 shells of eggs.	seasoning.

Remove all fat from the stock, which must be cold ; mince the meat finely ; prepare the vegetables, cut them in good-sized pieces. Whip the whites of the eggs, and crush the shells ; put the meat with these ; add to them a tablespoonful of cold water. Put all these ingredients, with the stock, herbs, and spice, into a saucepan. Whisk over the fire until it begins to boil ; let it simmer for ten minutes, then add the wine ; bring it to the boil again, take it off the fire, and let it stand for five minutes. Strain through a cloth slowly. Return to the saucepan, reheat, season to taste with salt, and add a small lump of loaf sugar ; it is then ready to serve.

Average cost, exclusive of stock, 1s. Time required, 45 minutes. Sufficient for 5 persons.

N.B.—In all the following recipes for consommés, the average cost and time of preparation of the garnish only will be given.

320. CONSOMMÉ DE VOLAILLE (CHICKEN CLEAR SOUP).

1 lb. shin of beef.	1 fowl.	1 bouquet garni	1 leek.
1 lb. veal.	1 onion.	(No. 194).	2 cloves.
1 stick of celery.	1 carrot.	4 quarts water.	salt.

Clean and truss the fowl for boiling ; wash the giblets ; cut up the veal and beef in pieces ; put them, with the fowl and giblets, into a saucepan ; add the water (cold), and bring to the boil ; then skim well, add some salt, and skim again. Peel and clean the vegetables ; put them into the saucepan with the rest of the ingredients, the bouquet garni, and the cloves ; simmer slowly for four hours. After cooking for one hour, the fowl may be taken out and used in some other way, either as boiled fowl or made into an entrée. If this soup is kept well skimmed during cooking, it will be ready to serve after straining through a cloth. If not clear, it must be clarified in the usual way.

Average cost, 2s., not allowing for cost of chicken, which should be used for another dish. Time required, 5 hours. Sufficient for 12 persons.

321. ROYAL CUSTARD (FOR CLEAR SOUPS).

3 yolks of eggs.	1 gill stock.	1 white of egg.	pepper and salt.
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Beat the eggs in a basin ; add the stock ; season to taste with pepper and salt ; pour into a well-buttered timbale mould ; cover with a buttered paper, and steam slowly for about fifteen minutes until the custard is firm. Unmould on to a plate ; cut in slices, and then into fancy patterns or in dice. Serve in clear soups.

Average cost, 4d. Time required, 20 minutes. Sufficient for 2 quarts of consommé.

322. DIABLOTINS (DEVILLED CRUSTS FOR CLEAR SOUP).

1 dinner roll.	$\frac{1}{2}$ oz. butter.	2 tablespoonfuls grated Gruyère cheese.	cayenne.
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Cut the roll into slices $\frac{1}{8}$ inch thick ; spread each slice with butter, cover with the cheese, and season highly with cayenne. Bake these in a hot oven a golden colour. Serve separately with clear soup.

Average cost, 4d. Time required, 10 minutes. Sufficient for 12 persons.

323. JULIENNE.

To cut in "Julienne fashion" means to cut in strips the shape of matches. For Julienne soup the vegetables should be from 1 to $1\frac{1}{2}$ inches long, and $\frac{1}{8}$ inch thick.

324. TO SHAPE QUENELLES (GARNISH FOR CONSOMMÉ).

$\frac{1}{2}$ lb. chicken forcemeat (No. 202).

Take two spoons, according to the size of the quenelles desired—either small teaspoons, or, when wanted, large dessert-spoons. Dip one of the spoons to be used in hot water, fill it with the forcemeat, and shape into a dome-shape with a knife dipped in hot water. Take the other spoon, dip it in hot water, insert it under the quenelle, and transfer it to the sauté-pan in which it is to be poached ; continue in this way until the mixture is used up. Boiling water is poured carefully into the pan until the quenelles are half covered ; a piece of buttered paper is put over them to keep in the steam, and a lid, and they are cooked for ten minutes or less, according to size.

325. TO SHAPE STUFFED QUENELLES.

Proceed as follows :

Line a dessert-spoon with a thin coat of forcemeat ; then place in the centre the stuffing—i.e., vegetables, jelly, etc. Cover this with some more forcemeat ; shape it, with a knife dipped in hot water, into the shape of a dome ; proceed, as in last recipe, to remove the quenelle from the spoon to the pan in which it is to be cooked.

326. CROÛTE-AU-POT.

2 quarts first stock (No. 313).	1 carrot.	pinch of chervil.	salt.
$\frac{1}{2}$ small cauliflower.	1 turnip.	1 dinner-roll.	pepper.

Cook the vegetables separately in salted water ; drain them, and cut the carrot and turnip into small pieces ; divide the cauliflower into sprigs. Heat the stock, which should be free from fat ; put the vegetables into it, season to taste, and, before serving, add the chervil. The dinner-roll should be cut in thin rounds, and baked in a moderate oven. These croûtons can be either served in the soup, or can be handed round.

Average cost, exclusive of stock, 4d. Time required, 20 minutes. Sufficient for 10 persons.

327. CONSOMMÉ À L'ANDALOUSE.

2 quarts consommé (No. 319).	1 egg.	1 tablespoonful cucumber.
$\frac{1}{2}$ gill tomato sauce (No. 77).	1 tablespoonful cooked ham.	1 tablespoonful boiled rice.

Beat the egg, add to it the tomato sauce, mix together, and turn it into a well-greased timbale mould ; steam it for ten minutes. When cooked, turn it out and cut into dice. Cut the ham and cucumber in Julienne strips ; cook the cucumber in salted water until tender ; boil the rice, taking care that every grain is separate. Put this garnish into a soup-tureen, pour the hot consommé on it, and serve.

Average cost of garnish, 9d. Time required, 20 minutes. In season February to September. Sufficient for 10 or 12 persons.

328. CONSOMMÉ DE BETTERAVE (CLEAR BEETROOT SOUP).

1 quart stock (No. 313).	1 beetroot.	a little vinegar.	1 gill cooked rice.
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Cut up the beetroot into slices ; put it on a dish or into a pie-dish, and pour over it a little vinegar. Let it stand until the juice of the beetroot has been extracted. In the meanwhile proceed to clear the stock (as in recipe No. 319), and just before the stock is strained add the beetroot-juice, boil up, and pass the soup through a cloth. Return to the saucepan, reheat, and add the boiled rice. It is then ready to serve.

Average cost, 1s. 6d. Time required, 1 hour. Sufficient for 5 or 6 persons.

329. CONSOMMÉ BRUNOISE.

2 quarts clear soup (No. 319).	1 tablespoonful French beans.	2 carrots.	$1\frac{1}{2}$ ozs. butter.
1 small turnip.	1 small stick of celery.	$\frac{1}{2}$ onion.	1 tablespoonful peas.
		1 leek.	pinch of chervil.

Cut the carrots (red part only), turnip, onion, leek, and celery into very small dice. Melt the butter in a saucepan ; put in the vegetables, and stew them for a few minutes ; then dilute with half a pint of consommé, and finish cooking the vegetables. When ready to serve, add the rest of the consommé, also the cooked peas and beans, the latter to be cut in dice. Pour into the soup-tureen, and sprinkle in the pinch of chervil.

Average cost, 2s. Time required, 30 minutes. Sufficient for 8 or 10 persons.

330. CONSOMMÉ BOUQUETIÈRE (CLEAR SOUP WITH VEGETABLES).

2 quarts consommé (No. 319).	2 carrots.	1 turnip.	$\frac{1}{2}$ gill French beans.
3 tablespoonfuls crushed tapioca.	1 leek.	1 gill peas.	$\frac{1}{2}$ gill asparagus-heads.

Cut the carrots and turnip into slices, and then into fancy shapes with a cutter ; slice the leek into thin strips ; cut the French beans into dice. Cook these vegetables, also the peas and asparagus-heads, in stock separately ; when tender, put the vegetables into a soup-tureen. While the vegetables are cooking, heat the consommé ; as soon as it boils, sprinkle in the tapioca, and cook for ten minutes, or until the tapioca is transparent. Pour over the vegetables, and serve.

Time required, 20 minutes. In season from March to August. Sufficient for 12 persons.

331. CONSOMMÉ CÉLESTINE (CLEAR SOUP WITH PANCAKE).

1 quart chicken consommé.	$\frac{1}{2}$ gill milk.	$\frac{1}{2}$ gill tomato purée.
$\frac{1}{2}$ oz. grated Parmesan cheese.	2 ozs. flour.	1 teaspoonful chopped parsley.
2 yolks and 1 white of egg.	seasoning.	1 teaspoonful chopped tarragon and chervil.

Make a batter with the flour, eggs, milk, and tomato purée ; beat well, and then add the chopped ingredients and the cheese. Fry some thin pancakes with this ; cut them into very thin strips, put them into a soup-tureen, and pour the soup over. It is then ready to serve.

Average cost, 6d. Time required, 20 minutes. Sufficient for 5 or 6 persons.

332. CONSOMMÉ CHRISTOPHE COLOMB (CLEAR SOUP WITH DICE OF CUSTARD).

1 quart consommé.	1 gill tomato purée.	1 gill cooked green peas.
4 eggs.	seasoning.	1 gill cream.

Put two eggs into a basin, and beat them ; add to them the tomato purée ; season to taste. Put this mixture into a buttered timbale mould. Beat the other two eggs in another basin ; add the cream and seasoning to them. Pour this into another small buttered timbale mould. Place both these in a steamer ; cover them with a buttered paper, and steam gently for about fifteen minutes, until they are firm. When cooked, turn out the steamed custards ; slice them, cut in dice, and place them in a soup-tureen with the green peas. Pour the hot soup over, and serve.

Average cost, 1s. Time required, 20 minutes. Sufficient for 5 or 6 persons.

333. CONSOMMÉ À LA COMTESSE (CLEAR SOUP COUNTESS STYLE).

1 quart consommé.	2 eggs.	seasoning.	a few drops essence of
1 oz. cooked chicken.	1 gill milk or cream.	1 gill asparagus-tips.	almonds.

Rub the chicken through a wire sieve ; after it has been well pounded in a mortar, put it in a basin, and mix to it the well-beaten eggs and the milk or cream ; season with pepper and salt, and the almond essence. Butter some small timbale moulds ; fill them with this mixture ; cover them with a buttered paper, and steam until firm. Unmould when cold ; cut them in slices, and then in dice ; put into a soup-tureen with the cooked asparagus-tips, and pour the hot soup over. It is then ready to serve.

Average cost, 1s. Time required, 30 minutes. In season from May to August. Sufficient for 6 persons.

334. CONSOMMÉ DEMIDOFF.

1 quart chicken consommé (No. 320).	1 tablespoonful dice of turnip.	6 small cooked chicken que- nelles (Nos. 194 and 324).
1 tablespoonful dice of carrot.	1 tablespoonful cooked peas.	a pinch of chopped chervil.
	2 truffles cut in dice.	

Cook the vegetables separately in salted water ; as soon as they are ready, place them in a soup-tureen with the truffles and quenelles. Pour the hot soup on them, and add the pinch of chervil ; the soup is then ready to serve.

Average cost, 1s. 9d. Time required, 30 minutes. Sufficient for 6 persons.

335. CONSOMMÉ DIPLOMATE.

1 quart clear soup.	4 ozs. chicken forcemeat	1 carrot.	2 tablespoonfuls tapioca.
$\frac{1}{2}$ small cucumber.	(No. 194).	1 turnip.	seasoning.

Wash and peel the vegetables ; cut them in Julienne strips, and cook them separately in water seasoned with salt. Heat the soup in a saucepan. When boiling, sprinkle in the crushed tapioca, and cook for fifteen minutes ; strain into a clean saucepan ; season nicely. Shape the forcemeat into a roll, the shape of a sausage ; poach in boiling water or stock for fifteen minutes. Drain, and cut into thin rounds ; put these, with the vegetables, into the soup-tureen ; pour the hot soup over, and serve.

Average cost, 1s. 9d. Time required, 45 minutes. Sufficient for 6 persons.

336. CONSOMMÉ À LA DUCHESSE (CLEAR SOUP DUCHESSE STYLE).

1 quart chicken consommé (No. 320). | $\frac{3}{4}$ oz. sago. | chicken fillets.

Put the clear soup into a saucepan, and bring it to the boil ; then sprinkle in the sago, and boil for fifteen minutes. Cut the cooked chicken fillets into small dice, and serve in the soup as a garnish.

Time required, 25 minutes. Sufficient for 6 persons.

337. CONSOMMÉ DUBARRY.

1 quart consommé (No. 319). | $\frac{1}{2}$ gill stock. | cooked cauliflower. | $\frac{1}{2}$ oz. rice.
1 yolk of egg. | 1 whole egg. | 6 sweet almonds. | salt and pepper.

Blanch the almonds in cold water ; remove the skins, and cut into thin shreds. Beat up the eggs. Heat the $\frac{1}{2}$ gill of stock ; pour on to the eggs ; season with pepper and salt, and mix in the shredded almonds. Butter some small dariole moulds ; pour in the custard ; cover with buttered paper, and steam gently for ten to fifteen minutes. Boil the rice in salted water ; drain it ; break the cauliflower in small sprigs. Put these and the rice in the soup-tureen. Turn out the moulds of custard, and cut into small dice ; place these also in the tureen. Heat up the consommé, and pour it over the garnish.

Average cost, 7d. Time required, 20 minutes. In season all the year. Sufficient for 5 persons.

338. CONSOMMÉ À LA DUCLAIR (CLEAR SOUP DUCLAIR STYLE).

1 quart consommé. | $\frac{1}{2}$ pint pancake batter. | $\frac{1}{2}$ gill Bechamel sauce.
2 ozs. chicken (cooked). | 3 fillets of anchovy. | seasoning.

Mince the chicken finely ; put it into a mortar with the anchovy fillets, and pound well together. Add the Bechamel sauce, and season to taste. Rub this mixture through a wire sieve. Fry some very thin pancakes ; turn them on to a plate ; then spread them on one side with the preparation, and put two together in the form of sandwiches ; cut them in the shape of lozenges. Put these in a soup-tureen, and pour the hot soup over.

Average cost, 1s. Time required, 20 minutes. Sufficient for 6 persons.

339. CONSOMMÉ FERMIERÈ.

1 quart consommé. | $\frac{1}{2}$ onion. | 2 tablespoonfuls cabbage.
1 small carrot. | 1 small turnip. | 2 ozs. butter.
1 leek. | 1 small potato. | 1 French roll.

Mince the carrot, turnip, leek, and onion ; cut the cabbage and potato into Julienne strips. Melt the butter in a saucepan ; put in the minced vegetables, and sauté them a few minutes ; then add the consommé, the cabbage, and potato. Simmer gently until the vegetables are cooked ; skim well, taking off all fat. Cut the roll in very thin slices, and dry in the oven ; these are placed in a soup-tureen ; and when the soup is ready and nicely seasoned, pour it over, and serve.

Average cost, 6d. Time required, 30 minutes. Sufficient for 6 persons.

340. CONSOMMÉ FLORADOR.

1 quart consommé. | 1 tablespoonful florador | 1 yolk of egg.
2 tablespoonfuls stock. | (medium grain). | salt and pepper.

Put the stock on the fire in a saucepan. When it boils, sprinkle in the florador. Cook for a few minutes, stirring all the time ; season with pepper and salt. Take off the fire, and let it cool ; then beat in the yolk of the egg. Make some very small quenelles, shaping them in small teaspoons ; poach these in salted water for about five minutes. When cooked, take up ; drain and place them in a soup-tureen, and pour the hot consommé on them.

Time required, 15 minutes. Sufficient for 6 persons.

341. CONSOMMÉ FLEURI.

1 quart consommé	1 onion.	1 carrot.	a few French beans.
1 small turnip.	1 leek.	1 cucumber.	2 or 3 lettuce-leaves.

After preparing the vegetables, cut them in Julienne strips ; cook the vegetables separately in salted water : drain, and put them, with the consommé, into a stew-pan. Season to taste, and simmer gently for five minutes. Pour into a soup-tureen, and serve.

Average cost, 6d. Time required, 20 minutes. Seasonable in the summer months. Sufficient for 6 persons.

342. CONSOMMÉ JULIENNE.

2 quarts clear soup.	2 carrots.	1 onion.	1 stick of celery.	a few beans.	2 ozs. butter.
2 or 3 cabbage-leaves.	1 turnip.	1 leek.	sugar.	salt.	1 tablespoonful peas.

Prepare the vegetables ; then cut the carrots, turnip, onion, leek, beans, and cabbage in Julienne strips (No. 323). Melt the butter in a saucepan ; put in the vegetables ; put over them a pinch of sugar. Cook a little, stirring them carefully meanwhile ; then add the clear soup. Simmer gently for thirty minutes. Before serving, add the peas, and season to taste.

Average cost, 9d. Time required, 45 minutes. Sufficient for 10 persons.

343. CONSOMMÉ JACOBINS.

1½ quarts consommé.	½ gill Bechamel sauce	½ gill stock.	2 yolks of eggs.	cayenne.
½ gill tomato sauce (No. 77).	(No. 4).	2 whole eggs.	2 ozs. ham.	salt.

Chop the ham finely, place in a mortar, with the tomato and Bechamel sauces, which must be thick. Pound these together, season with salt and cayenne pepper, rub through a fine sieve. Put into a basin, and mix in the stock, also the beaten eggs. Butter some small, plain moulds, fill with this mixture, cover with buttered paper, and steam gently for about fifteen minutes. Turn them out ; allow them to get cold, and then cut into dice or fancy shapes. Place them in a hot soup-tureen, heat up the consommé, and pour over the garnish. Serve at once.

Average cost, 1s. Time required, 30 minutes. In season all the year. Sufficient for 8 persons.

344. CONSOMMÉ METTERNICH.

2 quarts consommé.	4 artichoke bottoms.	1 glass sherry.
1 pheasant.	2 tomatoes.	seasoning.

Roast the pheasant, until a nice brown, in a hot oven ; then put it into a saucepan with the clear soup, and simmer gently for one hour with the tomatoes. Take up the pheasant, cut off the fillets, and put the rest on one side, to use for other dishes. Cook the artichoke bottoms (or use the preserved ones in bottles) ; cut them in Julienne strips, also the fillets of the pheasant in the same way. Put both these garnishes into a soup-tureen. Make the clear soup hot ; add the sherry. Simmer for ten minutes ; then strain it on to the garnish in the tureen.

Average cost, 2s. 6d. Time required, 1½ hours. Seasonable October to February. Sufficient for 10 persons.

345. CONSOMMÉ MIKADO.

2 quarts stock.	½ lb. shin of beef.	4 ozs. butter.	bouquet garni.	2 cloves.
1 tablespoonful curry.	2 tablespoonfuls cooked rice.	1 onion.	1 carrot.	pepper.
powder.	4 ozs. lean veal.	2 whites of eggs.	breast of chicken.	salt.

Melt 2 ozs. of the butter in a large saucepan ; put in the curry-powder, and fry a few minutes. Mince the beef finely ; whip the whites, and crush the shells of the eggs ; prepare the carrot and onion ; stick the cloves into the latter. Put these ingredients into the saucepan with the stock and the bouquet garni ; whisk it until it boils ; then simmer for twenty minutes. Take it off the fire, and let it stand for

five minutes : pass through a cloth into a basin. Cut the veal and the breast of chicken into dice. Melt the remainder of the butter in a clean saucepan : put in the meat and chicken, and fry until brown : then add the soup. Simmer for twenty minutes ; skim well, and take off all fat. Season nicely, and add the boiled rice. The soup is now ready to serve.

Average cost (without chicken), 1s. 6d. Time required, 1½ hours. Sufficient for 10 persons.

346. CONSOMMÉ MILLE-FANTI.

2 quarts clear soup.	1 oz. soft breadcrumbs.	1 oz. grated Parmesan cheese.
2 eggs.	salt.	cayenne.

Mix the breadcrumbs and cheese together in a basin : beat the eggs, and add them to the crumbs and cheese ; beat well, and season with salt and cayenne. Boil the clear soup, and drop the mixture, by means of a funnel, into the boiling consommé : stir with a whisk while doing so. Move the saucepan to the side of the fire ; put on the lid, and simmer gently for six or seven minutes. When ready to serve, stir the soup with a whisk, and pour it into a soup-tureen.

Average cost, 4d. Time required, 15 minutes. Sufficient for 10 to 12 persons.

347. CONSOMMÉ À LA MILANAISE (CLEAR SOUP MILAN STYLE).

1 quart clear soup (consommé).	seasoning.	1 egg and breadcrumbs.
1 gill Bechamel sauce (No. 4).	2 ozs. macaroni.	1½ ozs. grated Parmesan
½ oz. grated Gruyère cheese.	1 yolk of egg.	cheese.

Cook the macaroni until tender ; drain it, and then cut into very small pieces. Heat the Bechamel sauce ; stir into it 1 oz. Parmesan cheese and the yolk of the egg. Cook a little ; then add the macaroni and seasoning. Spread this mixture on a plate, making it ½ inch thick. When cold, cut out the mixture with a round cutter, about the size of a shilling. Egg and breadcrumb these rounds, and fry a golden brown in very hot fat. Drain, and send them, with the soup, to table separately. Mix ½ oz. Parmesan cheese and ½ oz. Gruyère cheese together, grated, and send to table at the same time.

Average cost, 6d. Time required, 1 hour. Sufficient for 6 persons.

348. CONSOMMÉ À LA MONACO (CLEAR SOUP MONACO STYLE).

1 quart chicken consommé.	½ gill cooked green	1½ ozs. arrowroot.	1 turnip.
6 chicken quenelles.	peas.	1 carrot.	2 truffles.

Put the consommé into a saucepan, and bring to the boil ; then stir in the arrowroot, previously mixed with a little stock or water. Simmer for fifteen minutes. Prepare the vegetables ; scoop out the carrot and turnip with a vegetable-cutter the size of peas ; cut the truffles in dice, and shape the chicken quenelles from chicken forcemeat (No. 202) in small teaspoons. Cook the vegetables in some consommé, and poach the quenelles. Put this garnish all together into a soup-tureen ; pour the thickened soup on it, and serve.

Average cost, 2s. 6d. Time required, 40 minutes. Sufficient for 6 persons.

349. CONSOMMÉ À LA NESSELRODE (CLEAR SOUP NESSELRODE STYLE).

1 quart clear soup	2 tablespoonfuls Julienne	½ gill purée of chestnuts.	½ gill cream.
(game, No. 315).	of game fillets.	1 whole egg and 1 yolk.	salt and cayenne.

Prepare the consommé with any kind of game ; cut some of the fillets into Julienne strips, and reserve. Roast the chestnuts in the oven until the shell and inner skin can be removed easily ; then put them into a saucepan, cover with stock, and boil them until tender. Rub through a wire sieve. Beat up the eggs ; add to them the cream and seasoning ; stir in the purée of chestnuts ; mix well. Turn this mixture into a well-buttered small timbale or dariole mould, and steam for ten to

fifteen minutes, or until the mixture is firm. Turn it out, and, when cold, cut into dice or fancy shapes. Place these, with the Julienne of game, into a soup-tureen, and pour the hot soup over it.

Average cost, 6d. Time required, 30 minutes. Seasonable November to February. Sufficient for 6 persons.

350. CONSOMMÉ NOUVEAU RÈGNE.

1 quart clear soup (chicken). | $\frac{1}{2}$ lb. chicken forcemeat (No. 202). | gold-leaf. | $\frac{1}{2}$ gill aspic jelly

Melt the aspic jelly, and when it is beginning to set, break into it two or three leaves of gold-leaf; the jelly should be quite thick with it. Let this get firm; then cut it into large cubes. Make some quenelles in dessert-spoons, and place in the centre of each one or more of the gold-leaf cubes. Poach the quenelles for ten minutes in boiling water or stock. Drain them, and place them in a soup-tureen; pour the hot soup on them, and serve. The quenelles should be made large, so that it is necessary for the diners to cut them with a spoon, in order that the gold sparkles may run out into the soup, and give a pretty effect.

Average cost, 3s. Time required, 30 minutes. Sufficient for 6 persons.

351. CONSOMMÉ PANNEQUETS PRINTANIER (CLEAR SOUP WITH PANCAKES).

2 quarts clear soup. | 2 ozs. chicken forcemeat (No. 202). | 2 tablespoonfuls arrowroot.
6 small pancakes. | 3 tablespoonfuls cooked vegetables. | Seasoning.

Boil the clear soup, and, when boiling, stir in the arrowroot mixed with cold water. Let the soup simmer for ten minutes; then pass it through a fine sieve, and keep hot. Make the pancakes, small, without sugar, the size of a dessert-plate, and as thin as possible. Cut the vegetables, any kind that are in season, into small dice; brown them slightly in butter; add some stock, and cook until tender. Strain them, and mix with the chicken forcemeat. Cover one side of each pancake with this mixture; roll them up, wrap in buttered paper, tie with thin string, and poach in boiling water for ten minutes. Then drain them, cut in small rounds, and place them in the soup-tureen; pour the boiling soup over.

Average cost, 1s. Time required, 45 minutes. In season all the year. Sufficient for 10 persons.

352. CONSOMMÉ PRINTANIER ROYALE (SPRING SOUP WITH ROYAL CUSTARD).

1 quart clear soup. | 1 tablespoonful cooked French beans. | 1 tablespoonful cooked lettuce.
royal custard (No. 321). | 1 tablespoonful cooked asparagus-heads. | 1 tablespoonful cooked peas.

Cook the vegetables separately in salted water; the beans should be cut in dice, and the lettuce shredded. Put the vegetables and the custard, cut in fancy shapes, in a soup-tureen. Boil the consommé, and pour it over the garnish. The soup is then ready to serve.

Average cost, 1s. Time required, 20 minutes. Seasonable in summer months. Sufficient for 6 persons.

353. CONSOMMÉ PRINTANIER À LA COLBERT (SPRING SOUP COLBERT STYLE).

1 quart clear soup. | 1 tablespoonful cooked | 1 tablespoonful cooked green peas.
6 poached eggs. | asparagus-heads. | 1 tablespoonful cooked French beans.

Heat the soup; put the cooked vegetables into a soup-tureen; pour the boiling soup on them. When about to serve, add the poached eggs, one for each person.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable in summer. Sufficient for 6 persons.

354. CONSOMMÉ À LA PRINCESSE.

1 quart clear soup.	1 tablespoonful cooked	1 tablespoonful pearl barley.
1 chicken fillet, cooked.	asparagus-points.	1 tablespoonful cooked green peas.

Wash the barley ; heat up the soup, and, when boiling, add the barley, and boil until tender. Cut the chicken fillet into small dice ; put these, with the vegetables, into the soup-tureen ; pour the boiling soup over, and serve.

Average cost (without chicken), 6d. Time required, 30 minutes. Sufficient for 6 persons.

355. CONSOMMÉ PORTUGAISE.

1 quart clear soup.	dice of fried	$\frac{1}{2}$ oz. butter.	1 leek.
12 French plums.	bread.	salt.	cayenne.

Wash the plums ; put them into a saucepan, with enough cold water to cover ; add a pinch of salt, let them come to the boil, then drain them. Return to the saucepan ; cover with stock, and simmer till tender. Clean the leek ; cut in Julienne strips 1 inch long. Melt the butter ; when hot, put in the strips of leek. Stew them in it for a few minutes ; then add some clear stock, and cook until tender. Carefully remove all fat ; then add the quart of consommé ; make quite hot. Put the plums into a soup-tureen ; add a pinch of cayenne ; pour the soup over, and serve. Send the dice of fried bread to table separately.

Average cost, 4d. Time required, 30 minutes. Sufficient for 6 persons.

356. CONSOMMÉ AUX QUEUES DE BŒUF (CLEAR OX-TAIL SOUP).

1 ox-tail.	2 onions.	4 quarts stock (No. 313).	8 peppercorns.	$\frac{1}{2}$ lb. shin of beef.
1 carrot.	1 turnip.	bouquet garni.	2 ozs. butter.	2 whites of eggs.

Cut the ox-tail into joints ; put these into a saucepan, cover with cold water, and bring to the boil. Drain them, and wipe the pieces in a cloth. Melt the butter in a large saucepan. Cut the vegetables in slices ; put them into the butter with the pieces of ox-tail ; fry brown. Pour away the butter ; add the stock, the bouquet garni, and the peppercorns. Bring to the boil ; then draw it to one side of the fire, and allow it to simmer gently for five hours, skimming it well during that time. Strain the stock, which will have reduced to about $2\frac{1}{2}$ quarts. Let it get cold ; then remove the grease. Put the tail on one side for future use. Now pour the stock into a clean saucepan ; mince the shin of beef finely ; add this to the stock, and the whites of eggs, beaten stiffly. Whisk this until it boils ; let it simmer gently for half an hour, then strain through a fine cloth into a soup-tureen ; add to it the smaller sections of the tail, also some cooked carrot and turnip, cut in dice, and a few peas. The soup is then ready to serve. Sherry can be added to this soup if liked.

Average cost, 2s. 6d. Time to prepare and cook the ox-tail stock, 5 hours. Time to clarify the stock, 1 hour. Sufficient for 10 persons.

357. CONSOMMÉ RENAISSANCE.

1 quart chicken consommé.	1 gill cooked spinach.	$\frac{1}{2}$ oz. butter.	1 turnip.
1 tablespoonful cream.	1 tablespoonful peas.	1 carrot.	2 eggs.

Sieve the spinach after it has been cooked and drained. Melt the butter in a saucepan ; stir in the spinach ; add the cream and the beaten eggs ; season to taste with pepper and salt. Fill some well-buttered small timbale moulds with this mixture, and steam them for fifteen minutes ; then turn them out, and cut them in dice shapes. Prepare the carrot and turnip ; then cut them in dice ; cook separately in salted water. Drain them as soon as tender, and put into a soup-tureen with the dice of spinach and the cooked peas. Pour in the hot soup, and serve.

Average cost, 8d. Time required, 40 minutes. Sufficient for 6 persons.

358. CONSOMMÉ RAMBOULE.

1 quart clear soup.	1 yolk of egg.
$\frac{1}{4}$ lb. chicken forcemeat.	1 gill cooked peas and beans.

Mix the yolk of egg with the forcemeat ; butter some small timbale moulds, and fill them with the mixture. Cover with buttered paper, and steam for fifteen minutes. Turn them out when cool ; cut into slices, and then into small rounds. Put these with the peas and beans, the latter to be cut in diamond shapes, into a soup-tureen. Pour the hot soup on them, and serve.

Average cost, 1s. 8d. Time required, 40 minutes. Sufficient for 6 persons.

359. CONSOMMÉ À LA RICHELIEU.

1 quart clear soup.	1 small carrot.	$\frac{1}{2}$ oz. butter.
10 chicken quenelles (No. 202).	1 turnip.	$\frac{1}{2}$ gill of well-reduced chicken jelly.

Chop the jelly. Make some quenelles in egg-spoons ; in the centre of each put some of the chopped jelly, so that there will be a liquid centre. Poach the quenelles in boiling water or stock. Scrape the carrot, peel the turnip, and cut them into fine Julienne strips. Melt the butter in a small stewpan ; put into it the Julienne strips ; stew a few minutes : then add some stock to them, and cook until tender. Drain, and put them with the quenelles into the soup-tureen, and pour the soup over.

Average cost, 3s. Time required, 30 minutes. Sufficient for 5 persons.

360. CONSOMMÉ À LA ROYALE (CLEAR SOUP ROYAL STYLE).

1 quart clear soup.	2 yolks of eggs.	pepper.
1 whole egg.	1 gill stock.	salt.

Beat the eggs ; add the gill of stock to them, season with pepper and salt, and fill with it some small buttered moulds. Steam them for fifteen minutes, or until firm. When cool, turn out ; cut into slices about $\frac{1}{4}$ inch thick ; stamp out with fancy cutters, or cut in dice. Put these into a soup-tureen, pour over the clear soup, and serve.

Average cost, 4d. Time required, 20 minutes. Sufficient for 6 persons.

361. CONSOMMÉ SÉVIGNÉ.

1 quart chicken consommé.	1 gill cooked peas.	1 oz. butter.
10 chicken quenelles (Nos. 202 and 324).	1 lettuce.	1 gill stock.

Shred the lettuce into fine strips. Melt the butter in a saucepan, put in the lettuce, and cook a few minutes ; then add the stock, and simmer for ten minutes. Drain, and place in the soup-tureen with the quenelles, made very small, and the peas. Pour the soup over the garnish, and serve.

Average cost, 2s. 6d. Time required, 40 minutes. Sufficient for 5 persons.

362. CONSOMMÉ SOUVERAINE.

2 quarts chicken consommé.	10 large quenelles (Nos. 202 and 324).	$\frac{1}{2}$ carrot.
a small piece of celery.	$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ onion.
1 gill cooked peas.	1 oz. butter.	$\frac{1}{2}$ turnip.

Cut the red part of the carrot, the onion, turnip, and celery, into very small dice ; stew these in the butter for five minutes ; then add the stock, and cook until the vegetables are tender. Drain well. Make the quenelles in dessert-spoons, and put in the centre some of the vegetables. Poach in boiling water or stock for ten minutes. Put them in the soup-tureen with the cooked peas ; pour the hot consommé on them, and serve.

Average cost, 3s. 3d. Time required, 40 minutes. Sufficient for 10 persons.

363. CONSOMMÉ À LA TOMATE (CLEAR TOMATO SOUP).

2 lbs. ripe tomatoes.	3 pints good stock.	1 turnip.	2 whites of eggs.
$\frac{1}{2}$ lb. lean beef.	1 onion.	6 peppercorns.	bouquet garni.

Cut the tomatoes in quarters ; also the rest of the vegetables, prepared and cut in quarters. Put these into a saucepan ; add the bouquet garni, peppercorns, and stock free from fat. Mince the beef finely ; mix with it $\frac{1}{2}$ gill of cold water. Put this with the vegetables. Whip the whites of the eggs, crush the shells, and add to the rest of the ingredients in the saucepan. Whisk over the fire until it boils ; let it simmer for thirty minutes ; then strain the soup through a cloth. Return the soup to the saucepan ; reheat ; season to taste with salt ; dissolve in it one lump of loaf sugar, and it is ready to serve. If liked, some dice-shaped slices of tomato, free from skin and pips, may be added to the soup.

Average cost, 1s. 8d. Time required, 1 hour. Sufficient for 9 persons.

364. CONSOMMÉ À LA TOSCA (CLEAR SOUP TOSCA STYLE).

1 quart chicken consommé.	1 oz. sago.	2 ozs. beef tongue.	2 truffles.
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Thicken the consommé with the sago ; cut the ox-tongue and truffles into Julienne strips. Put them into a soup-tureen, pour the hot consommé on them, and serve.

Average cost, 9d. Time required, 15 minutes. Sufficient for 6 persons.

365. CONSOMMÉ TORTUE-FAUSSE (CLEAR MOCK TURTLE).

$\frac{1}{2}$ calf's head.	1 glass sherry.	1 lb. shin of beef.	a bouquet garni.
1 carrot.	a piece of celery.	3 whites of eggs and	12 peppercorns.
1 onion.	4 quarts white stock.	shells.	salt.

Bone the head, cut the meat in pieces, and chop the bones. Put these into a large saucepan ; add the stock to them ; bring it to the boil ; then skim well. Let it simmer for three hours. Strain the stock into a basin, and let it get cold ; then remove all the fat. Prepare the vegetables ; cut them in slices ; put into a saucepan with the stock. Mince the beef finely, and mix with it a tablespoonful of cold water. Whisk the whites of the eggs, and crush the shells ; put all these into the saucepan with the stock ; whisk all together over the fire until boiling. Draw on one side, and simmer gently for twenty minutes ; add the wine and seasoning, and cook for five minutes longer. Strain through a cloth, reheat, and it is ready to serve.

Average cost, 3s. 6d. Time required, 5 hours. Sufficient for 12 persons.

366. CONSOMMÉ AUX VERMICELLES (CLEAR SOUP WITH VERMICELLI).

1 quart clear soup.	$\frac{1}{2}$ oz. vermicelli.
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Boil the vermicelli in water, seasoned with salt, until cooked. Drain well, and put it into a saucepan with the stock ; bring to the boil, and serve.

Time required, 10 to 15 minutes. Sufficient for 5 or 6 persons.

367. CONSOMMÉ À LA TRIANON.

1 quart clear soup.	$\frac{1}{2}$ gill tomato sauce (No. 77).	2 eggs.	2 yolks of eggs.
1 gill stock.		1 tablespoonful spinach.	seasoning.

Beat the eggs and yolks together ; divide them equally into three basins. Into one portion stir half the stock ; into the second, the tomato purée ; and into the third, the remainder of the stock and the cooked and sieved spinach. Season all three colours nicely with pepper and salt. Butter three dariole moulds, and pour into them the three different mixtures—the yellow in one, the green in another, and the red in a third. Cover each with a small piece of buttered paper, and steam them gently for fifteen minutes. Let the custards stand till cold ; when cold, cut in dice or in fancy shapes ; put these into a soup-tureen, and pour the hot soup on them.

Average cost, 9d. Time required, 30 minutes. Sufficient for 6 persons.

368. CONSOMMÉ VERT PRÉ.

1 quart clear soup.	1 tablespoonful peas.	1 tablespoonful asparagus-heads.
2 tablespoonfuls tapioca.	1 tablespoonful French beans.	a few spinach-leaves.

Boil the soup, sprinkle in the tapioca, and simmer for fifteen minutes. Cook the vegetables in salt water separately, the French beans to be cut up small. Slice the spinach-leaves finely, and cook in a little of the clear soup. When cooked, put these vegetables in a soup-tureen; pour the hot soup on them, and serve.

Average cost, 1s. Time required, 30 minutes. Seasonable in the summer. Sufficient for 6 persons.

369. CONSOMMÉ À LA VIVIAN.

1 quart clear soup.	$\frac{1}{4}$ cucumber.	$\frac{1}{2}$ lettuce (heart).	royal custard (No. 321).
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Peel the cucumber, take out the seeds, cut it into dice, and cook in salted water until tender. Cut the lettuce into strips, and boil in stock. Strain both these vegetables, and put them into a soup-tureen. Prepare the custard; let it get cold, then cut it in dice, and put them with the vegetables. Heat the soup, and pour it over the garnish in the tureen.

Average cost, 6d. Time required, 30 minutes. Seasonable February to October. Sufficient for 6 persons.

370. CONSOMMÉ À LA VENEUR.

3 pints consommé.	1 dessertspoonful	cochineal.	1 truffle.
1 egg.	cream.	1 lettuce.	tarragon.

Mix the egg and cream together; add a few drops of cochineal until a pretty pink colour. Butter some small plain moulds; pour in the mixture, and steam gently for ten minutes; then turn it out, and, when cold, cut into fine shreds; also the truffle and some of the lettuce. Cook the shreds of lettuce in boiling stock for a few minutes; take up, drain well, and place in the soup-tureen, together with the pink custard, truffle, and a few leaves of tarragon, also cut in shreds. Heat up the consommé, and pour over the garnish.

Average cost, 8d. Time required, 15 minutes. In season all the year. Sufficient for 8 persons.

371. TORTUE CLAIRE (CLEAR TURTLE SOUP).

4 quarts stock.	$\frac{1}{2}$ lb. sun-dried	1 leek.	3 cloves.	$\frac{1}{2}$ lb. shin of beef.	1 gill sherry.
a little celery.	turtle.	2 onions.	a blade of mace.	3 whites of eggs.	salt.
1 carrot.	1 turnip.	bouquet garni.	12 peppercorns.	$\frac{1}{2}$ lemon.	cayenne.

Soak the turtle in cold water for three days; change the water each day. Prepare the vegetables, put the spice and peppercorns into a piece of muslin, and tie up. Put the turtle, stock, vegetables, bouquet garni, and spice into a large saucepan; bring to the boil, and skim well. Let it simmer gently for about eight hours or longer; add more stock if necessary. Strain off the stock, remove the fat. Put the turtle aside to cool; then, when cool enough, cut it into square pieces. Mince the beef finely; whip the whites of the eggs, and add to the beef. Put these into the stock; pour into a saucepan; add the shells of the eggs and the lemon-juice. Let it come to the boil; then simmer gently for one hour. Strain the soup through a cloth; return to the saucepan, reheat, add the wine and the pieces of turtle, season with salt and cayenne, and serve.

Average cost, 5s. for the turtle. Time required, 4 days. Sufficient for 8 to 10 persons.

VEGETABLE AND PURÉE SOUPS

372. PURÉE D'ASPERGES (ASPARAGUS SOUP).

50 heads of asparagus.	1 pint white stock	1 pint milk.
1 gill cream or milk.	(No. 314).	salt.

Boil the asparagus in salted water until tender ; take them up, and drain carefully. Put a few heads of the asparagus aside for garnish ; rub the rest of them through a hair sieve. Mix this purée with the white stock and milk, put into a saucepan, and allow it to get thoroughly hot. Stir in the cream, and season with salt. Cut up the tips of asparagus that were put aside into dice ; put these into the soup, and serve. Care must be taken not to let the soup boil long after the asparagus is added, or the colour will be spoilt.

Average cost, 2s. 6d. Time required, 30 minutes. In season from May to August. Sufficient for 5 persons.

373. PURÉE DE BETTERAVE (BEETROOT SOUP).

2 small cooked beetroots.	1 oz. butter.	$\frac{1}{2}$ gill cream.	+	salt.
1 quart white stock (No. 314).	1 oz. flour.	$\frac{1}{2}$ tablespoonfuls vinegar.	+	1 onion.

Peel and slice the onion. Melt the butter in a saucepan, and cook the onion in it without browning. Stir in the flour ; moisten with the stock, and stir until it boils ; season with salt. Peel the beetroots ; slice them rather thinly ; put into a basin, and cover with vinegar. Let this stand until the colour is extracted from the beetroot ; then put the beetroot and liquor into the thickened stock. Bring this to the boil, and let it simmer for ten minutes ; then strain through a hair sieve, rubbing through only as much beetroot as will be required to make the soup a good consistency. Return to the saucepan, stir in the cream, heat thoroughly without boiling, and serve.

Average cost, 9d. Time required, 30 minutes. In season all the year. Sufficient for 5 persons.

374. POTAGE À LA CRÉCY (CARROT SOUP).

6 large carrots.	1 pint milk.	1 quart white stock	fried croûtons of bread.	$1\frac{1}{2}$ ozs. butter.
1 large onion.	1 gill cream.	(No. 314).	2 sticks of celery.	salt.

Scrape and wash the carrots ; take away all the yellow part, and use only the red ; cut this in slices, also the onion and celery. Melt the butter in a saucepan ; put in the carrot, onion, and celery. Stir over the fire without browning ; add the stock, and simmer until the carrot is tender. Rub the soup through a hair sieve ; return to the saucepan, season with salt, add the milk and cream, heat thoroughly, and serve with fried croûtons separately.

Average cost, 1s. Time required, 45 minutes. In season all the year. Sufficient for 8 persons.

375. PURÉE DE CHOUX-FLEURS (CAULIFLOWER SOUP).

2 small cauliflowers.	$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ gill cream.
1 pint white stock (No. 314).	$1\frac{1}{2}$ ozs. ground rice.	salt.

Trim the cauliflowers ; boil in salted water in the usual way ; take up, drain, and rub through a hair sieve, using some of the green as well as the flower. Mix the ground rice with some of the milk ; put the rest into a saucepan, with the stock and one pint of the water the cauliflower was cooked in. When boiling, stir in the ground rice ; let the soup simmer gently for ten to fifteen minutes ; then add the cauliflower purée, the cream, and seasoning. Heat thoroughly without boiling.

Average cost, 10d. Time required, 30 minutes. In season from March to November. Sufficient for 6 persons.

376. PURÉE DE CELERI (CELERY SOUP).

3 heads of white celery.	1 small onion.	fried croûtons of bread	1 pint milk.
1 quart white stock (No. 314).	1 oz. butter.	(served separately).	$\frac{1}{2}$ gill cream.

Wash the celery ; cut up into small pieces, taking away the outside sticks ; peel and slice the onion. Melt the butter ; put in the celery and onion ; cook for a few minutes ; then pour on the stock and half of the milk. Boil until the celery is tender. Rub through a hair sieve ; return to the saucepan ; season with salt ; stir in the rest of the milk, also the cream. Heat up, and serve.

Average cost, 1s. Time required, 45 minutes. In season from October to February. Sufficient for 7 persons.

377. PURÉE DE CHOUX DE BRUXELLES (BRUSSELS SPROUTS SOUP).

1 lb. brussels sprouts.	1 quart white stock (No. 314).	$\frac{1}{2}$ gill cream.	1 oz. butter.	salt.
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Trim the sprouts ; boil in salted water until tender ; drain them carefully. Melt the butter in a saucepan ; add the sprouts. Stir for a few minutes over the fire, then moisten with the stock ; let this simmer for ten minutes. Rub through a hair sieve ; return to the saucepan, add the cream and salt, and serve.

Average cost, 6d. Time required, 30 minutes. In season from November to March. Sufficient for 5 persons.

378. POTAGE CRESSONNIÈRE (WATERCRESS SOUP).

1 lb. watercress.	1 pint purée of pota-	1 $\frac{1}{2}$ pints white stock.	2 yolks of eggs.
1 $\frac{1}{2}$ ozs. butter.	toes.	1 gill cream or milk.	seasoning.

Pick and chop the watercress. Melt the butter in a saucepan, add to it the watercress, and cook for a few minutes ; then stir in the purée of potatoes ; mix together, dilute with the stock, and let it simmer for ten minutes. Pass through a hair sieve ; return to the saucepan, and reheat. Mix the yolks and cream, or milk, together ; add to the soup, and bring to the boil, but do not let it actually boil. Season to taste, and garnish the soup with some watercress-leaves which have been parboiled for three minutes.

Average cost, 1s. 6d. Time required, 20 minutes. Sufficient for 6 persons.

379. CRÈME DE CHAMPIGNONS (MUSHROOM SOUP).

2 onions.	$\frac{1}{2}$ lb. mush-	1 quart stock.	2 ozs. flour.	2 egg-yolks.
3 ozs. butter.	rooms.	$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ gill cream.	seasoning.

Slice the onions ; clean and peel the mushrooms, and chop them finely. Melt the butter in a saucepan ; put in the vegetables, and cook for about five minutes ; add the flour ; dilute with the stock. Stir until boiling ; simmer for thirty minutes ; then add the boiling milk. Strain through a hair sieve ; return to the saucepan, add the cream and egg-yolks, bring to boiling-point, season to taste, and serve.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 or 8 persons.

380. PURÉE DE CONCOMBRES (CUCUMBER SOUP).

2 large cucumbers.	$\frac{1}{2}$ pint milk.	1 tablespoonful cream	1 oz. butter.
1 quart stock (No. 314).	3 yolks of eggs.	(if liked).	salt.

Peel the cucumber ; cut into slices. Melt the butter in a saucepan ; put in the cucumber, and stir over the fire, without browning, for a few minutes ; then add the stock, and let it simmer until the cucumber is tender. Rub through a hair sieve ; return to the saucepan, and season with salt. Beat the yolks in a basin ; stir in the milk and cream ; add these to the soup. Stir over the fire until the eggs are cooked, but it must not be allowed to boil. If the soup is found to be too thick, a little more stock must be added.

Average cost, 1s. 6d. Time required, 45 minutes. In season from March to August. Sufficient for 5 persons.

381. PURÉE D'ÉPINARDS (SPINACH SOUP).

1 lb. spinach.	2 ozs. butter.	spinach colouring.
1 onion.	1 quart stock.	1 tablespoonful cream.

Pick the spinach, and wash well in several waters until quite free from dirt and grit. Melt the butter in a saucepan ; stir in the spinach, also the onion peeled and sliced. Stir for a few minutes ; then moisten with the stock, and let it simmer until the spinach is tender. Rub through a hair sieve ; return to the saucepan, stir in the cream, and salt to taste. If not a good green colour, add a little spinach greening. Heat up, and serve.

Average cost, 8d. Time required, 45 minutes. In season all the year. Sufficient for 5 persons.

382. PURÉE À LA FRANKFORT.

3 ozs. cooked chicken.	1 cucumber.	1 oz. cooked ham.	1 gill cream.
6 ozs. asparagus-points.	1 onion.	1 quart stock.	2 egg-yolks.
4 ozs. button mushrooms.	1 oz. butter.	$\frac{3}{4}$ oz. ground rice.	salt.

Peel the cucumber, mushrooms, and onion ; cut them in slices. Melt the butter in a saucepan ; put in the sliced vegetables and the asparagus-points. Cook for ten minutes, but do not let them brown ; add the chicken and ham. Mix the ground rice with a little of the stock, and add the remainder to the vegetables ; stir in the rice, and cook for half an hour. Take out the chicken and ham ; pound these in a mortar until quite fine. Return to the saucepan, and mix well ; now rub all through a hair sieve. Return to the saucepan, and reheat. Mix the eggs and cream together ; strain into the soup, and cook, but do not boil again. Season to taste, and serve.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable February to July. Sufficient for 6 or 8 persons.

383. PURÉE DE LAITUES (LETTUCE SOUP).

1½ lbs. lettuces.	a few sprigs of chervil	1 quart white	$\frac{1}{2}$ gill cream.
2 ozs. butter.	and parsley.	stock.	2 egg-yolks.
1 onion.	2 ozs. flour.	$\frac{1}{2}$ pint milk.	seasoning.

Slice the onion ; wash and dry the lettuce, and divide it into small pieces. Melt the butter ; put in the onion, lettuce, chervil, and parsley. Cook for a few minutes, stirring well all the time ; then add the flour. Mix into it the other ingredients ; add the stock, and stir until it boils. Let it simmer for twenty minutes. Strain through a fine sieve. Return to the saucepan, and add the milk ; let it come nearly to boiling-point ; draw it off the fire, and add the eggs and cream. Return to the fire to cook the eggs, but do not let it boil. Season to taste, and serve.

Average cost, 1s. 6d. Time required, 45 minutes. Sufficient for 6 or 8 persons.

384. POTAGE DE LÉGUMES (VEGETABLE SOUP).

1 onion.	1 leek.	1 stalk of celery.	1½ ozs. flour.	1 pint milk.
1 carrot.	1 turnip.	1½ ozs. butter.	1½ pints of stock or water.	seasoning.

Prepare the vegetables ; cut them into Julienne strips or into dice. Melt the butter in a saucepan, add the vegetables, and cook them in it for a few minutes until the butter is absorbed ; then add the stock or water, and boil until the vegetables are tender. Mix the flour and milk together in a basin, and add to the vegetables and stock ; stir until it boils. Simmer for ten minutes. Season to taste, and the soup is then ready to serve.

Average cost, 9d. Seasonable at all times. Time required, 45 minutes. Sufficient for 5 or 6 persons.

385. PURÉE DE MARRONS À LA CHANTILLY (CHESTNUT SOUP).

2 pints of chestnuts.	2 ozs. butter.	$\frac{1}{2}$ gill cream.	croûtons.
1 quart white stock.	1 quart milk.	4 to 6 mushrooms.	seasoning.

Slit the chestnuts ; place them on a baking-sheet in the oven, until the shells and inner skin can be removed easily. Pound the chestnuts in a mortar. Melt the butter in a stewpan ; put in the chestnuts ; sauté them for a few minutes without browning ; put in the milk and stock ; add the mushrooms, cut up finely. Simmer until the chestnuts are cooked, then rub through a wire sieve. Return the soup to the saucepan ; add the cream and seasoning. If too thick, stir in a little more milk or stock. Serve with fried croûtons of bread, cut in dice.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable October to March. Sufficient for 8 persons.

386. PURÉE DE NAVETS (TURNIP SOUP).

6 or 8 large turnips.	1 quart white stock.	1 onion.	salt.
2 ozs. butter.	1 gill cream.	pepper.	

Peel the turnips and onion ; slice them, and put into a saucepan with the butter. Stir them over the fire for a few minutes without browning, then dilute with the stock, and simmer gently for about thirty minutes. Rub through a fine sieve. Return the soup to the saucepan ; boil up, and skim well ; season nicely, and add the cream ; do not let it boil again after the cream is added. The soup is now ready to serve.

Average cost, 1s. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.

387. POTAGE À L'OSEILLE (SORREL SOUP).

2 ozs. butter.	$\frac{1}{2}$ lb. picked sorrel-	1 onion.	$1\frac{1}{2}$ ozs. flour.	seasoning.
1 gill cream.	leaves.	2 yolks of eggs.	1 quart stock.	croûtons.

Wash the sorrel, then shred it finely ; slice the onion. Melt the butter in a saucepan ; put in the sorrel and onion, and cook for a few minutes ; then add the flour, dilute with the stock, and simmer until the sorrel is cooked. Skim well. Beat the yolks of the eggs ; add the cream to them, and stir into the soup ; season to taste. Stir until hot, but do not boil again. Fry some dice of bread ; put these into a soup-tureen ; pour the soup over, and serve.

Average cost, 1s. Time required, 30 minutes. Seasonable in summer. Sufficient for 6 persons.

388. POTAGE DE POIS À L'ITALIENNE (ITALIAN GREEN-PEA SOUP).

1 pint shelled peas.	$\frac{1}{2}$ cucumber.	2 ozs. butter.	1 gill milk.
$\frac{1}{2}$ lettuce.	1 onion.	1 quart stock.	$\frac{1}{2}$ gill cream.

Cut up the cucumber and onion in small pieces ; shred the lettuce. Melt the butter in a saucepan ; put in the vegetables, and stir them until they have absorbed the butter ; then add the stock and the peas. Boil until the vegetables are tender, then rub through a hair sieve. Return to the saucepan ; season nicely, and add the milk and cream. Reheat, but do not boil again.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable in the summer months. Sufficient for 5 or 6 persons.

389. PURÉE DE POMMES DE TERRE (POTATO SOUP).

1 lb. potatoes.	1 oz. butter.	1 gill milk.
1 onion.	1 quart stock or water.	seasoning.

Peel the potatoes and onion ; cut them in slices ; put them into a saucepan containing the melted butter. Stir the vegetables over the fire for five minutes without browning ; then add the stock or water, and boil until the vegetables are tender. Rub the soup through a hair sieve. Put it back into the saucepan, and stir until

smooth ; add the milk, and season to taste. When hot, it is ready to serve. Fried bread croûtons, cut in dice, are often served with this soup.

Average cost, 4d. Time required, 45 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

390. PURÉE DE POIREAUX (LEEK SOUP).

1 bunch of leeks.	1 quart white stock.	1½ ozs. flour.	½ gill cream.
2 ozs. butter.	croûtons of fried bread.	1 gill milk.	seasoning.

Wash the leeks thoroughly ; cut the white part into small pieces. Melt the butter in a saucepan ; put in the leeks, and cook for five minutes, stirring all the time ; do not allow them to brown. Stir in the flour, add the stock, and boil until the leeks are cooked. Rub through a hair sieve. Return the soup to the saucepan, reheat, add the cream and milk, season to taste, and serve. Croûtons are sent up with this soup.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

391. PURÉE DE TOMATES (TOMATO SOUP).

1 pint tomato sauce (No. 77). | 1 quart clear soup. | 1 tablespoonful crushed tapioca. | seasoning.

Boil the clear soup ; sprinkle in the crushed tapioca. Simmer for ten minutes, until the tapioca is transparent, stirring constantly. Heat the tomato sauce, add it to the soup, bring to the boil, season nicely, and serve.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

392. PURÉE DE TOPINAMBOURS (SOUP OF JERUSALEM ARTICHOKES).

1 small onion.	2 lbs. Jerusalem arti-	1 pint milk.	seasoning.
1 pint white stock.	chokes.	2 ozs. butter.	1 lemon.

Wash, peel, and slice the artichokes. After slicing, put into a basin of water with the lemon-juice, to prevent them discolouring. Cut the onion in slices. Melt the butter in a saucepan ; drain the artichokes, and put them with the onion into the melted butter. Cook for five minutes, taking care not to let the vegetables brown. Add the stock, and boil until the artichokes are tender ; then rub through a hair sieve. Return the soup to the saucepan, add the milk and seasoning, make it thoroughly hot, and it is ready to serve.

Average cost, 9d. Time required, 1 hour. Seasonable October to February. Sufficient for 5 or 6 persons.

393. PURÉE DE POTIRONS (VEGETABLE-MARROW SOUP).

1 vegetable marrow.	1 pint white	1 oz. butter.	1 onion.
½ teaspoonful sugar.	stock.	½ pint milk.	salt.

Peel the marrow, split in halves, remove the seeds, and cut it into slices. Melt the butter in a saucepan ; place in it the vegetable marrow and the onion, peeled and sliced. Stir this over the fire for a few minutes ; pour in the stock ; season with salt and sugar. Cover the pan with a lid, and let it simmer gently until the marrow is tender. Rub through a hair sieve. Return to the saucepan, add the milk, and heat thoroughly. If too thick, stir in enough stock to make the soup a good consistency.

Average cost, 6d. Time required, 30 minutes. In season July to September. Sufficient for 4 persons.

394. PURÉE DE LÉGUMES (VEGETABLE SOUP).

1 turnip.	2 ozs. rice.	1 gill haricot beans.	2 ozs. butter.	1 oz. lean ham.
1 carrot.	1 onion.	1 gill split peas.	3 pints stock.	salt.

Soak the peas and beans in cold water for twelve hours. Prepare the vegetables ; cut them in slices, also the ham. Melt the butter in a saucepan ; put in the beans, peas, rice, ham, and vegetables. Stir all this over the fire for a few minutes ; pour

in the stock, and let it simmer until the vegetables are tender. Rub through a hair sieve. Return to the saucepan, season with salt, and add more stock, if too thick. Serve with fried bread croûtons separately.

Average cost, 1s. Time required, 2 to 2½ hours. In season always. Sufficient for 6 persons.

395. PURÉE DE POIS VERTS (GREEN-PEA SOUP).

1 onion.	1 pint shelled green	1½ ozs. butter.	½ teaspoonful sugar.
1 quart stock.	peas.	1 sprig mint.	salt and pepper.

Melt the butter in a saucepan ; put in the onion, sliced, and $\frac{3}{4}$ pint of the peas. Stir this over the fire for a few minutes ; moisten with the stock ; add the pepper, salt, sugar, and mint. Boil these together until the peas are tender. The remaining peas are boiled in salted water in the usual way, drained, and put aside until required. Rub the soup through a hair sieve. Return to the saucepan, heat thoroughly, add the boiled peas, and serve immediately.

Average cost, 2s. 6d. Time required, 40 minutes. In season June to August. Sufficient for 5 persons.

396. CRÈME DE LÉGUMES (VEGETABLE SOUP).

1 quart stock.	1 carrot.	1 leek.	dice of fried	2 ozs. butter.	1 gill cream.
1 celery-stalk.	1 onion.	1 turnip.	bread.	1 oz. flour.	2 egg-yolks.

Cut up the vegetables in thin slices. Melt the butter in a saucepan ; put in the vegetables, and cook for a few minutes ; then stir in the flour, and cook for five minutes without browning. Dilute with the stock, and cook for one hour ; then rub through a fine sieve. Season with salt and a little sugar ; bind with the cream and eggs. Serve with the fried dice of bread separately.

Average cost, 1s. Time required, 1½ hours. Sufficient for 5 persons.

397. CRÈME À LA VÉNITIENNE (VENETIAN CREAM).

1 quart stock.	2 raw artichoke bottoms.	1 oz. flour.
2 ozs. butter.	½ pint cooked green peas.	1 gill cream.
pinch of sugar.	1 tablespoonful cooked spinach.	salt.

Slice the artichoke-bottoms finely. Melt the butter in a saucepan ; put in the artichokes, and cook them over a slow fire. When done, add the peas and spinach ; stir in the flour, and cook a few minutes without browning. Moisten with the stock ; stir until it boils, and let it simmer for twenty minutes ; take off the scum, and pass the soup through a fine sieve. Return to the saucepan, and bind with the cream and eggs. Season to taste with salt and a pinch of sugar.

Average cost, 1s. Time required, 1 hour. Seasonable in the summer. Sufficient for 6 persons.

398. POTAGE MERCÉDÈS.

2 lbs. Jerusalem artichokes.	2 ozs. butter.	1 gill cream.	chicken fillets.
1 pint white stock.	½ pint milk.	3 egg-yolks.	seasoning.

Peel the artichokes, wash them in acidulated water, slice them, and dry in a cloth. Melt the butter in a saucepan ; put in the artichokes, squeeze over them a little lemon-juice, and stir over the fire for a few minutes, taking care not to brown the vegetables ; add the stock, and cook until the artichokes are done ; then rub them through a fine sieve. Return to the saucepan ; add the milk and seasoning. When hot, but not boiling, put in the eggs and cream, previously mixed together ; stir over the fire for a few minutes in order to cook the eggs, but do not allow the soup to boil. Cut the cooked chicken fillets in dice, put them into a soup-tureen, and pour the soup on them.

Average cost (without the chicken), 1s. 3d. Time required, 1 hour. Sufficient for 5 persons.

399. PURÉE À LA PARISIENNE.

5 ozs. butter.	1 lettuce.	3½ pints stock.	½ pint cream or milk.
2 onions.	10 large potatoes.	3 yolks of eggs.	a small bunch of herbs.

Put 2 ozs. butter in a saucepan : then add the onions and potatoes, sliced, also the herbs. Fry these until a pale golden colour. Moisten with 3 pints of stock ; let it come gently to the boil ; skim ; cover the pan, and allow it to simmer gently until the vegetables are cooked. Pass through a hair sieve. Return it to the saucepan ; season with salt, and when it is hot add, for each quart of the purée, ½ pint of milk or cream mixed with three yolks of eggs, and 1 oz. of butter. Stir this over the fire until it thickens, without boiling. Pour into the tureen, and garnish with shredded lettuce as follows : Wash and dry the heart of a large lettuce ; cut it into very fine shreds, and fry in the remaining 2 ozs. of butter for ten minutes ; add to it ½ pint of stock. Simmer for fifteen minutes ; keep well skimmed, and add to the soup.

Average cost, 1s. 9d. Time required, 1 hour. Sufficient for 8 persons.

400. POTAGE À L'AUORE.

4 ozs. pearl barley.	stalk of celery.	seasoning.
2 quarts white stock.	1 onion.	4 tablespoonfuls tomato purée.
bouquet garni.	1 carrot.	1 oz. butter.

Wash the pearl barley ; then put it into a stewpan with the stock, the bouquet garni, onion, and carrot, and let it simmer for three hours, skimming well all the time. When the barley is cooked, add to it the tomato purée ; also the celery, chopped finely, and cooked in the butter, and finished in stock. If the soup should be too thick, make it the right consistency with stock.

Average cost, 2s. 6d. Time required, 4 hours. Sufficient for 6 persons.

401. POTAGE DES AMBASSADEURS (AMBASSADOR'S SOUP).

2 ozs. rice.	½ pint purée of peas.	1 gill cream.
3 pints chicken stock.	1 gill cooked sorrel.	seasoning.

Cook the rice in the stock until tender, then add to it the purée of cooked peas. Simmer for ten minutes ; add the cream ; make very hot, but do not boil again. Season to taste. Before serving, add the sorrel-leaves finely shredded and tossed in butter.

Average cost, 3s. 6d. Time required, 1 hour. In season from June to August. Sufficient for 8 or 9 persons.

402. POTAGE D'ARTOIS.

2 quarts clear soup.	a few cabbage-leaves.	½ pint haricot beans.
1 onion.	1 stalk of celery.	1½ ozs. butter.
1 carrot.	a few string beans and	½ gill cream.
1 turnip.	green peas.	seasoning.

Cut the carrot, turnip, onion, and celery into dice ; shred the cabbage-leaves and beans into fine strips. Melt 1 oz. of the butter in a saucepan ; put in the vegetables, and stir them in the butter for a few minutes ; then add the soup, and simmer for thirty minutes. Cook the haricot beans, and, when soft, rub them through a wire sieve ; add enough stock to make them a thick purée. Add this to the vegetable soup ; bring to the boil, and cook gently for ten minutes. Take it off the fire, and allow it to cool slightly ; then stir in the cream and ½ oz. butter ; season to taste, and, lastly, add a few green peas. Pour into a soup-tureen, and serve.

Average cost, 10d. Seasonable in the summer. Time required, 2 hours. Sufficient for 9 persons.

403. POTAGE ANDALOUSE (ANDALUSIAN SOUP).

1 pint white stock. | 2 pints tomato purée. | 2 tablespoonfuls crushed tapioca.

Put the white stock into a saucepan on the fire, and when it boils sprinkle in the tapioca. Cook until tender and transparent; now add to it the tomato purée; bring to the boil, and simmer for ten minutes. Season to taste, and serve.

Average cost, 1s. 6d. Time required, 30 minutes. Sufficient for 8 persons.

404. POTAGE CRITERION (CRITERION SOUP).

1 quart chicken stock. | 2 leeks. | 1 stick of celery. | 1 gill cream. | seasoning.
2 ozs. butter. | 1½ ozs. flour. | pinch of chervil. | 1 yolk of egg. | 1 chicken fillet.

Melt the butter in a saucepan; stir in the flour add the stock, and stir until it boils. Shred the white parts of the leeks and celery in strips 1 inch long; put these vegetables into a small stewpan, add to them about ½ pint stock, and cook until tender; then stir them on to the thickened stock. Take off all the fat and seum; then add the egg-yolk mixed with the cream. Stir until nearly boiling; season nicely, and add, just before serving, the cooked chicken fillet, cut in strips, and a pinch of chervil.

Average cost, 3s. 6d. Time required, 30 minutes after the stock is made. Sufficient for 6 persons.

405. POTAGE CAMELIA (CAMELIA SOUP).

1 quart purée of split peas. | 2 tablespoonfuls tapioca. | 1 oz. butter.
1 quart consommé. | 2 tablespoonfuls shredded leeks. | 2 tablespoonfuls breast of chicken.

Heat the consommé in a saucepan over the fire. As soon as it boils, sprinkle in the crushed tapioca. Boil for ten minutes, or until the tapioca is cooked; stir into this the purée of split peas; mix well together. Melt the butter in another saucepan; put in the shredded leeks, white part only. Fry a little without browning; add some stock or water, and cook until the leeks are tender; drain them, and put into a soup-tureen with the shredded and cooked breast of chicken. Pour the soup on this garnish, and serve.

Average cost, 6d., without chicken, which should be used up for other dishes. Time required, 30 minutes after purée is prepared. Seasonable all the year. Sufficient for 10 to 12 persons.

406. POTAGE FONTANGE.

1 quart fresh pea purée. | 2 ozs. butter. | 1 gill cream. | seasoning.
2 tablespoonfuls sorrel-leaves. | chervil. | 1 yolk of egg. | croûtons of fried bread.

Prepare the pea purée, and dilute it with stock until it is of the right consistency. Slice the sorrel-leaves finely. Melt the butter in a saucepan; stir in the sorrel, and cook for ten minutes; add this to the soup with a pinch of chervil. Mix the egg-yolk and cream together, and stir into the soup; make very hot, but do not let it boil again after the egg is added. Season to taste, and serve with the croûtons separately.

Average cost, 1s. 9d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 6 persons.

407. POTAGE LÉOPOLD (LEOPOLD SOUP).

1 quart consommé. | 2 tablespoonfuls sorrel. | 2 ozs. butter. | 1 egg-yolk.
1 tablespoonful florador. | chervil. | 1 gill cream. | seasoning.

Heat the consommé in a saucepan over the fire. As soon as it boils, sprinkle in the florador, and cook for fifteen minutes. Shred the sorrel-leaves finely. Melt the butter in a stewpan, put in the sorrel, and cook for ten minutes, stirring it constantly, so that it does not burn; add to the soup also a pinch of chervil. Mix together the egg-yolk and cream; stir into the soup; make hot, but do not boil. Season to taste, and serve with fried croûtons, served separately.

Average cost, 1s. Time required, 35 minutes. Seasonable in summer. Sufficient for 6 persons.

408. POTAGE FAUBONNE.

2 quarts stock.	$\frac{1}{2}$ onion.	2 tablespoonfuls cooked	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ pint split peas.	1 stick celery.	green peas.	seasoning.
1 carrot.	1 bouquet garni.	2 ozs. butter.	croûtons of fried bread.

Soak the split peas overnight. Melt 1 oz. butter in a saucepan ; put in the peas , cook a little ; dilute with 2 quarts of water ; simmer for about three hours, or until the peas are soft enough to pass through a wire sieve. Cut the carrot, onion, and celery into Julienne strips. Melt the remaining 1 oz. butter in another saucepan ; put in the shredded vegetables ; cook for about five minutes, then add the stock and the bouquet garni ; cook gently for half an hour. Take out the bouquet ; add the purée of split peas, seasoning, and cream ; mix all well together ; cook a little longer without boiling. Put the cooked green peas and the fried croûtons in a soup-tureen, and pour the soup on them ; or, if preferred, the croûtons can be sent up separately.

Average cost, 1s. Time required, 3 hours. Sufficient for 10 persons.

409. POTAGE À LA BONNE FEMME.

2 leaves sorrel.	small piece cucum-	1 small potato.	1 quart white	1 lettuce.
2 sprigs tarragon.	ber.	2 ozs. butter.	stock.	2 leeks.
2 sprigs chervil.	1 French roll.	1 gill cream.	3 yolks of eggs.	salt.

Wash the lettuce, leeks, and sorrel ; shred them finely ; also the tarragon, chervil, and cucumber. Melt the butter in a saucepan ; add these vegetables, and stir over the fire without browning ; add the stock and the potato cut in small rounds. Let this simmer until the vegetables are tender. Beat the yolks of eggs ; add the cream to it, and stir into the soup ; cook over the fire until it thickens without boiling. Cut the roll into small rounds ; dry in the oven for a few minutes ; then place them in the soup-tureen, and pour the soup over.

Average cost, 2s. Time required, 45 minutes. In season from February to September. Sufficient for 6 persons.

410. PURÉE À LA BRETONNE (HARICOT-BEAN SOUP).

2 ozs. ham.	$\frac{1}{2}$ pint haricot	2 ozs. butter.	1 gill milk.
2 onions.	beans.	2 quarts stock.	salt.

Soak the beans in water for twelve hours. Peel the onion, cut into slices. Melt the butter ; put in the onions, haricots, and the ham, cut in small pieces. Cook these in the butter for a few minutes ; add the stock ; let it come to the boil and simmer until the beans are tender. Rub through a fine sieve ; return to the saucepan, season with salt, stir in the milk, heat thoroughly, and serve. If the soup is too thick, add more stock until of the right consistency.

Average cost, 1s. Time required, 2 hours. In season all the year. Sufficient for 5 persons.

411. POTAGE À LA HOLLANDAISE.

1 quart chicken	4 yolks of eggs.	1 gill cream.	1 gill cooked carrot.	1 gill cooked French
stock.	1 oz. flour.	seasoning.	1 gill cooked cucumber.	beans.
2 ozs. butter.	1 gill milk.	1 gill cooked peas.	$\frac{1}{2}$ teaspoonful tarragon.	$\frac{1}{2}$ teaspoonful parsley.

Cut the carrot and cucumber to the shape of peas with a vegetable-scoop, the beans to the shape of dice. Cook all these vegetables in boiling water separately ; add a little salt to them while cooking. Melt the butter in a saucepan ; mix in the flour, add the stock, and stir until it boils ; simmer for ten minutes, and remove the scum. Put the yolks of eggs into a basin ; add to them the cream and milk ; cook for a few minutes, but do not let the soup boil again. Now put the cooked vegetables into the soup, and, lastly, just before serving, the chopped tarragon and parsley ; season to taste with salt and a little sugar.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable June to August. Sufficient for 6 persons.

412. POTAGE À LA PLUCHE.

1 lb. potatoes.	1 oz. butter.	1 gill milk.	seasoning.	1 teaspoonful tarragon,
1 onion.	1 quart stock or water.	2 carrots.	1 gill cream.	chervil, and parsley.

Cut the potatoes and onion into slices. Melt the butter, put in the vegetables, and cook for a few minutes without browning ; add the stock or water, and boil until the vegetables are tender ; then rub through a hair sieve. Return to the saucepan ; stir until smooth ; add the milk and cream, and bring to boiling-point, but do not allow it to boil again. Mince the red parts of the carrots finely, sauté it in butter, add some stock or water, and cook till tender : add this to the soup just before serving, together with the chopped herbs. Season to taste, and serve.

Average cost, 1s. Time to prepare, 1 hour. Seasonable always. Sufficient for 6 persons

413. POTAGE RÉGENCE.

1 quart chicken stock.	seasoning.	2 tablespoonfuls mixed vegetables.
12 small chicken quenelles.	2 yolks of eggs.	1 oz. butter.
1 tablespoonful cooked pearl barley.	1 gill cream.	1 oz. flour.

Melt the butter in a saucepan ; stir in the flour, add the stock, and stir until it boils ; let it cook gently for ten minutes. Cook the pearl barley, and add to the soup. Put the quenelles and vegetables into a soup-tureen. Before serving, mix the cream and eggs together ; add to the soup ; bring to boiling-point, but do not let it actually boil. Pour on the garnish in the tureen, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.

414. POTAGE À LA ST. GERMAIN (ST. GERMAIN SOUP).

1 pint green peas.	$\frac{1}{2}$ onion.	1 oz. butter.	2 yolks of eggs.
1 quart stock.	a sprig of mint.	$\frac{1}{2}$ lettuce.	1 gill milk.

Cook the peas in boiling water with a little salt and mint ; when they are tender, rub them through a hair sieve. Melt the butter in a saucepan ; put in the sliced onion ; cook for a few minutes, then add the purée of peas and the stock ; bring to the boil, and simmer for ten minutes. Strain into a clean saucepan. Mix the eggs with the milk. Strain into the soup, and cook the eggs for a few minutes without boiling. Cut the lettuce in very fine Julienne strips, sauté them in butter for a few minutes, then add some stock, and cook until tender. Add this garnish to the soup just before serving. Croûtons of fried bread can be handed round with this soup.

Average cost, 10d. Time required, 45 minutes. Seasonable June to August. Sufficient for 6 persons.

415. POTAGE DE PIEDS DE VEAU (CALF'S-FEET SOUP).

2 calf's feet.	$\frac{1}{2}$ head celery.	2 ozs. butter.	2 ozs. flour.
3 quarts white stock.	bouquet garni.	1 gill of cream.	pepper and salt.

Cut the feet into six pieces each ; put them into a saucepan with the celery, onion, and bouquet garni ; add the stock, and simmer gently for three hours ; then strain off the stock. Cut some of the meat from the feet into dice. Melt the butter in a saucepan ; stir in the flour ; cook for a few minutes, then add the stock ; stir until it boils. Simmer for ten minutes ; add the cream and seasoning. Put the dice of meat into a soup-tureen, pour the soup over, and serve.

Average cost, 2s. 6d. Time required, 4 hours. Sufficient for 10 persons.

416. POTAGE DE SANTÉ (HEALTH SOUP).

2 tablespoonfuls shredded cabbage.	$\frac{3}{4}$ lb. potatoes.	1 small onion.	$\frac{1}{2}$ gill cream.
1 tablespoonful sorrel-leaves.	1 quart white stock.	2 egg-yolks.	2 ozs. butter.
	a few leaves of chervil.	1 gill milk.	seasoning.

Peel the potatoes and onion, and cut them in slices. Melt half the butter in a saucepan, put in the vegetables, and fry them for a few minutes without browning ; then add the stock, and boil until the potatoes are tender, rub them through a fine sieve. Return this purée to the saucepan, and reheat. Slice the cabbage into fine shreds ; also the sorrel-leaves. Sauté these in the remainder of the butter, add to them 1 gill of stock, and cook until tender. Add this to the potato purée, mix the egg-yolks with the milk, stir into the soup, and cook a few minutes without boiling ; then add the cream, chervil-leaves, and seasoning. The soup is then ready to serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable in the summer. Sufficient for 6 persons.

417. POTAGE SOLFÉRINO.

1 leek.	$\frac{1}{2}$ onion.	2 tomatoes.	2 tablespoonful peas.	1 quart stock.
$\frac{1}{2}$ small carrot.	2 ozs. butter.	chervil-leaves.	seasoning.	2 potatoes.

Mince the vegetables finely, melt the butter in a saucepan, put in the vegetables, and cook over the fire for ten minutes, stirring constantly ; then add the stock. Peel the tomatoes, press out the seeds, cut them in pieces, and add to the other ingredients. Cook gently until the vegetables are tender. Pass the soup through a hair sieve with the vegetables, return to the saucepan, season nicely, and if too thick, add some more stock until it is the right consistency. Lastly, add the cooked peas and chervil. The soup is then ready to serve.

Average cost, 1s. 6d. Time required, 1 hour. In season always, if peas are omitted. Sufficient for 6 persons.

418. POTAGE SUÉDOIS (SWEDISH SOUP).

$\frac{3}{4}$ lb. potatoes.	2 tablespoonfuls spinach-leaves.	1 onion.	seasoning.	2 egg-yolks.
3 ozs. butter.	1 quart white stock.	pinch of chervil.	1 gill milk.	$\frac{1}{2}$ gill cream.

Peel the potatoes and onion, and cut them in slices. Melt 1 ounce of butter in a saucepan, put in the vegetables, and fry them for a few minutes, taking care not to let them brown. Add the stock, and boil until the vegetables are tender ; then rub through a hair sieve. Return to the saucepan, and reheat. Slice the spinach-leaves finely, melt the remaining 2 ounces of butter in a stewpan, put in the spinach, and cook until tender. When the soup is hot, stir in the milk, mix the egg-yolks and cream together, and add it to the soup. Stir until the liaison is formed, but do not boil. Season nicely, add the spinach, and the soup is ready to serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

419. POTAGE SUISSE (SWISS SOUP).

2 carrots.	1 leek.	2 ozs. butter.	1 gill cream.
1 turnip.	1 stick celery.	2 quarts stock.	fried or toasted dice of bread.
1 onion.	1 lettuce (heart).	3 egg-yolks.	grated cheese.

Slice the vegetables into thin rounds, melt the butter in a saucepan, put in the vegetables, and stir them over the fire for a few minutes ; then add the stock, and simmer for half an hour. Mix the egg-yolks and cream together, stir into the soup, and let bind, but do not let it boil again. Season to taste, and send up to table with it a plate of grated cheese and one of fried dice of bread.

Average cost, 1s. 9d. Time required, 1 hour. In season all the year. Sufficient for 8 or 9 persons.

420. POTAGE VELOURS (VELVET SOUP).

1 pint consommé. | 1 tablespoonful tapioca. | 1 pint purée of carrots. | 1 gill cream. | seasoning.

Heat the consommé; when boiling, stir in the crushed tapioca, and cook until tender—about ten minutes. Add to this the purée of carrots, and make quite hot. If the soup is too thick, add some consommé to it—sufficient to make it the right consistency. Season with salt and pepper, and, lastly, stir in the cream. Make quite hot, but do not let the soup boil after the cream is added.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

421. POTAGE À LA WINDSOR (WINDSOR SOUP).

2 quarts brown stock.	2 ozs. flour.	1 onion.
2 ozs. butter.	$\frac{1}{2}$ lb. lean mutton.	1 carrot.
$\frac{1}{2}$ lb. shin of beef.	2 ozs. boiled rice.	seasoning.

Cut up the meat in small pieces, scrape the carrot, peel the onion, and slice them finely. Melt the butter in a saucepan, put the meat and vegetables into it, and fry a nice brown. Add the flour, cook it for a few minutes, then moisten with the stock, and stir until it boils. Simmer for one hour, then pass it through a fine sieve. Return to the saucepan, and reheat. Season to taste with salt and pepper, add the boiled rice as a garnish, and serve.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 to 8 persons.

POULTRY, MEAT, AND GAME SOUPS

422. CRÈME À LA BAYONNE (HAM SOUP).

$\frac{1}{2}$ lb. cooked ham.	1 oz. flour.	1 quart stock.	1 large onion.
2 ozs. butter.	$\frac{1}{2}$ pint espagnole sauce (No. 33).	$\frac{1}{2}$ gill sherry.	1 gill cream.

Slice the onion, melt the butter in a saucepan, fry the onion without colouring; then add the flour, and fry a pale brown. Moisten with the stock, and stir until it boils. Simmer for about thirty minutes, then pass the soup through a hair sieve. Return to the saucepan, and add to it the well-pounded and sieved ham, the espagnole sauce, and the sherry. Cook for ten minutes longer. Draw away from the fire, add the cream, season to taste, and serve. Fried croûtons of dice of bread should be handed round separately.

Average cost, 2s. 3d. Time required, 1 hour. Sufficient for 6 or 7 persons.

423. POTAGE AU RIZ (RICE SOUP).

1 quart white stock. | 1 gill cream. | 2 ozs. ground rice. | 1 onion. | salt. | 1 oz. butter.

Melt the butter in a saucepan, slice the onion, and fry it in the butter without colouring; then add the stock, boil up, and skim well. Mix the rice with a little stock, add to the boiling stock, stir, and boil for ten minutes. Season, and add the cream. Strain and serve.

Average cost, 1s. Time required, 30 minutes. Sufficient for 6 persons.

424. POTAGE AU TAPIOCA (TAPIOCA SOUP).

1 quart chicken stock. | 3 yolks of eggs. | 2 ozs. crushed tapioca. | 1 gill milk. | salt.

Put the stock in a saucepan, place it on the fire, and bring to the boil; then sprinkle in the crushed tapioca, cook for fifteen to twenty minutes. Beat the yolks of eggs in a basin, add the milk to them, mix well, and stir into the soup when just off boiling-point. Stir carefully over the fire until the eggs are cooked. The soup must not boil, or the eggs will curdle. Season to taste, and serve.

Average cost, 5d., exclusive of stock. Time required, 30 minutes. Sufficient for 5 persons.

425. POTAGE À LA ROYALE.

1 quart chicken stock.	1½ ozs. cooked macaroni.	1 oz. grated Parmesan	seasoning.
2 yolks of eggs.	1 gill cream.	cheese.	1 oz. butter.

Melt the butter, cut up the cooked macaroni into pieces about $\frac{1}{2}$ inch in length, put them into the butter, and stir for a few minutes ; then add the stock, bring to the boil, skim well, and simmer for ten minutes. Mix the yolks of eggs and cream together in a basin, let the soup go off the boil, then add the eggs and cream. Cook without letting them boil, or the eggs will curdle. Stir in the grated cheese, and season to taste. The soup is now ready to serve.

Average cost, 10d. Time required, 45 minutes. Sufficient for 5 or 6 persons.

426. POTAGE À LA REINE (CHICKEN SOUP).

1 chicken.	1 onion.	2 ozs. butter.	1 gill cooked peas.
1 carrot.	2 quarts stock.	2 ozs. bacon.	seasoning.

Truss the chicken for boiling, slice the onion and carrot, cut the bacon in dice. Put these into a saucepan, place the chicken on the top, add a quart of stock, and cook slowly until tender. Take up the chicken, cut the meat off the bones, skin it, cut it up small, put into the mortar, and pound with the butter. Season with salt and cayenne, and rub through a wire sieve. Put this purée into a saucepan, strain into it the stock that was used for cooking the chicken, and the other quart of stock. Boil up, and cook for ten minutes ; then pass all through a fine sieve. Reheat, season to taste, and add the peas. The soup is then ready to serve.

Average cost, 3s. 6d. Time required, 1 hour. Sufficient for 8 or 10 persons.

427. POTAGE AUX ABATIS (GIBLET SOUP).

2 onions.	2 sets duck or game giblets.	bouquet garni.	salt.
1 carrot.	2 quarts second stock (No. 317).	10 peppercorns.	1 glass Madeira.
a piece of celery.		2 ozs. butter.	1½ ozs. oatmeal.

Clean the giblets, put them into a saucepan, cover with cold water, bring to the boil ; then take them up, dry them, and cut in pieces. Put them into a saucepan with the vegetables, cut up the bouquet garni, the peppercorns, and stock. Bring to the boil, skim well, and simmer gently for two hours, keeping well skimmed meanwhile. Now strain the stock, and cut up some of the best pieces of giblets in neat pieces. Melt the butter in a saucepan, stir in the oatmeal, add the stock, bring to the boil, and simmer for half an hour ; then add the wine, salt to taste, and the giblets. Cook ten minutes longer, then serve.

Average cost, 1s. 6d. Time required, 2½ hours. Seasonable, if game giblets, August to February ; if duck giblets are used, November to February. Sufficient for 5 or 6 persons.

428. POTAGE DE PURÉE LIÈVRE (HARE SOUP).

1 hare.	2 quarts second stock (No. 317).	2 ozs. flour.	bouquet garni.
½ lb. lean ham.	½ pint port wine.	4 shallots.	blade of mace.
4 ozs. butter.	12 peppercorns.	2 onions.	salt.

Skin and paunch the hare, cut it into joints ; do not wash it. Cut the bacon in dice, melt half the butter in a saucepan, put in the bacon and the pieces of hare, fry these a light brown. Add the onions cut in halves, the shallots peeled, the peppercorns, mace, and bouquet garni. Pour on to these the stock, bring slowly to the boil, and simmer for three hours. Skim well while cooking. Strain the stock thus made into a basin. Melt the remaining 2 ozs. of butter in a clean saucepan, stir in the flour, cook until it is a light-brown colour ; then pour in the stock, stir until it boils, add the wine and seasoning, simmer for twenty minutes longer. Take some of the meat from the bones, pound it in a mortar with a little stock, then rub through a fine wire sieve. Add this to the soup ; also some neat slices cut

from the back of the hare. When these slices are thoroughly hot, the soup is ready to serve.

Average cost, 2s. 6d. per quart, exclusive of wine. Time required, 4 hours. Seasonable August to March. Sufficient for 8 or 10 persons.

429. POTAGE À LA TORTUE FAUSSE (MOCK TURTLE SOUP).

$\frac{1}{2}$ calf's head.	4 quarts of water.	$\frac{1}{2}$ lb. lean ham.	1 gill sherry.	12 peppercorns.
1 carrot.	1 turnip.	2 ozs. butter.	1 bay leaf.	bouquet garni.
2 onions.	celery.	3 ozs. flour.	2 cloves.	$\frac{1}{2}$ lemon.

Bone the head, chop the bones, put them with the meat into a saucepan, and pour on to them the water or stock. Bring to the boil, add some salt, skim well, simmer for about three or four hours. Strain this stock into a basin. Prepare the vegetables, cut them up small, cut the ham in dice. Melt the butter in a saucepan, put in the vegetables, ham, spice, and herbs, fry together for ten minutes; then add the flour and brown it. Moisten with the stock, bring to the boil, stirring all the time. Let it simmer for ten minutes longer, then add the sherry, seasoning and lemon-juice. Make some veal stuffing (No. 201), shape into small balls, poach them, and add to the soup. Cut some of the meat from the calf's head into small pieces, and add also. The soup is now ready to serve.

Average cost, 4s. 6d. Time required, 4 or 5 hours. Sufficient for 10 or 12 persons.

430. POTAGE DE QUEUES DE BŒUF (OX-TAIL SOUP).

1 ox-tail.	1 large carrot.	$\frac{1}{2}$ head of celery.	10 peppercorns.
4 ozs. butter.	2 onions.	2 cloves.	2 quarts second
2 ozs. flour.	bouquet garni.	blade of mace.	stock.

Cut the ox-tail in joints, put them into a saucepan, cover with cold water, and bring to the boil. Strain off the water, put the pieces of tail into a cloth, and dry them. Melt 2 ozs. of butter in a saucepan, put into it the sliced vegetables, the pieces of ox-tail, herbs, and spices. Fry these until brown, then add the stock. Bring to the boil, skim well, add some salt, and skim again. Simmer for two hours. Strain the stock into a basin. Melt the remaining 2 ozs. of butter in a saucepan, put in the flour, and fry a light brown; then dilute with the stock. Stir it until it boils, and simmer for fifteen minutes. Strain the soup into a soup tureen. Serve in it some of the smaller pieces of the tail, some of the meat cut in dice; also some rounds of carrot and turnip. These must first be boiled until cooked before putting them into the soup.

Average cost, 2s. 6d. Time required, 3 hours. Sufficient for 6 to 8 persons.

431. POTAGE AUX ROGNONS (KIDNEY SOUP).

2 sheep's kidneys.	1 onion.	$1\frac{1}{2}$ pints brown stock.
4 ozs. shin of beef.	parsley.	seasoning.
1 tablespoonful rice.	2 ozs. butter.	Croûtons of fried bread.

Cut up the kidneys and beef into small dice, chop the onion and a few sprigs of parsley. Melt the butter in a saucepan, put in the kidneys, beef, and vegetables, cook them for ten minutes. Pour off the grease, add the stock and rice, boil until quite tender, then strain. Pound the meat and rice in a mortar, pass through a sieve; stir this into the stock. Return all to a saucepan, make very hot, but do not boil it again. Pour the soup into a tureen, and serve with croûtons separately.

Average cost, 1s. Time required, 1 hour. Sufficient for 6 persons.

432. MULLIGATAWNY SOUP.

2 onions.	2 tablespoonfuls flour.	1 apple.	2 ozs. butter.
1 quart stock.	1 tablespoonful curry-	2 tomatoes.	bouquet garni.
2 carrots.	powder.	salt.	6 peppercorns.

Cut the onions and carrots into slices. Melt the butter in a saucepan, put in the vegetables, and fry them brown. Mix together the flour and curry-powder,

stir them into the butter, and fry for a few minutes. Moisten with the stock, and stir until it boils. Add the herbs, the tomatoes cut in halves, and the apples peeled, cored, and cut in quarters; also the peppercorns. Let it simmer gently for one hour. Pass through a hair sieve, return to the saucepan to get hot, season to taste, and serve. Plain boiled rice is served separately with this soup.

Average cost, 9d. Time required, 1½ hours. Sufficient for 6 persons.

433. BORTSCH POLONAISE (A RUSSIAN SOUP).

1 duck.	1 cabbage (heart).	1 carrot.	1 beetroot.	4 mushrooms.
1 leek.	2 lbs. brisket of	piece of celery.	1 clove.	sour cream.
1 onion.	beef.	3 ozs. butter.	2 quarts stock.	seasoning.

Roast the duck in the oven till tender, simmer the beef in 1 quart of water with the bouquet garni until cooked, then remove the bouquet and the fat. Cut the beef and the fillets of the duck into dice, put these into the broth from the beef, add the mushrooms cut in strips. Cut the rest of the vegetables into Julienne strips, sauté them in a saucepan with the butter for a few minutes, strain the fat away, then add the stock and simmer for fifteen minutes. Stir in the broth containing the dice of meat and duck, and simmer all together for a few minutes longer. The soup is now ready to serve. Sour cream is served separately. The remainder of duck can be used as a salmi or in other ways.

Average cost, 5s. Time required, 1½ hours. Seasonable November to March. Sufficient for 12 persons.

434. POTAGE DE PERDREAUX (PARTRIDGE SOUP).

1 partridge.	2 ozs. lean ham.	1 tomato.
1 quart stock.	1 glass sherry.	1 bouquet garni.
2 ozs. butter.	1 oz flour.	1 onion.

Roast the partridge until three-parts cooked; then take it up, cut off the fillets of the breast. Melt the butter in a saucepan, put into it the ham cut small, the onion sliced, and the bouquet. Stir these over the fire until a light brown; then add the carcase of the bird, broken up. Cook for a few minutes longer, then add the flour, brown a little, moisten with the stock, and stir until it boils. Add the tomato cut in slices, cook gently for thirty minutes. Pass the soup through a fine sieve, return to the saucepan, add the wine, salt, and cayenne. Cook for fifteen minutes longer. Add the fillets cut in dice before serving.

Average cost, 2s. 6d. Time required, 1½ hours. Seasonable August to February. Sufficient for 4 persons.

435. POTAGE DE LAPIN À LA REINE (RABBIT SOUP, QUEEN STYLE).

1 rabbit.	2 ozs. butter.	1 lb. shin of	3 cloves.	1 gill cream.
2 onions.	1 carrot.	beef.	10 peppercorns.	3 quarts water.
bouquet garni.	piece of celery.	2 ozs. flour.	3 yolks of eggs.	salt.

Wash the rabbit, put it into a saucepan with the beef cut up small, add the water, and simmer gently for three-quarters of an hour; then take up the rabbit and take off the fillets, mince finely, and pound it to a paste. Pass through a fine sieve. Set it aside until it is required. Put back into the soup the remainder of the rabbit cut up, the onions, carrot, bouquet garni, celery, and spice. Bring to the boil, and stew gently for two hours; then strain it, and take off the fat. Melt the butter, stir in the flour, and cook a little. Now work in carefully the pounded and sieved rabbit, add the stock, and stir until it boils. Simmer gently for fifteen minutes, then pass it through a wire sieve. Return to the saucepan, and add the yolks of eggs and cream. Make very hot, but do not let it boil again. Season and serve.

Average cost, 3s. 6d. Time required, 3½ hours. Seasonable August to March. Sufficient for 8 or 9 persons.

436. POTAGE DE LAPIN BRUN (BROWN RABBIT SOUP).

1 large rabbit.	salt.	$\frac{1}{2}$ lb. lean bacon.	10 peppercorns.
$1\frac{1}{2}$ quarts water.	piece of celery.	4 ozs. butter.	2 carrots.
2 onions.	bouquet garni.	$1\frac{1}{2}$ ozs. flour.	

Cut the rabbit into joints, prepare the vegetables, and cut them into slices, and the bacon into dice. Melt 2 ozs. of the butter in a saucepan, put in the rabbit, bacon, and the vegetables, and fry them brown. Now add the water, the bouquet, and the peppercorns; simmer gently for two hours; take off the scum as it rises. Strain the soup, and skim off all fat. Take a clean saucepan, melt the remaining 2 ozs. of butter in it, stir in the flour, and colour a nut brown. Add the stock, and bring to the boil, stirring all the time. Simmer gently for fifteen minutes. Pour into a soup tureen, and serve.

Average cost, 2s. Time required, 3 hours. Seasonable August to March. Sufficient for 6 persons.

437. POTAGE DE LAPIN À L'INDIENNE (RABBIT SOUP WITH CURRY).

1 rabbit.	$\frac{1}{2}$ carrot.	3 pints stock.	$1\frac{1}{2}$ ozs. flour.	boiled rice.
2 ozs. butter.	1 onion.	piece of celery.	1 tablespoonful curry-powder.	seasoning.

Cut the rabbit into joints, and slice the vegetables. Melt the butter in a saucepan, put in the pieces of rabbit and the vegetables, fry all together a nice brown. Mix the flour and curry-powder together, sprinkle over the rabbit, and cook for a few minutes, stirring all the time. Add the stock, stir until it boils, then simmer gently for one hour; take off the scum as it rises. Pass the soup through a sieve or tammy, return to the saucepan, and reheat. Before serving, add to the soup some dice of rabbit-meat. Boiled rice should be sent up with the soup separately.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable August to March. Sufficient for 8 persons.

438. CRÈME DE VOLAILLE À LA SULTANE (CREAM OF CHICKEN, SULTAN STYLE).

1 quart chicken stock.	chicken fillet.	1 gill cream.	$\frac{3}{4}$ oz. ground rice.
	1 egg-yolk.	3 ozs. butter.	1 oz. pistachio nuts.

Melt 1 oz. of butter in a saucepan, mix into it the ground rice, add the stock, and stir until it boils. Simmer for fifteen minutes. Pound the chicken fillets with 1 oz. of butter and $\frac{1}{2}$ gill of cream, rub through a sieve. Add this to the soup, heat the egg-yolk with the other $\frac{1}{2}$ gill of cream, mix into the soup, and stir until very hot, but do not let it boil again. Blanch the nuts, peel them, put them into a mortar with 1 oz. of butter, pound together, and then rub through a fine sieve. Add this to the soup just before serving. Season to taste, and serve.

Average cost, 1s. 2d. (without chicken, which should be used up for other dishes). Time required, 30 minutes. Sufficient for 6 persons.

439. CRÈME À LA VENITIENNE.

1 quart stock.	1 tablespoonful cooked spinach.	3 ozs. butter.	1 gill cream.
3 raw artichoke bottoms.		$\frac{1}{2}$ pint cooked peas.	seasoning.

Cook the artichokes in $1\frac{1}{2}$ ozs. of butter, rub them through a sieve, add the peas and spinach to them, put all into a mortar, season, and pound well. Melt in a saucepan 1 oz. of butter, stir in 1 oz. of flour, add the stock, bring to the boil, stirring meanwhile. Allow it to simmer for thirty minutes. Skim it well, and strain into a clean saucepan. Add the pounded vegetables to the stock, also the cream, season, and finish with the remaining $\frac{1}{2}$ oz. of butter. Do not let it boil again. When serving, add a few green peas as garnish.

Average cost, 2s. Time required, 1 hour. Seasonable in the summer months. Sufficient for 6 persons.

N.B.—This soup should be a light green. If necessary, add a little spinach greening.

440. CRÈME D'ORGE À LA VIENNOISE (CREAM OF BARLEY, VIENNESE STYLE).

1 quart chicken stock.	1 oz. barley-flour.	1 stick celery.	½ gill cream.
1 oz. butter.	1 leek.	1 egg-yolk.	seasoning.

Melt the butter in a saucepan, stir in the barley-flour, cook for five minutes ; then dilute with the stock, stir until it boils ; take off the scum, and add the leek and celery prepared and cut up finely. Simmer gently for one hour. Mix the egg-yolk and cream together, add to the soup, bring to the boil, season to taste, and serve.

Average cost, 9d. Time required, 2 hours. Sufficient for 6 persons.

441. POTAGE À L'ITALIENNE (ITALIAN SOUP).

1 fowl.	4 tomatoes.	4 shallots.	12 peppercorns.	2 teaspoonfuls anchovy
1 onion.	1 stalk of celery.	bouquet garni.	1 glass wine.	sauce.
1 carrot.	4 ozs. raw bacon.	2 cloves.	5 pints stock.	seasoning.

Half roast the fowl, then put it into a large saucepan with the bacon and vegetables sliced, the bouquet garni, and the herbs. Moisten with a pint of the stock and the glass of wine, boil to glaze ; then add the rest of the stock, simmer for one hour, skim well. Strain the soup, put the fowl on one side, pound the vegetables in a mortar ; then put this into a saucepan, dilute with the rest of the stock. Rub it through a sieve or strainer, return to saucepan, bring to the boil, skim it well, and then add the anchovy sauce and seasoning. Cut the breasts of the fowl into dice, put these into a soup tureen, pour the soup on them, and serve.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 8 persons.

442. POTAGE DE FAISAN (PHEASANT SOUP).

1 pheasant.	1 stick celery.	bouquet garni.	2 ozs. flour.	2 ozs. butter.
1 carrot.	2 ozs. bacon.	small piece of	1 glass wine.	2 quarts good
1 onion.	2 cloves.	mace.	seasoning.	stock.

Roast the pheasant ; cut up the carrot, onion, celery, and bacon into small pieces. Melt the butter in a saucepan, put in the vegetables and bacon, and fry a brown colour. When the pheasant is cooked, cut off the fillets, and put them aside. Pound the carcass in a mortar, and add it to the vegetables. Stir in the flour, moisten with the stock, add the bouquet garni and the spice ; stir until it boils. Let the soup simmer gently for about one hour. Skim well during the time it is cooking. Pass the soup through a sieve, return to the saucepan, season nicely, and add the wine. Cook gently for ten minutes longer. The fillets of the pheasant should be cut in thick shreds, and served in the soup.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable October to February. Sufficient for 9 persons.

443. POTAGE À LA DUCHESSE.

1 quart clear soup. | 2 tablespoonfuls arrowroot. | breast of game. | ½ pint cold water.

Mix the arrowroot with the water, heat the soup, and, when boiling, pour in the arrowroot. Stir over the fire until it boils. Let it simmer for ten minutes. Cut the cooked breast of game into inch lengths, put these into a soup tureen, and pour the hot soup on them.

444. POTAGE DE PERDREAU À LA MANCELLE (PARTRIDGE SOUP WITH CHESTNUTS).

1 partridge. | 15 chestnuts. | 1 piece of celery. | 1½ pints stock.

Roast the partridge, split the shells of the chestnuts, put into a stewpan, cover with water, and boil for a few minutes. Drain them, take off the shells and skins

while hot. Cook the chestnuts in stock with the celery cut up small. Remove the fillets from the partridge, put on one side for garnish. Cut up the rest of the bird, put it into a mortar with the bones, and pound it well with the essence of the partridge after roasting. Add the chestnuts, pound all well together, dilute with a little of the stock, rub through a fine sieve. Put this purée into a saucepan, add the rest of the stock, season to taste, and bring to the boil. Cut the fillets into Julienne strips, put them into a soup tureen, and pour the soup on them.

Average cost, 2s. 10d. Time required, 1 hour. Seasonable September to February. Sufficient for 5 persons.

445. CRÈME DE VOLAILLE À LA MARIE STUART (CREAM OF CHICKEN, MARY STUART STYLE).

1 quart chicken stock.	1 oz. butter. 2 egg-yolks.	1 gill cream. 1 oz. flour.	2 tablespoonfuls cooked mixed vegetables.
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Melt the butter in a saucepan, stir in the flour, add the stock, and stir until it boils. Simmer for ten minutes. Draw to the side of the fire, and add the eggs and cream mixed together. Do not let the soup boil after the eggs are added. Cook some vegetables, such as peas, carrots, and turnips (scooped out with a vegetable-outter the size of peas), add these to the soup, season to taste, and serve.

Average cost, 1s. 3d. Time required, 30 minutes. Sufficient for 6 persons.

446. POTAGE ORLÉANS (ORLEANS SOUP).

1 quart chicken stock. 2 tablespoonfuls tapioca.	3 egg-yolks. 1 gill cream.	1 oz. butter. seasoning.
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Heat the stock, and, when boiling, sprinkle in the tapioca. Boil for ten minutes, then draw to the side of the fire, and add the eggs and cream mixed together. Let the soup get quite hot. Cook the eggs a few minutes without boiling, season to taste, and finish with the butter.

Average cost, 1s. Time required, $\frac{1}{2}$ hour. Sufficient for 6 persons.

447. POTAGE MULLIGATAWNY DE VOLAILLE (CHICKEN MULLIGATAWNY).

1 fowl. 2 onions. 1 apple.	2 ozs. butter. 2 tomatoes. rice.	1 tablespoonful curry- powder. $\frac{1}{2}$ gill almond milk.	2 quarts stock. 1 tablespoonful flour.	1 gill cream. seasoning. lemon-juice.
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Put the stock into a large saucepan, cook the fowl in it. When the chicken is done, take it up, take off the fillets of the breast, cut them in Julienne strips, and put them on one side for garnish (the remainder of the fowl can be used for other dishes). Slice the onions, and fry them in the butter without browning. Add the curry-powder and flour, stir for a few minutes; add the apples and tomatoes sliced; then dilute with the stock that the fowl was boiled in. Let all simmer together for half an hour. Pass the soup through a hair sieve, return to the saucepan, reheat, add the almond milk, and the cream; season with salt, pepper, and lemon-juice. Do not let it boil again. Before serving, add the Julienne of chicken fillets. Send up to table with it a plate of well-boiled rice.

Average cost, 3s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

448. ALMOND MILK.

12 sweet almonds.	$\frac{1}{2}$ gill water.
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Pound the almonds, mix with them the water, and wring through a cloth.

HOUSEHOLD SOUPS

449. BONE SOUP.

3 lbs. bones.	2 onions.	1 stick celery.	1 oz. ground rice
trimmings of meat.	1 large carrot.	bouquet garni.	or sago.
1 turnip.	6 peppercorns.	2 ozs. butter.	2 quarts water.

Chop up the bones, free them from fat ; also the trimmings of meat. Peel and chop the onion, melt the butter, and fry the bones, meat, and onions in it. Let them brown, then moisten with the water. Clean and cut up the turnip, carrot, and celery ; add to the soup ; also the peppercorns and bouquet garni. Let this simmer for four hours, keeping it well skimmed. Strain it, return to the saucepan, add the ground rice or sago, and stir over the fire for fifteen minutes.

Average cost, 9d. Time required, 4 hours. Sufficient for 5 persons.

450. POTAGE AU LAIT (MILK SOUP).

1 leek.	1 onion.	1 oz. butter.	1 oz. flour.	1 pint white stock.	1 pint milk.
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Wash the leek, peel the onion, and cut both into slices. Melt the butter in a saucepan, put in the vegetables, and cook in the butter without browning. Stir in the flour, add the stock, and stir until it boils. Let this simmer for twenty minutes, pass through a hair sieve, return to the saucepan, season to taste, and add the milk. Heat thoroughly without boiling.

Average cost, 7d. Time required, 30 minutes. Seasonable always. Sufficient for 5 persons.

451. SCOTCH BROTH.

3 lbs. scrag end of neck of mutton.	1 carrot. 1 onion.	1 leek. 2 sticks celery.	2 tablespoonfuls pearl barley.	chopped parsley. 4 quarts water.
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Cut up the mutton, remove the fat, wash the meat, and place in a saucepan. Cover with 4 quarts of water, put in about 1 tablespoonful of salt, let it come to the boil. Skim well, and allow it to simmer for two or three hours. Strain it, return to the saucepan, add the pearl-barley and the vegetables cut in dice. Let this boil until the barley and vegetables are tender, then add the parsley and some of the meat from the bones cut in dice.

Average cost, 1s. 6d. Time required, 3 to 4 hours. Seasonable always. Sufficient for 6 persons.

452. PURÉE DE LENTILLES (LENTIL SOUP).

$\frac{1}{2}$ pint of red lentils.	1 onion.	1 oz. butter.	1 carrot.	2 quarts water.
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Soak the lentils in water overnight. Melt the butter in a saucepan, add the lentils drained, and the onion and carrot cut in slices. Stir these over the fire for a few minutes ; add the water, and boil until the lentils are tender. Rub through a fine sieve, return to the saucepan, add salt, and heat over the fire.

Average cost, 3d. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable always. Sufficient for 6 persons.

453. PEA SOUP.

1 quart split peas.	3 quarts stock. 2 sticks celery.	2 ozs. lean ham or bacon rind.	2 onions. 1 carrot.
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Soak the peas in water overnight. Drain them, place in a saucepan, add the stock, the vegetables, and ham cut into small pieces. Let this simmer until the peas are tender. Rub through a sieve, return to the saucepan, heat thoroughly, and serve with dried mint and dice of toast on separate dishes.

Average cost, 9d. Time required, 2 hours. Seasonable always. Sufficient for 8 persons.

454. MACARONI SOUP.

3 ozs. macaroni. | 1 oz. butter. | 2 quarts white stock. | salt.

Break up the macaroni, and cook in boiling water for twenty minutes ; take up and drain well. Cut the macaroni in pieces about $\frac{1}{2}$ inch in length, melt the butter in a saucepan, add the macaroni, and stir over the fire for a few minutes ; then moisten with the stock, season with salt, and let it simmer until the macaroni is tender. Serve with grated Parmesan cheese separately.

Average cost, 1s. Time required, 1 hour. In season always. Sufficient for 9 or 10 persons.

455. VERMICELLI SOUP.

2 ozs. vermicelli. | 1 oz. butter. | 1 quart white stock. | salt.

Cook the vermicelli in boiling water for a few minutes, strain off, and stir over the fire in the butter. Moisten with the stock, season with salt, and simmer until the vermicelli is tender. Pour into the tureen and serve.

Average cost, 8d. Time required, 30 minutes. In season always. Sufficient for 5 or 6 persons.

456. HOTCHPOTCH.

2 lbs. scrag end neck of mutton.	1 lettuce.	1 turnip.	1 small cauliflower.
1 lb. shin of beef.	3 quarts water.	2 onions.	chopped parsley.
	1 carrot.	$\frac{1}{2}$ pint green peas.	salt.

Cut the meat up into small pieces, place in a saucepan, cover with the water, add the salt, and, when boiling, skim well. Clean the vegetables, cut the carrot, onions, and turnip into dice, put into the soup ; also the cauliflower broken into sprigs, the lettuce cut in fine strips, and the peas. Let all this simmer gently for about three hours. Lastly, add the chopped parsley, and serve very hot.

Average cost, 3s. Time required, 3 to 4 hours. In season June to August. Sufficient for 8 or 9 persons.

457. CABBAGE SOUP.

1 large cabbage. | 2 onions. | 1 carrot. | 1 oz. butter. | $1\frac{1}{2}$ pints stock. | $\frac{1}{2}$ pint milk. | salt.

Melt the butter in a large saucepan, cut the onions, carrot, and cabbage into fine shreds, stir these in the butter for a few minutes, then add the stock, and let it simmer until the vegetables are tender. Lastly, stir in the milk, and season with salt.

Average cost, 10d. Time required, 40 minutes. Sufficient for 5 persons.

458. FLORADOR SOUP.

1 quart white stock. | $\frac{1}{2}$ pint milk. | 2 ozs. medium-grained Florador. | salt.

Put the stock into a saucepan, season with salt, and, when boiling, sprinkle in the Florador. Stir this for a few minutes, and then let it boil until the Florador is cooked—about fifteen minutes ; then add the milk, and let it get thoroughly hot.

Average cost, 6d. Time required, 20 minutes. In season always. Sufficient for 5 persons.

459. COCK-A-LEEKIE.

1 fowl. | 2 bunches of leeks. | 6 peppercorns. | 3 quarts of stock. | salt.

Clean the fowl, and cut into joints ; place in a large saucepan, and pour the stock over. Let this come to the boil, add the salt and peppercorns, skim well. Cut off the roots of the leeks and some of the green part, wash the leeks very well, taking care to remove all the grit ; cut them into strips, and add to the soup. Simmer for three hours. Take out the pieces of fowl, and cut the meat into strips, like the leeks. Return to the saucepan, heat thoroughly, and serve.

Average cost, 4s. 6d. Time required, 3 hours. In season always. Sufficient for 8 persons.

460. BARLEY SOUP.

3 ozs. pearl-barley. | 3 onions. | bones and trimmings of meat. | 4 quarts water. | salt. | parsley.

Wash the barley, remove the fat from the bones and meat; place these in a large saucepan, pour in the 4 quarts of water, let it come to the boil, add the salt, and skim well. Peel the onions, chop them rather finely, and add to the stock; also the pearl-barley. Let this simmer for about three hours; then remove the bones, cut the meat into neat pieces, and serve in the soup. Pour into the tureen, and sprinkle chopped parsley over the surface.

Average cost, 4d. Time required, 3½ hours. In season all the year. Sufficient for 5 or 6 persons.

461. HARICOT BEAN SOUP.

1 gill haricot beans. | 4 onions. | 2 quarts water. | ½ pint milk.

Soak the beans in cold water for twelve hours. Put the 2 quarts of water in a saucepan; when boiling, add the drained beans and the onions, peeled and sliced; season with salt, and let the soup simmer for about two and a half hours. Rub the soup through a sieve, return to the saucepan, stir in the milk. Heat thoroughly and serve.

Average cost, 3d. Time required, 2½ to 3 hours. In season all the year. Sufficient for 4 or 5 persons.

462. SEMOLINA SOUP.

1 quart white stock. | ½ pint milk. | 2 ozs. semolina. | salt.

Put the stock into a saucepan, season with salt. Let it come to the boil, sprinkle in the semolina, stir over the fire for ten minutes; then let it simmer until the semolina is cooked. Lastly, stir in the milk, let it get thoroughly hot, and serve with fried croûtons of bread separately.

Average cost, 6d. Time required, 20 minutes. In season always. Sufficient for 5 persons.

463. ECONOMICAL GREEN-PEA SOUP.

½ peck pea-shells.		1 oz. butter.		1 sprig of mint.
1 onion.		1 quart water.		salt and pepper.

Wash the shells, remove the vein from the back of each, peel and slice the onion. Melt the butter, put in the shells and onion, stir over the fire for a few minutes, pour in the stock, add the mint and seasoning. Let this simmer gently until the shells are tender, then pour through a hair sieve, and rub all the soft part of the shells through with a spoon. Return to the saucepan, and add a few drops of spinach greening if necessary. Heat thoroughly, and serve.

Average cost, 7d. Time required, ¾ hour. In season June to August. Sufficient for 4 persons.

464. PARSNIP SOUP.

1 lb. parsnips. | 1 onion. | 1 oz. butter. | 1 quart water. | 1 gill milk. | salt.

Clean the parsnips, cut in thin slices; also the onion. Melt the butter in a saucepan, add the parsnips and onion, stir over the fire for a few minutes. Add the water and salt, simmer until the parsnips are tender. Rub through a fine sieve, return to the saucepan, stir in the milk, heat thoroughly, and serve.

Average cost, 5d. Time required, 1 to 1½ hours. In season from October to March. Sufficient for 5 persons.

465. RICE SOUP.

1 quart stock. | 2 ozs. Patna rice. | salt. | parsley.

Place the stock in a saucepan, bring to the boil, and then sprinkle in the rice season with salt, and allow it to boil until the rice is tender—about fifteen minutes. Pour into a soup tureen, and sprinkle chopped parsley over the surface.

Average cost, 1s. Time required, 15 to 20 minutes. In season all the year. Sufficient for 5 persons.

466. BROWN SOUP.

1 carrot.	1 turnip.	2 ozs. butter or	1 quart brown stock.
2 onions.	2 ozs. flour.	dripping.	salt.

Clean the vegetables, cut them into thin slices, melt the butter in a saucepan, add the vegetables, and fry until a good brown colour. Stir in the flour, fry this also for a few minutes, moisten with the stock, and stir over the fire until the soup boils. Let it simmer for twenty minutes, remove the fat, season to taste with pepper and salt, pour through a fine strainer, and serve.

Average cost, 8d. Time required, 30 minutes. In season all the year. Sufficient for 5 persons.

467. WHITE SOUP.

2 onions.	1 turnip.	2 ozs. butter.	1½ pints white stock.
1 carrot.	6 peppercorns.	2 ozs. flour.	½ pint milk.

Melt the butter in a saucepan, stir in the flour, moisten with the stock, and stir over the fire until it boils. Clean the vegetables, cut in pieces, and add to the soups; also the peppercorns. Let this simmer for forty-five minutes, then stir in the milk, season with salt, and strain out the vegetables. The soup is then ready to serve.

Average cost, 10d. Time required, 1 hour. In season all the year. Sufficient for 5 persons.

FISH SOUPS

468. BISQUE D'ÉCRIVISSES (CRAYFISH SOUP).

18 crayfish.	1 gill cream.	1 onion.
2 ozs. butter.	1 quart fish stock.	½ carrot.
2 ozs. rice.	salt.	cayenne.

Shell the crayfish tails, cook the rice in stock until tender. Put half of the crayfish tails and the shells into a mortar with the butter and the rice, pound all well together. Put this mixture into a saucepan, and stir over the fire for a few minutes; then add the stock, the carrot, and onion. Simmer for twenty minutes, then pass the soup through a hair sieve. Return the soup to the saucepan, add the cream, and season with salt and cayenne. Before serving, add the remainder of the crayfish tails cut in dice to the soup. A little pounded spawn or lobster butter is an improvement.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable July to February. Sufficient for 5 or 6 persons.

469. BISQUE DE HOMARD (LOBSTER SOUP).

1 lobster.	bay-leaf, thyme, and parsley.	1 quart fish stock.
3 ozs. butter.	1 gill cream.	1 onion.
2 ozs. flour.	seasoning.	1 carrot.

Take the meat out of the lobster, put the meat from the claws on one side for garnish. Put the shell of the lobster into a mortar with the butter, pound well together; then put all into a saucepan, and as soon as the butter is melted mix in the flour. Dilute with the stock, add the vegetables and herbs, stir until it boils; then let it simmer for twenty minutes. Pass through a hair sieve, return to the saucepan, season it, and add the cream. Let it get thoroughly hot, but do not boil again. The meat from the claws of the lobster should be cut in dice, and added to the soup just before serving.

Average cost, 3s. 6d. Time required, 40 minutes. Seasonable in the summer. Sufficient for 6 persons.

470. PURÉE AUX HUITRES (OYSTER SOUP).

24 sauce oysters.	2 ozs. butter.	1 gill cream.	salt.
1½ quarts white stock.	2 ozs. flour.	lemon-juice.	cayenne.

Preserve the liquor from the oysters, beard them, and cut in quarters. Melt the butter in a stewpan, stir in the flour, add the stock, the liquor, and beards of the oysters. Stir until it boils, let it simmer gently for half an hour, season, and then pass through a sieve. Reheat, add the cream and the oysters, but do not boil again after the cream is added. The soup is then ready to be served.

Average cost, 3s. 9d. Time required, 40 minutes. Seasonable September to April. Sufficient for 8 persons.

471. BISQUE DE CREVETTES (SHRIMP SOUP).

1 pint shrimps.	1 gill cream.	salt.
2 ozs. butter.	1 quart stock.	1 carrot.
2 ozs. rice.	1 onion.	cayenne.

Shell twenty-five shrimps, and put them aside for garnish. Pound the remainder of the shrimps with the butter, boil the rice in stock until tender, add it to the shrimps and butter, mix well. Put this preparation into a saucepan, stir over the fire for a few minutes; then add the stock, the carrot, and onion. Simmer for twenty minutes. Pass the soup through a hair sieve, return the soup to the saucepan, add the cream, and season with salt and cayenne. Do not let the soup boil again after the cream is added. Before serving, add the shelled shrimps.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable April to September. Sufficient for 6 persons.

472. BISQUE DE HOMARD À L'INDIENNE (LOBSTER SOUP, INDIAN STYLE).

1 lobster.	3 ozs. butter.	1 tablespoonful curry-	thyme.	bay-leaf.	1 gill cream.
1 onion.	1 oz. flour.	powder.	parsley.	1 carrot.	2 ozs. rice.

Take the meat from the lobster, put the meat from the claws on one side for garnish. Put the shell of the lobster into a mortar with the butter, and pound well together. Turn this into a saucepan, and as soon as the butter melts stir in the flour and curry-powder. Cook for a few minutes, moisten with the stock, add the vegetables and herbs, stir until it boils, then let it simmer for twenty minutes. Pass the soup through a hair sieve, return it to the saucepan, season with salt and cayenne, stir in the cream, let it get thoroughly hot, but do not let it boil again. The meat from the claws of the lobster should be cut in dice, and added to the soup just before serving.

Average cost, 3s. 6d. Time required, 40 minutes. Seasonable in the summer. Sufficient for 6 persons.

N.B.—The rest of the meat of the lobster can be used for making cutlets, etc.

473. CRÈME DE SOLES À LA MÉRIDIONALE.

2 quarts fish	fillets of one	4 ripe tomatoes.	salt.	1 carrot.
stock.	sole.	2 ozs. butter.	cayenne.	parsley stalks.
1 gill cream.	1 gill sherry.	2 ozs. flour.	1 onion.	thyme.

Slice the onion and carrot, melt the butter in a saucepan, put in the sliced vegetables and herbs, add the wine, and reduce to about one-half. Mix in the flour, then dilute with the stock, and bring to the boil, stirring all the time. Simmer for thirty minutes, then strain. Tie the fillets of sole in a piece of muslin, and boil them in the thickened stock for ten minutes. Take them out, let them cool, put in a mortar, and pound with the cream and a little butter. Rub through a fine sieve. Add this purée, the tomatoes cut in dice, and seasoning to the soup five minutes before serving.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 10 persons.

474. FISH MULLIGATAWNY.

2 onions.	1 carrot.	1 tomato.	2 quarts fish	3 tablespoonfuls	1 oz. flour.
1 turnip.	fish bones.	1 apple.	stock.	curry-powder.	salt and pepper.

Melt the butter, prepare the onions, carrot, and turnip ; cut them into thin slices, place in the saucepan with the butter, and also the fish-bones broken up. Fry all these over the fire until a golden colour, stir in the flour and curry-powder. Return to the fire, and fry again for a few minutes to cook the curry-powder. Moisten with the stock, and stir until it boils. Peel the apple, and chop finely ; also the tomato. Add these to the soup, and let the whole simmer for half an hour. Rub through a hair sieve, return to the saucepan, season with pepper and salt, and serve with boiled rice separately.

Average cost, 1s. Time required, 45 minutes. In season all the year. Sufficient for 8 persons.

475. POTAGE À LA DUCHESSE.

1 quart fish	$\frac{1}{2}$ gill cream.	$\frac{3}{4}$ pint tomato sauce	fish quenelles (Nos.	salt.
stock.	2 yolks of eggs.	(No. 77).	200 and 324).	1 oz. flour.
1 oz. butter.	cooked peas.	1 gill onion purée.	picked shrimps.	cayenne.

Melt the butter in a saucepan, mix in the flour, add the fish stock, and stir until it boils. Season with salt and cayenne pepper, add the tomato sauce and the purée of onions (boiled onions rubbed through a hair sieve). Let the soup simmer for fifteen minutes, keeping it well skimmed. Beat the yolks of eggs in a basin, mix the cream with them, add to the soup, and cook over the fire without boiling. Care must be taken to prevent the eggs curdling. Make the fish quenelles, poach them in hot water, take them up, drain them, and place in the soup tureen ; also the picked shrimps and a few cooked peas. Pour the hot soup over, and serve.

Average cost, 2s. Time required, 30 minutes. In season from June to August 'without the peas, all the year). Sufficient for 8 persons.

476. POTAGE À LA CHINOISE (CHINESE SOUP).

$1\frac{1}{2}$ pints white stock.	2 ozs. butter.	bouquet garni.	fish forcemeat (No. 200).
1 dessertspoonful of anchovy	$1\frac{1}{2}$ ozs. flour.	cayenne pepper.	chopped parsley and tarragon.
essence.	$\frac{1}{2}$ pint milk.	2 herring roes.	salt.

Melt the butter, mix in the flour, add the stock and bouquet garni, and stir over the fire until boiling. Let the soup simmer for fifteen minutes, then add the anchovy essence. Strain into another saucepan, season with cayenne pepper, and a little salt if necessary. Add the milk to the soup, and allow it to get thoroughly hot. Make some small quenelles from the fish forcemeat, poach in salted water. Cut the herring-roes in dice, brown slightly in a little butter, and then put them into the soup tureen with the quenelles. Pour the hot soup over, and serve.

Average cost, 1s. 6d. Time required, $\frac{3}{4}$ hour. In season all the year, if preserved roes are used. Sufficient for 5 persons.

477. POTAGE PROVENÇALE.

2 large onions.	1 sole.	2 ozs. butter.	salt.
1 quart fish stock.	1 French roll.	1 oz. flour.	

Peel and slice the onions, fry in the butter until a golden colour ; add the flour, then the stock, and stir until boiling. Strain through a hair sieve, return to the saucepan, and season with salt. Fillet the sole, cut into shreds, and add to the soup. Let this simmer until the fish is cooked. Cut the roll into slices, and crisp them in the oven. Put into the tureen, and pour the soup over.

Average cost, 1s. 6d. Time required, 30 minutes. In season all the year. Sufficient for 5 or 6 persons.

478. POTAGE À LA BAGRATION.

1 pint fish stock.	salt.	1 gill milk or cream.
$\frac{1}{2}$ pint veal stock.	1 oz. butter.	6 prawns.
1 tablespoonful curry-powder.	2 yolks of eggs.	cooked sole or plaice.

Melt the butter, add the curry-powder to it, and fry over the fire for a few minutes. Pour in the fish and veal stocks, and stir until it boils. Let it simmer for twenty minutes. Pass through a fine strainer into another saucepan, beat the eggs in a basin, mix into it the milk or cream. Add to the soup, and stir over the fire until the eggs are cooked. It must not be allowed to boil, or the eggs will curdle. Season to taste with salt. Shell the prawns, cut the cooked fish into small dice, put these in the soup-tureen with the prawns, and pour the hot soup over. Serve with fried croûtons of bread separately.

Average cost, 1s. 6d. Time required, $\frac{3}{4}$ hour. In season all the year. Sufficient for 4 or 5 persons.

479. POTAGE À L'ANDALOUSE (ANDALOUSIAN SOUP).

1 quart fish stock.	2 ozs. butter.	1 gill soubise sauce (No. 75).	$\frac{1}{2}$ lb. fish forcemeat (No. 200).
2 yolks of eggs.	$1\frac{1}{2}$ ozs. flour.	$\frac{1}{2}$ gill tomato sauce (No. 77).	$\frac{1}{2}$ gill milk or cream.

Melt the butter, mix in the flour, add the stock, and stir over the fire until it boils. Add the soubise sauce, and cook for a few minutes longer. Strain, return to the saucepan. Beat the eggs in a basin, mix in the milk or cream, and stir into the soup. Cook over the fire without allowing it to boil. Season to taste with salt. Mix the tomato sauce with the fish forcemeat, and make into small quenelles. Poach them in salted water, take them up, drain carefully, put into the soup-tureen, and pour the hot soup over.

Average cost, 1s. 8d. Time required, 30 minutes. In season all the year. Sufficient for 5 or 6 persons.

480. POTAGE À LA MER.

2 quarts fish stock (No. 316).	1 bay-leaf.	1 turnip.	2 yolks of eggs.
1 onion.	6 peppercorns.	$1\frac{1}{2}$ ozs. butter.	salt.
1 tomato.	1 carrot.	$1\frac{1}{2}$ ozs. flour.	1 gill milk or cream.

Melt the butter, stir in the flour, add the stock, and cook over the fire until boiling, stirring all the time. Clean the vegetables, cut into pieces, and add to the soup; also the bay-leaf and peppercorns. Simmer gently for one hour. Strain into another saucepan, beat up the eggs in a basin, add the milk or cream to them, and stir into the soup. Cook over the fire without boiling. Season with salt, and serve.

Average cost, 1s. 3d. Time required, $1\frac{1}{2}$ hours. In season all the year. Sufficient for 6 or 8 persons.

CHAPTER V

THE COOKING OF FISH, AND FISH ENTRÉES (HOT)

SAUMON (SALMON)

481. SAUMON BOUILLI, SAUCE AUX HUITRES (BOILED SALMON WITH OYSTER SAUCE).

2 to 3 lbs. salmon. sufficient water to cover fish.	$\frac{1}{4}$ oz. salt to each quart of water.	oyster sauce (No. 102). 1 cucumber.
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Scale and clean the fish, put it into a fish-kettle with enough hot water to cover, add the salt, bring to the boil; then draw the kettle to the side of the fire, and finish cooking without allowing it to boil again. 2 to 3 lbs. of salmon cut from the thick part will require half an hour to cook. When the meat separates easily from the bone, the fish is done sufficiently. When done, take it up and drain it. Dish on a napkin, send to table with the sauce separately, and with a plate of dressed cucumber. Other sauces, such as anchovy, shrimp, lobster, or Hollandaise, can be served with salmon.

Average cost of salmon, 2s. to 3s. per lb. Time required, $\frac{1}{2}$ hour, or 10 minutes to the lb. In season February to September; in full season May to August. Sufficient for 6 or 7 persons.

482. PETITES TIMBALES DE SAUMON (LITTLE TIMBALES OF SALMON).

$1\frac{1}{2}$ lbs. salmon.	$\frac{1}{2}$ gill fish stock or water.	German sauce (No. 1).	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ oz. butter.	1 whole egg and 1 yolk.	1 oz. crayfish or prawn	salt.
$\frac{1}{2}$ oz. flour.	2 truffles.	butter (No. 186).	cayenne.

Melt the $\frac{1}{2}$ oz. of butter in a small saucepan, stir in the flour, add the water or stock, and boil until thick, and the mixture leaves the sides and bottom of the saucepan. Take it off the fire, and let it cool. In the meanwhile prepare the fish. Take away the skin and bone and put aside about $\frac{1}{4}$ lb. of the fish for future use. Put the rest of the salmon into a mortar, add the panada to it—i.e., the thick sauce—and pound well; then add the eggs, salt, and cayenne. Mix all well together, and rub through a wire sieve. Whip the cream slightly, and add to the mixture. Well butter some small timbale moulds, and line them with the mixture just made, leaving a cavity in the centre of each. Cook the salmon that was put aside, and cut it into small pieces. Mix with it the truffles cut in strips. Heat the German sauce, stir into it the crayfish or prawn butter, and use a little of this sauce to bind the salpicon of cooked salmon. Fill the cavity in each little mould with this mixture, cover over the top with a layer of the pounded salmon, make it level with the tins, cover with buttered paper, put into a steamer, and steam for fifteen minutes. Take up the little shapes, turn them upside down on to a dish, and let them stand for a few minutes, and if any liquid comes out it can then be soaked up. Take off the tins, and pour the sauce round.

Average cost, 5s. Time required, 1 hour. Seasonable February to August. Sufficient for 8 persons.

483. CÔTELETTES DE SAUMON À L'ANGLAISE.

2½ lbs. middle cut of salmon.	2 ozs. butter.	pepper.	2 yolks of eggs.
1 teaspoonful chopped parsley.	1 gill white sauce (No. 88).	salt.	½ lemon.

Cut the salmon into slices about ½ inch thick, cut each slice in half. Melt the butter in a frying-pan, put in the slices of salmon, and fry quickly. Take them up when done, season with pepper and salt, drain on paper; then dish them on a hot dish, and serve with the following sauce: Heat the white sauce, and, when hot, put in the yolks of eggs, but be careful not to boil the sauce, or the eggs will curdle. Season to taste with pepper and salt, add the juice of the lemon and the parsley, mix well, and it is ready to serve.

Average cost, 6s. 9d. Time required, ½ hour. Seasonable February to August. Sufficient for 6 persons.

484. SAUMON GRILLÉ AU BÉARNAISE (GRILLED SALMON WITH BÉARNAISE SAUCE).

2 lbs. middle cut salmon.	Béarnaise sauce (No. 7).
2 ozs. butter.	salt.

Cut the salmon in slices 1 inch thick, season with salt. Melt the butter, and pour it over the slices of salmon. Grill them over a quick fire, allowing about ten minutes for each side to cook. When done, dish up on a hot dish, garnish with sprigs of parsley, and send to table with a tureen of Béarnaise sauce.

Average cost, 6s. Time required, ½ hour. Seasonable February to August. Sufficient for 6 persons.

485. SAUMON À LA GÉNOISE (SALMON WITH GÉNOISE SAUCE).

2 lbs. middle cut salmon.	1 teaspoonful chopped parsley.	salt.	1 glass sherry.
16 mushrooms.	Génoise sauce (No. 99).	pepper.	½ lemon.
		2 shallots.	butter.

Cut the salmon into slices about ½ inch thick, butter a baking-tin, lay the fish on it, season with pepper, salt, and lemon-juice. Pour the wine into the tin, sprinkle the chopped shallots and parsley over. Put the tin into a slow oven, and cook for about fifteen minutes, basting constantly. When sufficiently cooked, dish up in a circle, and pour the sauce over the slices of salmon. The essence from the fish should be added to the sauce. Cook the mushroom-heads in butter, and put groups—four in each group—round the fish, or they can be placed in the centre of the dish.

Average cost, 6s. 6d. Time required, 45 minutes. Seasonable February to August. Sufficient for 6 persons.

486. FILETS DE SAUMON À L'AUORE (FILLETTS OF SALMON WITH AURORA SAUCE).

2 lbs. salmon (tail end).	2 ozs. butter.	breadcrumbs.	seasoning.
	1 egg.	18 prawns.	Aurora sauce (No. 86).

Fillet the salmon, take off the skin, and cut the fillets into equal-sized pieces. Season them, beat up the egg on a plate, dip in the pieces of fish, drain them, and toss in breadcrumbs. Melt the butter in a sauté-pan. When very hot, put in the pieces of fish, and fry them a golden brown. Take up and drain, dish in a circle on a hot dish. Pick the prawns, put them into a saucepan, add a little sauce, and, when hot, garnish the centre of the dish with them. Pour the sauce round, and serve.

Average cost, 6s. Time required, ½ hour. Seasonable February to August. Sufficient for 5 persons.

487. DARNE DE SAUMON À LA CHAMBORD.

4 lbs. salmon.	1 onion stuck with 1 clove.	6 peppercorns.
1 pint stock (fish).	1 carrot.	Génevoise sauce (No. 98).
$\frac{1}{2}$ pint claret.	bouquet garni.	salt.

FOR GARNISH.

20 small whiting quenelles (Nos. 200, 324). | 6 crayfish tails. | 2 truffles. | 6 oysters.

Put the salmon into a stewpan with the stock, wine, vegetables, herbs, and seasoning. Put on the lid, and simmer very slowly for about one hour. When done, dish up, take off the skin, and decorate the top with the garnish prepared beforehand, and also place groups of the same garnish round the dish. Pierce the centre of the salmon with a hâtelet skewer, on which has been placed a quenelle, truffle, and crayfish. The sauce is made from the cooking liquor of the darne.

Average cost, 12s. 6d. Time required, 2 hours. Seasonable February to August. Sufficient for 10 persons.

N.B.—The term “darne” means a piece cut from the middle of the fish.

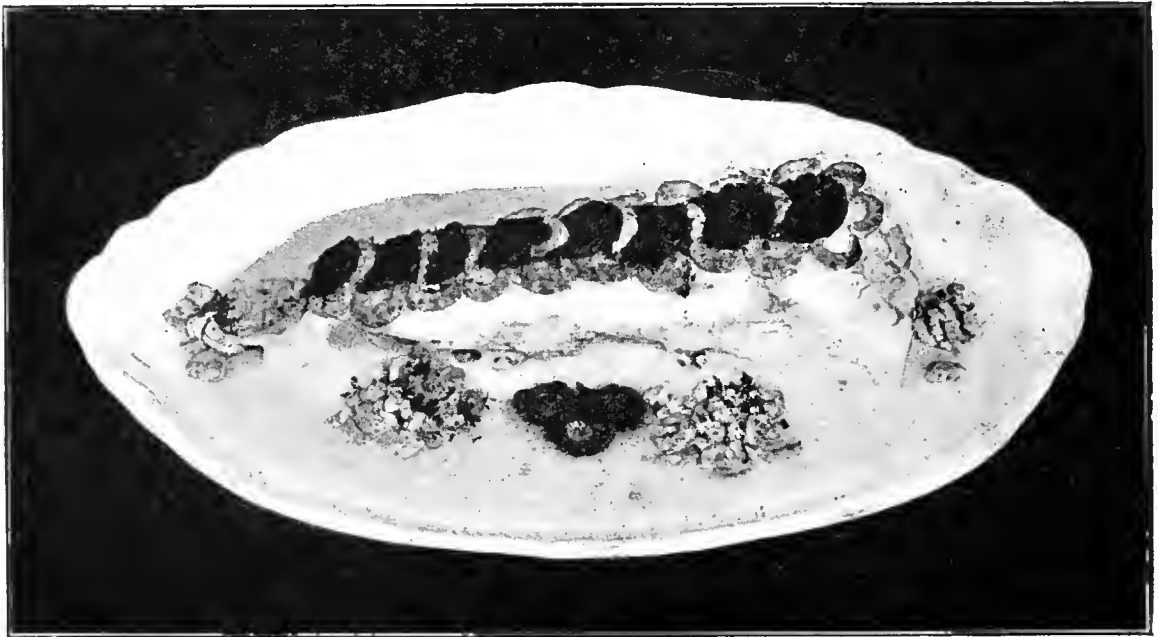


FIG. 6.—DARNE DE SAUMON À LA RICHELIEU.

488. DARNE DE SAUMON À LA RICHELIEU (SLICE OF SALMON, RICHELIEU STYLE).

4 lbs. middle cut of salmon.	1 gill velouté sauce (No. 82).	1 carrot.
1 pint fish stock.	1 gill tomato sauce (No. 77).	bouquet garni.
$\frac{1}{2}$ pint white wine.	1 onion stuck with clove.	6 peppercorns.
	1 oz. lobster butter (No. 179).	salt.

FOR GARNISH.

12 mushroom heads. | 1 gill shrimps. | 8 fried oysters.

Put the salmon into a stewpan with the stock, wine, vegetables, herbs, and seasoning. Cook very gently for about one hour. When done, dish up the salmon, take off the skin, and decorate the top with the garnish prepared beforehand, and place groups of the same garnish round the dish. Reduce the liquor from the salmon, add to it the velouté and tomato sauces, and finish with the lobster butter added in small pieces. Send up the sauce to table separately.

Average cost, 10s. 6d. Time required, 2 hours. Seasonable February to end of April. Sufficient for 8 to 10 persons.

489. FILETS DE SAUMON À LA RAVIGOTE (FILLETS OF SALMON WITH RAVIGOTE SAUCE).

2 lbs. tail-end of salmon.	2 ozs. butter. chopped parsley.	pepper. salt.	$\frac{1}{2}$ lemon. Ravigote sauce (No. 72).
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Fillet the salmon, take off the skin, cut into neat squares, and fry in the butter. Sprinkle over them the lemon-juice, seasoning, and chopped parsley. Cook slowly, and, when done, drain, and dish them in a circle. Sauce over with Ravigote sauce, and serve.

Average cost, 4s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable February to August. Sufficient for 5 persons.

490. CROQUETTES DE SAUMON (SALMON CROQUETTES).

1 lb. cold salmon. fried parsley.	$1\frac{1}{2}$ ozs. butter. 1 oz. flour.	1 gill milk. 2 eggs.	breadcrumbs. salt and pepper.
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Chop the salmon finely; melt the butter in a saucepan, stir in the flour, add the milk, and boil until very thick; then add the chopped salmon, salt, and pepper; mix well together. Turn the mixture on to a plate, and let it get cold. Divide into equal portions, shape them into cork shapes, dip each one in beaten egg, and then toss in breadcrumbs. Fry the croquettes in very hot fat, drain them, and dish up. Garnish with fried parsley.

Average cost, 2s. 3d. Time required, $\frac{1}{2}$ hour. Seasonable February to August. Sufficient for 10 croquettes.

491. CÔTELETTES DE SAUMON À LA POJARSKY (SALMON CUTLETS, POJARSKY STYLE).

$\frac{1}{2}$ lb. salmon meat. 2 ozs. butter. 1 tablespoonful cream.	salt. pepper. 1 egg.	breadcrumbs. fried parsley (No. 195). tomato sauce (No. 77).
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Chop the salmon finely, melt the butter in a saucepan, stir in the fish, and mix well together; then add the cream, and season with pepper and salt. Turn the mixture on to a plate, shape it into a cake of even thickness, and put it aside to get cold and set. Shape it into even-sized cutlets, dip in beaten egg, toss in breadcrumbs, and fry them in very hot fat a golden brown. Dish up in a circle, and garnish the centre of the dish with fried parsley. Serve tomato sauce separately.

Average cost, 1s. 6d.; with sauce, 2s. Time required, 30 minutes. Seasonable February to August. Sufficient for 6 cutlets.

492. CÔTELETTES DE SAUMON À LA COMTESSE (CUTLETS OF SALMON, COUNTESS STYLE).

$1\frac{1}{2}$ lbs. tail-end of salmon.	salt. 1 egg.	breadcrumbs. asparagus tips.	butter. Béarnaise sauce (No. 7).
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Fillet the salmon, skin the fillets, and divide them into cutlets of equal size. Dip these in egg, and toss in breadcrumbs; fry in clarified butter (No. 199). Melt some butter in a saucepan, put in the cooked asparagus-tips, and toss them in it until hot. Dish the cutlets in a circle on a hot dish. Place the asparagus-tips in the centre, and serve with Béarnaise sauce sent up separately.

Average cost, 4s. 3d. Time required, 45 minutes. Seasonable March to July. Sufficient for 8 persons.

493. SAUMON AU GRATIN.

1 lb. cold-boiled salmon. 3 gills white sauce (No. 88).	$1\frac{1}{2}$ ozs. Parmesan cheese. breadcrumbs.	butter. pepper.	salt. cayenne.
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Flake the cold salmon into nice-sized pieces, butter a china timbale mould, put in a layer of the sauce; upon that arrange some of the fish, season with pepper and salt, and a pinch of cayenne. Cover with sauce, sprinkle with Parmesan, continue

in this way, alternating the layers until the timbale is full. Sprinkle the surface with breadcrumbs, put some pieces of butter on the top, and bake in a hot oven. Brown in the oven or under a salamander, and serve.

Average cost, 2s. 3d. Time required, 20 minutes. Seasonable March to August. Sufficient for 6 persons.

494. BORDURE DE SAUMON AUX HUITRES (BORDER OF SALMON WITH OYSTERS).

1 lb. salmon.	1½ gills Bechamel sauce (No. 4).	salt.
2 ozs. butter.	1½ gills cream.	pepper.
1 white of egg.	½ gill sherry.	18 oysters.

Free the salmon from skin and bone, cut it up small, and put it into a mortar with 1 oz. of butter. Add 1 gill of thick Bechamel sauce, the white of the egg, pepper, and salt. Pound all well together, and rub through a wire sieve. Add to this 1 gill of whipped cream; stir in carefully. Butter and decorate with truffle a border mould, fill it with the salmon forcemeat, and steam for thirty minutes. When done, turn it out, and fill the centre with the following: Put 1 oz. of butter into a saucepan, add to it the sherry, and reduce to half. Now stir in ½ gill of Bechamel sauce, and let it get very hot. Boil for five or ten minutes, add ½ gill of cream. Beard the oysters, put them into the sauce, season to taste, and bring to the boil. Dish this garnish in the centre of the fish, pour some Bechamel sauce round the dish, and serve.

Average cost, 5s. 9d. Time required, 1 hour. Seasonable February to May. Sufficient for 6 persons.

495. SAUMON À LA MEUNIÈRE.

2 lbs. salmon.	a little flour.	½ lemon.
6 ozs. butter.	salt and pepper.	parsley.

Cut the salmon into slices about 1 inch thick, season with pepper and salt, and dredge them with flour. Put 4 ozs. of the butter into a frying-pan, and clarify it; then put in the slices of fish, and fry them. When they are coloured on one side, turn them over carefully, and brown on the other side. When sufficiently cooked, dish them on a hot dish, sprinkle over some lemon-juice, and pepper and salt. Chop some parsley coarsely, and garnish the fish with it. Just before serving, put the remaining 2 ozs. of the butter into a frying-pan, and heat it until it is a light brown. Pour this over the fish, and send to table at once.

Average cost, 5s. 6d. Time required, 30 minutes. Seasonable February to September. Sufficient for 6 persons.

496. KEDGEREE DE SAUMON.

1 lb. salmon.	1 onion.	1 pint stock.
¼ lb. cooked rice.	seasoning.	½ tablespoonful curry-powder.
2 hard-boiled eggs.	½ pint Bechamel (No. 4).	2 ozs. butter.

Boil the salmon, and let it get cold. Take away all the skin and bone, and cut the fish into small pieces. Melt the butter in a saucepan, put in the onion, chopped. Fry a light brown, add the rice, and fry for a few minutes; then add the stock, and boil until the rice is tender, and has absorbed the stock. When making the Bechamel sauce, flavour it with the curry-powder. Chop the hard-boiled eggs rather coarsely. Butter a china timbale mould, place a layer of rice at the bottom, next a layer of salmon, then sauce, then some of the hard-boiled eggs. Continue in this way until the timbale is full, seasoning each layer. The last layer should be a coating of the sauce. Place the timbale in the oven for a few minutes, and then serve.

Average cost, 2s. 6d. Time required, ½ hour. Seasonable February to September. Sufficient for 6 persons.

497. KEDGEREE DE SAUMON.

ANOTHER WAY.

$\frac{1}{2}$ lb. salmon. | $\frac{1}{4}$ lb. boiled rice. | 2 hard-boiled eggs. | 2 ozs. butter. | seasoning.

Boil the rice in plenty of salted water until tender. When cooked, wash it under the tap, spread it on a baking-sheet, and put it in a cool oven to dry, turning it over with a fork occasionally. Cut the cooked salmon in small pieces, melt the butter in a saucepan, stir in the fish and the rice, the chopped hard-boiled eggs, and seasoning. Stir all together over the fire until hot. Turn out on to a hot dish, pile it up in a pyramid form, and serve very hot.

Average cost, 1s. 4d. Time required, $\frac{1}{2}$ hour. Seasonable February to September; full season, May to August. Sufficient for 4 persons.

N.B.—2 ozs. of raw rice will weigh 4 ozs. when cooked.

498. FILETS DE SAUMON À L'INDIENNE (FILLETS OF SALMON WITH INDIAN SAUCE).

$1\frac{1}{2}$ lbs. salmon. | 1 egg. | Indian sauce (No. | boiled rice.
2 ozs. butter. | breadcrumbs. | 104). | 2 gherkins.

Divide the salmon (either the middle or tail end) down the backbone in two parts; cut these into heart-shaped pieces about $\frac{1}{4}$ inch thick. Beat up the egg on a plate, dip the pieces of fish in it, then toss them in breadcrumbs. Melt the butter in a frying-pan, and, when hot, put in the fish, and fry a golden colour. When done, drain them, and dish on a hot dish in a circle. Put some well-boiled rice in the centre, sprinkle over the fish the gherkins cut in Julienne strips, and pour the sauce round the base of the dish.

Average cost, 3s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable February to August. Sufficient for 6 persons.

499. SOUFFLÉ DE SAUMON (SOUFFLÉ OF SALMON).

$\frac{1}{2}$ lb of salmon meat. | 1 oz. flour. | 1 gill cream. | 1 truffle. | 1 oz. butter.
 $\frac{1}{2}$ pint Bechamel sauce (No. 4). | $\frac{1}{2}$ gill fish stock. | salt. | 2 eggs. | cayenne.

Cut up the raw salmon into small pieces. Melt the butter in a small saucepan, stir in the flour, add the fish stock, and boil until the sauce leaves the bottom and sides of the saucepan. Put the salmon into a mortar, add to it the panada just made, pound well together; then add the eggs, one at a time, a pinch of cayenne, and salt. Mix thoroughly, and rub through a fine sieve. Whip the cream slightly, and mix into the salmon purée. Butter a timbale mould, and turn the mixture into it. Cover with a piece of buttered paper, and steam from thirty to forty minutes. When cooked, turn out on to a hot dish, pour the sauce over it, decorate the top with truffle, either chopped or cut in fancy patterns, and serve.

Average cost, 3s. Time required, 1 hour. Seasonable February to August. Sufficient for 4 to 6 persons.

500. MOUSSELINE DE SAUMON À LA VICTORIA.

1 lb. of salmon meat. | $\frac{1}{2}$ gill Bechamel sauce | 2 eggs. | 1 truffle. | 1 oz. butter.
Victoria sauce (No. 118). | (No. 4). | seasoning. | $\frac{1}{2}$ gill cream. | cooked peas.

Chop the salmon, put it into a mortar with the eggs, and pound. Add the sauce, season well, mix all together, and rub through a wire sieve. Butter some small timbale moulds, decorate each with pieces of truffle cut out with a fancy cutter, fill up with the salmon forcemeat, and steam them for twenty minutes. Prepare the sauce, and keep it hot. Melt the butter in a stewpan, put the peas into it, stir over the fire for a few minutes until thoroughly hot. When the mousselines are cooked, turn them upside down on to a hot dish, and let them stand a few minutes, in order that they may drain. Pour away any liquor that runs out. Lift off the

moulds, dish in a circle, pour the sauce round, and garnish the centre of the dish with the peas. Serve quickly.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable February to August. Sufficient for 9 or 10 moulds.

501. PAUPIETTES DE FILETS DE SAUMON (ROLLED FILLETS OF SALMON).

1½ lbs. salmon, tail-end.	whiting forcemeat (No. 200).	salt.	butter.
1 gill fish stock.	½ pint Hollandaise sauce (No. 101).	pepper.	truffle.

Fillet the salmon, cut the fillets into slices ½ inch thick, 1 inch wide, and the length of a sole fillet. Flatten these slices carefully, so as to have them the same width and thickness as a sole fillet, season them, put on each a layer of whiting forcemeat, and roll up into the form of barrels. Place on a buttered baking-sheet, putting them close together, touching each other, so that they do not come unrolled. Season them again with salt and pepper, add the fish stock, cover with a buttered paper, place in a moderate oven, and cook for about fifteen minutes. When cooked, take out of the oven, drain, and dish them. Strain the cooking liquor into the sauce, make hot, and pour round the fish. Garnish each paupiette with a slice of truffle, and serve.

Average cost, 4s. 3d. Time required, 40 minutes. Seasonable February to August. Sufficient for 6 or 7 paupiettes.

502. CÔTELETTES DE SAUMON AUX CONCOMBRES (CUTLETS OF SALMON WITH CUCUMBERS).

2 lbs. salmon (middle cut).	1 gill white wine.	1 teaspoonful chopped parsley,
1 lemon.	1 cucumber.	tarragon, and chervil.
4 ozs. butter.	1 gill fish stock.	seasoning.

Scale the fish, cut it in slices about ½ inch thick. Put 2 ozs. of butter into a stewpan, melt it, and then put in the fish. Strain over it the juice of the lemon, add the wine and stock, cover with a buttered paper, put on the lid, and cook gently for about twenty to thirty minutes. While the fish is cooking, prepare the garnish. Cut the cucumber, after peeling, into quarters, then into quarters again lengthways. Take out the seeds, and cut the cucumber into dice ½ inch square. Put these into a saucepan with cold water and a pinch of salt, bring to the boil, and cook until tender. Strain them, return to the saucepan, add 2 ozs. of butter, a little lemon-juice, and seasoning to taste. When the salmon is cooked, dish it in a circle on a hot dish, put the garnish of cucumber in the centre, strain the liquor that the fish was cooked in through a fine strainer, mix the herbs with it, pour over the fish, and send to table.

Average cost, 6s. Time required, 35 minutes. Seasonable February to August. Sufficient for 6 persons.

TRUITE (TROUT)

503. BAKED TROUT.

2 or 3 trout.	3 tablespoonfuls	1 gill milk.	pepper.
1 oz. butter.	oatmeal.	1 gill water.	salt.

Scrape the trout, draw and wipe them well. Butter a deep baking or Yorkshire tin, lay the trout in it, sprinkle with salt, add the milk and water and the oatmeal, cover with buttered paper, and cook in the oven for about twenty minutes, or until the fish is done. Dish up, and serve.

Average cost, uncertain. Time required, 20 minutes. In season March to August.

504. TRUITE À LA CAMBACÉRÈS.

4 trout.	1 oz. butter.	½ pint Espagnole sauce (No. 33).	1 gill white wine.	lemon-juice.
2 truffles.	6 mushrooms.	1 gill white stock.	10 olives.	salt and pepper.

Clean the fish, butter a baking-tin, lay the trout on it, moisten with the wine and stock, cover with a buttered paper, and cook in a moderate oven for about twenty minutes. When cooked, dish up the fish. Warm the Espagnole sauce, strain the reduced liquor from the fish into it, season with lemon-juice, and add the remainder of the butter. Cut the truffles in slices, put them into a small saucepan with the olives and cooked mushroom-heads, add a little sauce to them, make thoroughly hot, and garnish the dish. Sauce over the fish, and serve.

Average cost, uncertain. Time required, 30 minutes. Seasonable March to August.

505. TRUITE À L'ÉPICURIENNE (TROUT WITH EPICUREAN SAUCE).

1 large trout.	½ gill fish stock.	1 gill Genoese sauce (No. 99).	1 teaspoonful capers.
½ lemon.	pepper and salt.	1 teaspoonful blanched chopped parsley.	1 teaspoonful chutney.
2 ozs. butter.	½ gill white wine.	½ teaspoonful blanched chopped tarragon.	2 anchovies.

Clean and wipe the fish, butter a baking-tin, lay the fish on it, add the wine and fish stock, season with salt, pepper, and lemon-juice. Cover with a buttered paper, and cook in the oven till done—about twenty minutes. Make the Genoese sauce very hot in a stewpan, add to it the essence from the fish. Pound in a mortar the remainder of the butter with the filleted anchovies, the chopped and blanched herbs, capers, and chutney; season to taste. When well pounded and mixed, pass through a fine sieve. Stir this preparation into the sauce, make very hot, but do not boil again. Dish up the fish, and pour the sauce over.

Time required, 40 minutes. Seasonable March to August. Sufficient for 4 persons.

506. FILETS DE TRUITE À LA MIRABEAU (FILLETTS OF TROUT WITH MIRABEAU SAUCE).

1 trout.	salad oil.	pepper.	salt.	½ oz. butter.	Mirabeau sauce.
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Scale the fish, wipe it with a dry cloth. Fillet the fish, and lay the fillets on a baking-sheet. Pour over the salad oil, season with pepper and salt, cover with buttered paper, and place in the oven for about ten minutes. When cooked, drain the fish on paper, so as to remove all grease. Take off the skin from the fish, lift carefully on to a hot dish, pour the sauce over, and serve hot.

FOR THE MIRABEAU SAUCE.

1 gill Espagnole sauce (No. 33).	1 gill fish stock (No. 316).	1 onion.
1 oz. butter.	1 glass red wine.	chopped parsley and tarragon.

Peel and slice the onion, fry in half the butter until a pale brown, add the wine and stock, and boil for a few minutes. Heat up the Espagnole sauce, strain into it the stock and wine, let this reduce well; then add the chopped herbs and the rest of the butter in small pieces.

Cost uncertain. Time required, 30 minutes. In season March to August.

507. TRUITE GRILLÉES À LA MAÎTRE D'HÔTEL (GRILLED TROUT WITH MAÎTRE D'HÔTEL BUTTER).

2 or 3 trout.	maître d'hôtel butter (No. 180).	lemon.	fried parsley.	butter.
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Scrape and clean the trout, cut them down the back, and take out the bone. Rub them over with butter, put on a gridiron over a clear fire, and grill for four or five minutes on each side. When cooked, take them up, put some maître d'hôtel butter inside each, dish on a napkin on a hot dish, and garnish with slices of lemon and bunches of fried parsley.

Time required, 30 minutes. Seasonable March to August. Sufficient for 4 or 6 persons.

508. FILETS DE TRUITES FRITS (FILLETTS OF FRIED TROUT).

3 trout.	$\frac{1}{2}$ pint white wine sauce (No. 119).	seasoning.
egg.	$\frac{1}{2}$ gill brown sauce (No. 6).	1 teaspoonful lemon-juice.
fried parsley.	1 tablespoonful chopped parsley.	breadcrumbs.

Fillet the trout, trim and skin them. Season the fillets with pepper and salt, dip them in beaten egg, toss in breadcrumbs, and fry them in boiling fat or lard. Serve on a folded napkin, and garnish with fried parsley. Heat the white sauce, then add to it the brown sauce, the lemon-juice, chopped parsley, and season to taste. Make hot, and send to table with the trout.

Time required, 15 minutes. In season March to August.

509. FILETS DE TRUITES À LA MORNAY (FILLETTS OF TROUT WITH MORNAY SAUCE).

3 trout.	$\frac{1}{2}$ gill white wine.	Parmesan cheese.	1 truffle.
$\frac{1}{2}$ gill fish stock.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	6 mushrooms.	butter.

Remove the fillets from the trout, skin, and fold them in halves. Put on a buttered baking-sheet, add to them the stock and wine, season with salt and pepper, and cook in the oven till done. When the fillets are cooked, strain the liquor into a saucepan and reduce; then add it to the Mornay sauce. Dish the fillets, place on each a mushroom-head and a slice of truffle, cover with the sauce, sprinkle with Parmesan cheese and melted butter, and bake in the oven till brown.

Time required, 20 minutes. In season from March to August.

TURBOT (TURBOT)**510. TURBOT À LA NORMANDE (TURBOT WITH NORMAN SAUCE).**

1 small turbot.	1 gill white wine.	pepper.
$\frac{1}{2}$ gill white stock.	3 gills Norman sauce (No. 113).	salt.

FOR GARNISH.

8 cooked fish quenelles (Nos. 200 and 324).	8 mussels blanched.
8 oysters bearded and blanched.	8 mushroom-heads cooked.

Prepare a small turbot, wash and trim it. Put the fish on a baking-tin, season with pepper and salt, add to it the stock and wine, cover with greased paper, and bake in the oven for twenty minutes. When cooked, take up the fish, lift it carefully on to a dish, and keep hot. Strain the liquor from the fish into the sauce, make very hot, and sauce over the fish with it. Place the garnish round the dish in groups, and serve.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable all the year round, but from March to August they are in their prime. Sufficient for 8 persons.

511. TURBOT À LA PARISIENNE.

1 small turbot.	whiting forcemeat (No. 200).	$1\frac{1}{2}$ gills white wine.	$\frac{1}{2}$ lemon.
3 ozs. butter.	$\frac{1}{2}$ pint milk or white stock.	1 gill fish stock.	2 yolks eggs.
$1\frac{1}{2}$ ozs. flour.	1 teaspoonful anchovy essence.	cayenne.	$\frac{1}{2}$ gill cream.

FOR GARNISH.

12 picked prawns. | 12 button mushrooms cooked. | 8 blanched and bearded oysters.

Cut the turbot down the back, and remove the bone; then stuff it with the whiting forcemeat. Grease a baking-tin with butter, lay the fish on it, add to it 1 gill of wine and 1 gill of fish stock, pepper and salt, and the liquor from the oysters. Put 1 oz. of butter over the turbot in little pieces, and put into the oven to bake. Baste it occasionally. When done, lift on to a dish, and keep hot while the sauce is prepared. Melt 2 ozs. of butter in a saucepan, stir in the flour, add the liquor from the turbot, $\frac{1}{2}$ gill of sherry, and the fish stock; stir until it boils, simmer for

fifteen minutes, season with salt, cayenne, and lemon-juice. Mix the yolks of eggs with the cream, bind the sauce with these, but do not let it boil again. Pour the sauce over the turbot. Mix a little of the sauce with the garnish, and arrange round the fish in groups.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 8 to 10 persons.

512. TURBOT À LA HOLLANDAISE (BOILED TURBOT WITH HOLLANDAISE SAUCE).

1 turbot. | Hollandaise sauce (No. 101). | salt. | lemon-juice. | parsley.

Wash the turbot, wipe it, and rub over with lemon-juice. Put the fish into a fish-kettle, with enough cold water to cover, and a handful of salt. Let it come to the boil, draw to the side of the fire, and let it poach for about half an hour. The length of time required depends on the size and weight of fish. When cooked, take off the scum from the water, lift the fish out upon the drainer, let it drain for a few minutes, then slide carefully off on to a dish covered with a napkin. Garnish with parsley, and serve the sauce separately. A dish of boiled potatoes should be sent up to table with this dish.

Average cost, 3s. to 10s., according to size. Time required, according to size. Seasonable all the year round.

513. FILETS DE TURBOT À LA FLORENTINE (FILLETS OF TURBOT, FLORENTINE STYLE).

1 small turbot. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | lemon-juice. | grated cheese. | pepper.
 $\frac{1}{2}$ gill sherry. | 2 lbs. cooked spinach. | 2 ozs. butter. | breadcrumbs. | salt.

Fillet a small turbot, cut the fillets into even-sized pieces, butter a baking-tin, lay the fish on it, sprinkle with pepper, salt, and lemon-juice; add the wine, and cook in the oven for ten minutes. Arrange them on a gratin dish, spread each fillet with the cooked and sieved spinach, cover them with the sauce mixed with enough cheese to make it a nice flavour, sprinkle the top of each fillet with grated cheese, breadcrumbs, and melted butter. Put into a very hot oven or under a salamander to form the gratin. Serve at once.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable all the year Sufficient for 6 persons.

514. FILETS DE TURBOT À LA MAÎTRE D'HÔTEL (FILLETS OF TURBOT WITH MAÎTRE D'HÔTEL SAUCE).

2 lbs. tail-end of turbot. | $\frac{1}{2}$ gill fish stock. | 3 gills maître d'hôtel sauce | $\frac{1}{2}$ oz. butter.
 $\frac{1}{2}$ gill white wine. | 2 chopped shallots. | (No. 109). | pepper and salt.

Remove the dark skin from the turbot, fillet it, trim, and cut into even-sized pieces. Butter a baking-tin, lay the fish fillets on it, season with pepper and salt, sprinkle with the chopped shallots, pour over the wine and stock, cover with a buttered paper, and cook slowly in the oven for about fifteen minutes. Warm the sauce, put the fillets on a hot dish, add the liquor from the fish to the sauce, pour it over the turbot, and serve.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 8 persons.

515. TURBOTIN À L'AMIRAL.

1 chicken turbot. | Genoese sauce (No. 99). | 12 mushrooms. | 12 prawns.
12 oysters. | $\frac{1}{2}$ pint Villeroy sauce (No. 84). | truffles. | seasoning.

Weigh the turbot, place it in a fish-kettle containing boiling stock or water. Let this simmer gently, allowing five minutes for each pound. Drain the oysters, and remove the beards. Dip each oyster into thick Villeroy sauce, let them get quite set; then egg and breadcrumb, and fry them in hot fat. Peel and trim the

mushrooms, grill them in butter, and keep hot until required. Shell the prawns, and warm them in a little fish stock. Take up the fish, drain it well, and place on a hot dish. Warm up the Genoese sauce, and coat the fish with it. Garnish round the dish with groups of fried oysters, prawns, and mushrooms alternately. Decorate down the back of the turbot with slices of truffle, and a little chopped parsley. Serve very hot.

Average cost, uncertain. Time required, about 30 minutes. Sufficient for 5 or 6 persons.

516. BORDURE DE TURBOT À LA CASTELAINE (BORDER MOULD OF TURBOT).

1½ lbs. turbot.	2 ozs. flour.	1 gill fish stock.	1 whole egg.
2 ozs. butter.	1 gill cream.	2 yolks of eggs.	seasoning.

FOR GARNISH.

1 lobster.	2 truffles.	12 oysters.	white fish sauce (No. 88).
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Take away all bones and skin from the fish, flake the flesh into small pieces. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until the mixture leaves the bottom and sides of the pan. Put the fish, with the panada just made, into a mortar, pound well together, add the whole egg and the two yolks one at a time, pound until smooth, season to taste with salt and pepper, and rub through a wire sieve. Whip the cream slightly, and stir into the sieved preparation. Grease a border mould, turn the mixture into it, cover over the top with a buttered paper, and steam in a moderate oven, or over the fire for half an hour. When cooked, turn on to a hot dish, put the garnish in the centre, and pour the sauce round the base of the border. To prepare the garnish, cut the meat from the tail and claws of the lobster into slices, beard the oysters, and slice the truffles. Warm these ingredients in some of the sauce, and use as directed.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable April to September. Sufficient for 8 persons.

517. TURBOT À LA PROVENÇALE.

2 lbs. turbot, middle cut.	1 gill white wine.	½ pint Bechamel sauce.	2 yolks of eggs.
2 chopped shallots.	2 ozs. butter.	1 teaspoonful anchovy essence.	1 gill white stock.
	lemon-juice.		seasoning.

Wash and dry the fish, put it into a buttered deep baking-tin, season with pepper and salt, sprinkle over it the chopped shallots, cover with a buttered paper, put in a moderate oven, and cook until the fish is done. Take up, and dish the fish. Heat the sauce, add to it the liquor from the fish, stir in the yolks of eggs, and bind the sauce without boiling; then add the anchovy essence, a squeeze of lemon-juice, and seasoning. Pour over the fish, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 to 8 persons.

518. PAUPIETTES DE TURBOT AU VIN BLANC (ROLLED FILLETS OF TURBOT WITH WHITE WINE).

3 lbs. turbot.	½ lb. whiting forcemeat (No. 200).	12 preserved mushrooms.	2 ozs. butter.
1 gill white wine.		½ gill cream.	12 prawns.
1½ gills fish stock.	¾ pint white sauce (No. 88).	½ lemon.	seasoning.

Skin the turbot, cut down the backbone with a sharp knife, and raise the fillets. Turn the fish over, and repeat the process. Cut the fillets into nice pieces about the size of a fillet of sole, flatten and trim them. Spread a layer of the forcemeat on each piece of fish, roll them up, and wrap each fillet in buttered paper. Put the butter in a deep baking-tin, arrange the rolls on it in an upright position, add the wine and the stock, and cook in the oven until the fish is done, which will take about fifteen to twenty minutes. In the meanwhile prepare the garnish. Cut the mush-

rooms in halves, shell the prawns, and cut each in half lengthways ; warm these in a little thin sauce. Heat the sauce, and when the fish is cooked, strain the liquor in the tin into the sauce, reduce well, and then add the cream, season to taste, add a squeeze of lemon-juice, and keep hot. To dish up, remove the paper bands from the fillets, arrange them in a hot dish in a circle in an upright position, sauce over the fish, place the garnish in the centre, and serve hot.

Average cost, 7s. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

519. TURBOT GRILLÉ (GRILLED TURBOT).

1 turbot. | salt. | oil or melted butter. | maître d'hôtel butter (No. 180).

Cut the turbot in slices, season them with salt, sprinkle with oil or melted butter, and grill over a clear fire. Allow about twenty minutes for slices $1\frac{1}{2}$ inches thick. When cooked, dish up on a hot dish, and garnish with pats of maître d'hôtel butter. Serve at once.

CABILLAUD (CODFISH)

520. CABILLAUD BOUILLI, SAUCE HOMARD (BOILED COD WITH LOBSTER SAUCE).

2 to 3 lbs. cod. | parsley. | salt. | lobster sauce (No. 103).

Wash the fish, wipe it, and put into a fish-kettle containing enough boiling water to cover it. Add some salt, bring quickly to the boil ; then draw the pan to the side of the fire, and let it stay in the hot water until cooked. Do not let the water boil or simmer again. Cod cooked in this way has a much finer flavour than if it is allowed to simmer or boil. Take up the fish on the drainer, slide it on to a hot dish on a folded napkin, and serve, garnished with sprigs of crisp parsley. The sauce should be sent to table separately.

Average cost : Cod, 8d. a pound ; lobster, 1s. 6d. Time required, 20 minutes. In season October to February. Sufficient for 6 to 8 persons.

521. CABILLAUD RÔTI À LA VÉNITIENNE (BAKED COD WITH VENETIAN SAUCE).

3 lbs. middle cut of cod. | 3 gills Venetian sauce | 2 eggs. | salt.
2 ozs. butter. | (No. 120). | breadcrumbs. | pepper.

Skin the cod, put it on to a greased tin, and brush all over with beaten eggs, and cover with breadcrumbs. Melt the butter, and pour over the fish. Put it into a moderate oven for about half an hour, basting it occasionally. Dish it up, and send the sauce to table separately.

Average cost, 2s. Time required, $\frac{1}{2}$ hour. Seasonable October to February. Sufficient for 6 to 8 persons.

522. CABILLAUD FRIT À LA DIEPPOISE.

2 lbs. middle-cut of cod. | white matelote sauce | milk. | 1 gill shrimps.
a little flour. | (No. 107). | 6 oysters. | 6 mushrooms.

Cut the cod in slices about $\frac{1}{2}$ inch thick, dip them in milk, then in flour, and fry them in very hot fat. It will take about fifteen minutes to cook them thoroughly. Drain on paper or a cloth. Dish the slices of cod on a hot dish, beard the oysters, and blanch them, prepare and cook the mushrooms, and pick the shrimps. Warm up this garnish in a little of the sauce (thin), and put it in groups round the fish. Send the sauce up separately.

Average cost, 3s. Time required, 15 minutes. Seasonable October to February. Sufficient for 6 persons.

523. CABILLAUD À L'INDIENNE.

2 lbs. cod, tail-end.	curry sauce (No. 23).	breadcrumbs.	lemon.
1 egg.	1 teaspoonful anchovy essence.	boiled rice.	parsley.

Cut the cod in slices $\frac{1}{2}$ inch thick, season them with salt and pepper, dredge lightly with flour, dip in beaten egg, toss in breadcrumbs, and fry them in very hot fat a golden brown. Drain, and dish them in the centre of a border of boiled rice. Garnish the dish with sprigs of parsley and slices of lemon. Send to table with the sauce separately.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable October to February. Sufficient for 6 persons.

524. CÔTELETTES DE CABILLAUD À LA BONNE FEMME (CUTLETS OF COD, HOUSEWIFE STYLE).

$1\frac{1}{2}$ lbs. cod.	2 gills fish stock.	$\frac{1}{2}$ oz. flour.	1 teaspoonful chopped parsley.	$\frac{1}{2}$ lemon.
2 shallots.	$1\frac{1}{2}$ ozs. butter.	seasoning.	$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ gill cream.

Cut the cod into slices, butter a baking-tin, put the slices of cod in it, chop the shallots and sprinkle them over, add the stock and wine, and place in a moderate oven, basting frequently. When the fish is cooked, take it up, drain it, dish, and keep hot. Melt the remainder of the butter in a stewpan, stir in the flour, cook a little, and then strain in the liquor from the fish. Stir until it boils. Take off the fire, let it cool a minute; then stir in the cream, seasoning with a little lemon-juice and the chopped parsley. Do not boil again after the cream is added. Pour the sauce over the fish, and serve.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable October to February. Sufficient for 4 persons.

525. CÔTELETTES DE CABILLAUD À LA PRINCESSE (COD CUTLETS, PRINCESS STYLE).

2 lbs. cod.	1 shallot.	1 teaspoonful anchovy essence.	2 ozs. butter.	salt.	pepper.
1 gill sherry.	$\frac{1}{2}$ lemon.	$\frac{1}{2}$ pint brown stock.	1 oz. flour.	1 egg.	breadcrumbs.

Bone the cod, and cut it into nice pieces about 2 inches wide. Season the slices with salt and pepper, dip them in beaten egg, toss in breadcrumbs, and fry a golden brown in very hot fat. Take up the cutlets, drain them, arrange on a dish, and keep hot. Melt the butter in a stewpan, fry the chopped shallot, mix in the flour, add the stock, and stir until it boils; then put in the wine, and simmer for ten minutes. Season to taste with salt and pepper, add the anchovy essence, the lemon-juice, and the parsley. Cook all together for a few minutes longer, pour the sauce over the fish, and serve.

Average cost, 2s. Time required, 30 to 40 minutes. Seasonable October to February. Sufficient for 6 persons.

526. CÔTELETTES DE CABILLAUD À LA MILANAISE (CUTLETS OF COD, MILAN STYLE).

2 lbs. cod, middle-cut.	2 ozs. butter.	pepper.	salt.	2 ozs. Parmesan cheese.
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Cut the cod into slices $\frac{1}{2}$ inch thick, butter a fireproof dish, lay the cod cutlets on it, season them with pepper and salt, sprinkle thickly with the Parmesan cheese, and put the butter over them in little bits. Place in the oven, and cook until done. Serve the fish in the dish it was cooked in.

Average cost, 1s. 8d. Time required, $\frac{1}{2}$ hour. Seasonable all the year; best about December. Sufficient for 5 or 6 cutlets.

527. CABILLAUD À LA COLBERT.

1½ lbs. middle-cut cod.	2 ozs. butter.	1 lemon.	breadcrumbs.
maître d'hôtel butter (No. 180).	parsley.	1 egg.	flour.

Cut the cod in slices $\frac{1}{2}$ inch thick, dredge each cutlet with flour, dip in egg, and then in breadcrumbs. Melt the butter in a frying-pan, put in the cutlets, and fry a golden brown. They will take six or seven minutes to cook. Dish the cutlets on a hot dish, garnish them with maître d'hôtel butter, and put round the dish slices of lemon and sprigs of parsley.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable all the year, but best in autumn. Sufficient for 4 or 5 cutlets.

528. CABILLAUD À LA PORTUGAISE.

1½ lbs. cod.	½ pint tomato sauce (No. 77).	½ teaspoonful chopped	3 ozs. butter.
1 onion.	1 gill white wine.	parsley.	seasoning.

Cut the cod in slices $\frac{1}{2}$ inch thick. Melt the butter in a sauté-pan, chop the onion, and fry it in the butter a light colour. Put in the slices of cod, add the wine and sauce, the seasoning and parsley. Cover the sauté-pan, and cook gently for five minutes. Remove to the side of the fire, take off the lid, and reduce the liquor for ten minutes while the fish is cooking. Dish the cutlets, pour the sauce over, and serve.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

529. CABILLAUD À LA PROVENÇALE.

2 lb. middle cod.	1 oz. butter.	½ pint Bechamel sauce (No. 4).	1 dessertspoonful chopped onion.
1 gill white wine.	2 yolks of eggs.	2 teaspoonfuls anchovy essence.	seasoning.
2 gills fish stock.	lemon-juice.	1 teaspoonful chopped parsley.	bouquet garni.

Place the fish in a stewpan, add to it the wine and the fish stock, seasoning, onion, and the bouquet garni. Cook over the fire until the fish is done. Dish the fish, and keep hot. Take out the bouquet garni, reduce the liquor, add the sauce to it, cook together for ten minutes; then let the sauce cool a little, work in the yolks of the eggs. Cook over the fire, but do not boil again; then add the butter, anchovy, parsley, lemon-juice, and seasoning. Strain over the fish, and serve.

Average cost, 3s. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 to 6 persons.

530. CABILLAUD À L'ITALIENNE.

2 lbs. middle-cut cod.	1 glass claret.	salt and pepper.	chopped parsley.
3 gills Genoese sauce (No. 99).	2 ozs. butter.	12 mushrooms.	lemon-juice.

Cut the cod into slices $\frac{1}{2}$ inch thick, butter a baking-tin, place the fish on it, season with salt, pepper, and lemon-juice. Break up the butter, and put it on the slices of cod, add the claret, put in the oven, and cook the fish for about fifteen minutes. Baste whilst cooking. When the fish is done, take it up, drain, and dish it. Strain the liquor left in the pan into the sauce, pour it over the fish, garnish round with the cooked mushrooms arranged in groups, sprinkle with chopped parsley, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

SOLES

531. FILETS DE SOLES À LA MARIGNY (FILLETS OF SOLES, MARIGNY STYLE).

2 soles.		$\frac{1}{2}$ gill white wine.		1 gill tomato sauce (No. 77).		truffles.
$\frac{1}{2}$ gill fish stock.		$\frac{1}{2}$ gill shrimp sauce (No. 94).		1 oz. lobster butter (No. 179).		seasoning.

Fillet the soles, and fold each one in half. Put them on a buttered baking-sheet, pour over the wine and stock, season with pepper and salt, and cover with a buttered paper. Cook in the oven for about ten minutes. When cooked, dish them in a circle overlapping each other, pour the shrimp sauce over them—it must not be too liquid—and round the fish pour the tomato sauce in which the lobster butter has been dissolved. Put on each fillet some chopped truffles, and serve hot.

Average cost, 3s. Time required, $\frac{1}{2}$ hour. Seasonable at any time. Sufficient for 4 persons.

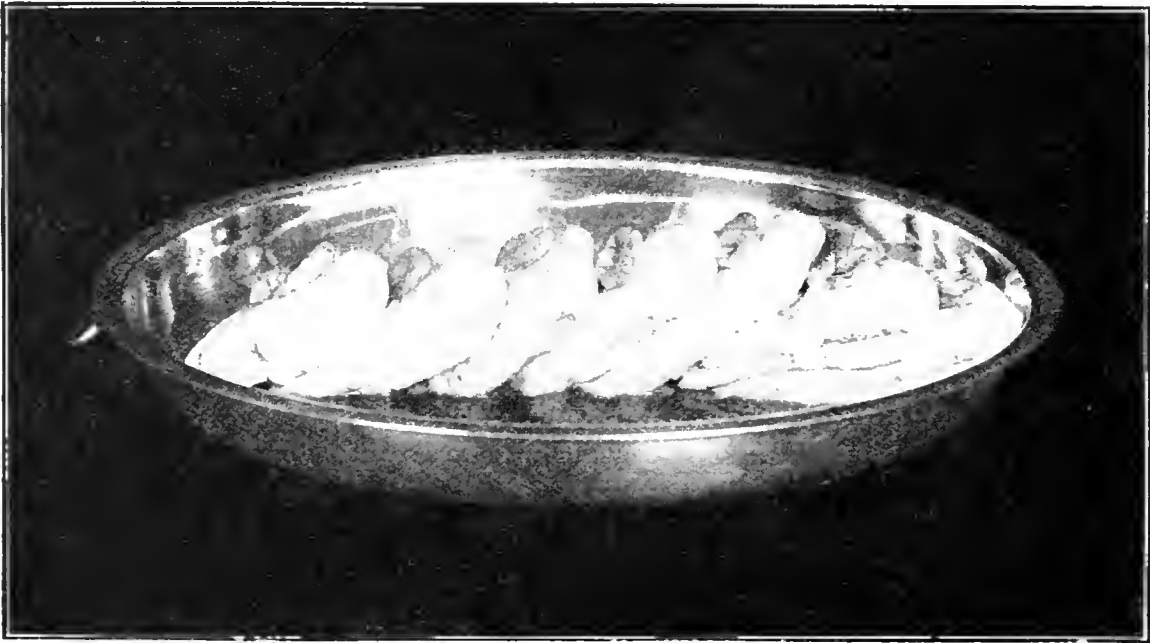


FIG. 7.—FILETS DE SOLES À LA LYONNAISE.

532. SOLE À LA LYONNAISE.

1 thick sole or lemon sole.		cayenne.		salt.		mashed potatoes.
Lyonnaise sauce (No. 106).		lemon-juice.		coral.		chopped parsley.

Fillet the sole, cut into pieces the shape of a kite, season the fish with salt, cayenne, and lemon-juice. Put them on a buttered tin, cover with buttered paper, and bake in the oven for ten minutes. Have ready some mashed potato, mounted on a dish. Take up the fish, dish it on the potato, and decorate it with chopped parsley and coral. Pour Lyonnaise sauce round, and serve.

Average cost, 1s. 6d. Time required, 20 minutes. In season all the year. Sufficient for 2 persons.

533. SOLE AU PARMESAN (SOLE WITH PARMESAN CHEESE).

1 thick sole.		pepper.		salt.		lemon-juice.
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FOR SAUCE.

1 oz. butter.		$\frac{1}{2}$ oz. flour.		$1\frac{1}{2}$ gills milk.		1 oz. Parmesan cheese.		cayenne.		salt.
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Skin the sole, and trim the fins. Grease a baking-sheet with butter, lay the sole on it, season with pepper, salt, and lemon-juice ; cover with a buttered paper, and cook in the oven for ten minutes. While the sole is cooking, make the sauce.

Melt the butter in a saucepan, mix in the flour, add the milk, and stir until it boils. Let it cook for a few minutes, then add the cheese grated, cayenne, and salt. Pour this sauce over the sole after it has been placed on a hot dish, sprinkle with grated cheese, and put in the oven to brown. Serve at once very hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 2 persons.

534. SOLE À LA NORMANDE.

1 sole. | 1 gill white wine. | seasoning.

FOR GARNISH.

oysters. | Normande sauce (No. 113). | button mushrooms.
mussels. | fried croûtons of bread. | truffles.

Skin the sole, and trim it. Put it into a buttered tin, season with pepper and salt, and add the wine. Cover with a buttered paper, and put in the oven for ten to twenty minutes, according to the size of the sole. Prepare the garnish, and warm it in some of the sauce. When the sole is cooked, put it on a hot dish, pour the sauce over, and garnish tastefully with the prepared garnish and the croûtons of fried bread.

Average cost, 2s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable September to April. Sufficient for 2 persons.

535. FILETS DE SOLE À LA BLANCHAILLE (FILLETS OF SOLE AS WHITEBAIT).

1 sole. | flour. | salt. | cayenne. | fried parsley.

Fillet the sole, cut the fillets in fine strips the size of whitebait, dip them in flour so that they are well covered, place on a coarse wire sieve, and shake well to remove all the loose flour. Put the strips of fish into a frying-basket, and as soon as the frying-fat is smoking hot, plunge the basket into it, and cook for three or four minutes until the fish is a nice golden colour. Take up, turn the fish on to paper to drain, then dish up in a pile on a dish, paper, or napkin. Sprinkle on them some salt and cayenne, and garnish the dish with fried parsley. Serve hot.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable at all times. Sufficient for 2 or 3 persons.

536. FILETS DE SOLES FARCIS AUX CREVETTES (FILLETS OF SOLES STUFFED WITH SHRIMPS).

1 sole. | $1\frac{1}{2}$ ozs. butter. | 1 gill chopped shrimps. | spawn.
lemon-juice. | $\frac{3}{4}$ oz. flour. | tomato sauce (No. 77). | breadcrumbs.
 $\frac{1}{2}$ gill white wine. | 1 gill fish stock. | 1 egg. | cayenne.

Fillet the sole, and cut each fillet in half. Season them with salt, pepper, and lemon-juice. Melt 1 oz. of butter in a saucepan, mix in the flour, add the stock, and stir until it boils. Add the spawn, cayenne, and yolk of egg; strain, and mix in the chopped shrimps. Put a thick layer of this mixture over the fillets. roll them up, put on a baking-sheet with the remainder of the butter and the wine, cook in the oven with a buttered paper over for ten minutes. Take up the fish, drain them, and let them get cold. Beat the white of the egg a little on a plate, flour the rolls of fish, dip them in the egg, then crumb them. Repeat this, fry a golden brown in a very hot fat, dish up in a pile on a hot dish, and garnish with fried parsley. Tomato sauce is served separately with this dish; also the liquor from the fish should be strained into the sauce.

Average cost, 2s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

537. FILETS DE SOLES À L'ÉPICURE (FILLETS OF SOLE WITH EPICUREAN SAUCE).

1 large sole.	1 wineglass white wine.	whiting forcemeat	2 tomatoes.	2 potatoes (raw).
1 oz. butter.	12 mushrooms.	(No. 200).	4 prawns.	Epicurean sauce.

Fillet the sole, season the fillets with pepper and salt, spread a layer of forcemeat over each, fold in half, and put them on a baking-tin with the butter and the wine. Cover with a buttered paper, and cook in a moderate oven for fifteen minutes. Take them up, drain, and dish on a roll of mashed potato, and keep hot. Prepare the garnish. Peel the mushrooms, and cook them in butter; cut the tomatoes in slices, and cook a little in the oven on a buttered tin; cut the potatoes in cubes, and fry them a golden brown in hot fat. When ready to serve, place a fine picked prawn on each fillet, and garnish the dish on each side of the fish with the prepared garnishes. (See coloured plate.) Send the sauce up to table separately.

Average cost, 2s. 6d. Time required, $\frac{1}{2}$ hour. In season all the year. Sufficient for 2 or 3 persons.

538. SAUCE À L'ÉPICURE (EPICUREAN SAUCE).

$\frac{1}{2}$ pint white fish sauce (No. 88).	1 shallot.	cayenne.	1 teaspoonful chopped tarragon.
1 oz. crayfish butter (No. 186).	$\frac{1}{2}$ gill white wine.	truffle.	chervil, and parsley.

Chop the shallot and truffle, put them into a saucepan with the wine, and reduce to half the quantity; then dilute with the sauce, stir, and mix well. Bring to the boil, and simmer gently for ten minutes. Season to taste with cayenne, add the chopped herbs, and lastly the crayfish butter. Use as directed.

539. FILETS DE SOLES À LA PRINCESSE.

2 soles.	bouquet garni.	1 gill sauterne.	picked shrimps.
1 onion.	2 ozs. bacon.	Béarnaise sauce	truffle.
1 carrot.	2 ozs. butter.	(No. 7).	fleurons.

Fillet the soles, slice the onion and carrot, and cut up the bacon into dice. Put the butter on to a baking-tin, make a bed of the vegetables and bacon, dilute with the wine, fold each fillet in half, and lay them on the vegetables, bacon, and herbs. Poach them in the oven for about ten minutes. Take them up, drain, and dress them down the centre of a hot dish. Garnish with picked shrimps and chopped truffle. Cover the fillets completely with the sauce, garnish the dish with the fleurons, and serve very hot. The bones of the soles should be used for making stock, and the sauce made with it.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 to 6 persons.

540. TIMBALE DE FILETS DE SOLES À LA BECHAMEL (TIMBALE OF FILLETS OF SOLES WITH BECHAMEL SAUCE).

3 soles.	$\frac{1}{2}$ lb. whiting forcemeat.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	truffle.
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Fillet the soles, flatten them with a knife dipped in cold water, trim them straight on each side, and season with pepper and salt. Well butter a medium-sized timbale mould, lay the fillets slanting in the mould, with the tail-ends meeting in the centre, the other ends extending over the edge. Fill the hollow part with the forcemeat, and turn the ends of the fillets over, so as to cover the forcemeat. Place the mould on a baking-tin containing boiling water, cover the shape with buttered paper, and steam it in a moderate oven for about thirty minutes. When ready to serve, turn out the mould, sprinkle some chopped truffle in the centre of the top, and pour the sauce round. The remainder of the sauce can be sent to table separately.

Average cost, 3s. Time required, 1 hour. Seasonable at any time. Sufficient for 6 persons.

Filets de Soles à l'Épique.



541. TURBAN DE FILETS DE SOLES ET SAUMON À LA CARDINAL (CROWN OF FILLETS OF SOLES AND SALMON WITH CARDINAL SAUCE).

6 fillets of soles. | 6 slices of salmon. | $\frac{1}{2}$ lb. lobster forcemeat. | $\frac{1}{2}$ pint Cardinal sauce (No. 90).

FOR GARNISH.

shrimps' tails. | mushrooms. | truffles. | a little chopped parsley.

Arrange the fillets of soles in a border mould in the same manner as in the preceding recipe, but alternating the fillets of sole with the slices of salmon, which should be the same size as the fillets. Fill up the hollow space with lobster forcemeat, cover the mould with a piece of buttered paper, and steam in the oven for about thirty minutes. When cooked, turn out, pour the sauce round the base of the dish, and put the garnish warmed in some of the sauce in the centre. Put a pinch of chopped parsley in the centre of the garnish.

Average cost, 4s. Time required, 1 hour. Seasonable March to August. Sufficient for 5 or 6 persons.

542. TURBAN DE FILETS DE SOLES AU RISOTTO.

3 soles. | $\frac{1}{2}$ pint Mornay sauce (No. 110). | grated Parmesan cheese. | risotto.

Prepare the mould as in previous recipes by lining it with the fillets of soles, fill the centre with risotto, steam in the oven. When cooked, pour over it Mornay sauce, sprinkle with cheese, and brown in the oven. Serve at once very hot.

Average cost, 3s. Time required, 1 hour. In season all the year. Sufficient for 4 or 5 persons.

543. RISOTTO.

3 ozs. rice. | 1 pint of fish stock (No. 316). | $\frac{1}{2}$ gill tomato sauce (No. 77). | salt.
2 ozs. butter. | 1 small onion. | 1 oz. grated Parmesan cheese. | pepper.

Melt the butter in a saucepan ; when hot, fry the chopped onion without browning. Add the rice, and fry a little. Stir in the stock, and cook until the stock has become absorbed and the rice is tender ; then add the tomato purée, salt, and pepper. Cook for a few minutes longer, then mix in the cheese. Stir all well together, and use as directed.

N.B.—If risotto is required for any dish besides fish, ordinary stock would be used instead of the fish stock.

544. PAUPIETTES DE SOLES EN RAMEQUINS (ROLLS OF FILLETS OF SOLES IN CASES).

2 soles. | whiting forcemeat (No. 200). | chopped truffles. | lemon-juice. | pepper.
butter. | 8 small china ramequin cases. | shrimp sauce (No. 94). | 1 gill fish stock. | salt.

Fillet the soles, mix the chopped truffles with the forcemeat, season the fillets with salt, pepper, and lemon-juice. Put on each a layer of the forcemeat, roll up the fillets, and put them on to a buttered baking-tin. Season again, add the stock, and cover with a buttered paper. Cook in the oven for about ten minutes. Butter the china cases, put a little of the sauce at the bottom of each ; then place a paupiette on the top of it, pour some sauce over, and garnish each with a slice of truffle. Dish up, and ornament the dish with sprigs of parsley.

Average cost, 3s. 3d. Time required, 30 minutes. Seasonable at any time. Sufficient for 8 persons.

545. SOLES AU VIN BLANC.

2 soles. | 1 glass white wine. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | $\frac{1}{2}$ lemon. | $\frac{1}{2}$ gill fish stock.
2 shallots. | 8 preserved mushrooms. | a little chopped parsley. | 1 oz. butter. | seasoning.

Fillet the soles, and trim them ; put on to a buttered tin ; chop the shallots and sprinkle over them ; season with salt, pepper, and lemon-juice ; add the wine and stock, cover with buttered paper, and cook for ten minutes in the oven. When cooked, dish them on a hot dish, and keep hot. Warm up the Bechamel sauce.

strain into it the liquor from the fish, reduce to a good consistency, and season to taste with salt, pepper, and lemon-juice. Strain over the fish, place a mushroom-head on each fillet, and a pinch of chopped parsley. Serve hot.

Average cost, 2s. 6d. Time required, 25 minutes. Seasonable at all times. Sufficient for 4 persons.

546. FILETS DE SOLES À LA GRAND-DUC.

2 soles.	$\frac{1}{2}$ gill white wine.	truffles (8 slices).	seasoning.	asparagus tips.
8 prawns.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	Parmesan cheese.	butter.	lemon-juice.

Fillet the soles, trim them, and fold each in half. Put them on a buttered tin, season with salt, pepper, and lemon-juice. Add the wine, cover with a buttered paper, and cook in the oven for ten minutes. When cooked, dish the fish in a circle on a hot dish, put on each fillet a slice of truffle and a picked prawn. Pour the Mornay sauce over, sprinkle with cheese and a little melted butter. Put the dish into a hot oven to brown. When ready to serve, fill the centre of the circle with cooked asparagus-tips. Serve hot.

Average cost, 4s. Time required, 30 minutes. Seasonable March to July. Sufficient for 4 persons.

547. FILETS DE SOLES À LA JOINVILLE.

2 soles.	$\frac{1}{2}$ pint shrimp sauce (No. 94).	2 truffles.	lemon-juice.
6 mushrooms.	1 tablespoonful picked shrimps.	seasoning.	chopped parsley.

Fillet the soles, fold each fillet in half, put them on a buttered baking-sheet, season with pepper, salt, and lemon-juice. Cover with a buttered paper, and cook in a moderate oven for ten minutes. Take up and dress the fish on a hot dish in a circle, sauce over with the shrimp sauce, and keep hot. While the fish is cooking, the garnish should be prepared. Cut the mushrooms, truffles, and shrimps into dice; toss them in butter, and put them in the centre of the fish. Serve hot.

Average cost, 4s. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

548. SOLES À LA PORTUGAISE.

1 sole.	1 glass of white wine.	$\frac{1}{2}$ pint white wine sauce	6 mushrooms.	2 ozs. butter.
2 tomatoes.	$\frac{1}{2}$ gill fish stock (No. 316).	(No. 119).	chopped parsley.	seasoning.

Place the sole on a baking-sheet, season it with pepper and salt, add the wine and stock, and steam in the oven for fifteen minutes. Drain and dish it; keep hot. Prepare the garnish while the fish is cooking. Peel the tomatoes, press out the seeds, chop coarsely, and cook in butter. Chop the mushrooms, and cook them also in butter. Mix these together. Coat the sole with the white wine sauce, and surround it with the garnish. Sprinkle with chopped parsley, and serve at once.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 2 persons.

549. SOLE À L'AURORE.

1 sole.	1 glass white wine.	3 yolks of eggs.	2 hard-boiled eggs.
1 shallot.	$\frac{1}{2}$ gill fish stock or mushroom juice.	$\frac{1}{2}$ lemon.	grated Parmesan cheese.
3 or 4 mushrooms.	$\frac{1}{2}$ gill white sauce (No. 88).	seasoning.	1 gill tomato sauce (No. 77).
chopped parsley.		2 ozs. butter.	1 teaspoonful anchovy essence.

Separate the top fillets of the sole from the spine, and break the latter in several places. Put 1 oz. of butter in a deep baking-tin, place the sole on it, season with salt, pepper, and lemon-juice. Add wine and stock, or a little mushroom liquor. Cover with a buttered paper, and cook in a moderate oven for about fifteen minutes. When sufficiently cooked, take up the sole, drain it, and remove the back-bone. While the sole is cooking, melt 1 oz. of butter in a stewpan, fry the chopped shallot, and mushrooms also chopped; mix in with them the parsley. Stuff the sole with this mixture. Heat the white sauce in a small stewpan, add the three raw yolks to it, cook a little without boiling; then stir in the juice of the lemon, the anchovy

essence, a little Parmesan cheese, and a pinch of cayenne. Stir all together until it thickens ; mask the sole with this. Rub the yolks of the hard-boiled eggs through a wire sieve, chop the whites finely, mix these together with a little grated cheese. Sprinkle this all over the fish, put it into the oven or under a salamander to brown. Pour some tomato sauce round the dish, and serve.

Average cost, 2s. 6d. Time required, 35 minutes. Seasonable at all times. Sufficient for 2 persons.

550. SOLE À LA FLORENTINE.

1 sole.	2 ozs. butter.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	salt.
1 lb. spinach.	grated cheese.	1 glass white wine.	pepper.

Put 1 oz. of butter on a baking-tin, place the sole on it, season with pepper and salt, add the wine, and cook in the oven for ten minutes. Melt the rest of the butter in a saucepan, put in the cooked spinach, season nicely, and rub through a sieve. Spread this all over the sole, cover with Mornay sauce, and sprinkle with grated Parmesan cheese. Put it again into the oven to brown. Send to table very hot.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable all the year. Sufficient for 2 persons.

551. SOLE MEUNIÈRE À L'ORANGE.

1 sole.	4 ozs. butter.	pepper.	salt.	a little flour.	2 oranges.
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Melt 2 ozs. of butter in a frying-pan, and make it very hot. Dredge the sole lightly with flour, season it with pepper and salt, and fry in the butter a golden brown on both sides. Lift it, when cooked, on to a hot dish, and garnish with peeled slices of orange, taking care to remove from them all the white pith and the pips. Melt the remaining 2 ozs. of butter, cook it until it is a nut-brown colour ; then pour it over the fish, garnish, and serve at once.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable November to June. Sufficient for 2 persons.

552. PETITS BATEAUX DE SOLES AUX ÉCRIVISSES (LITTLE BOAT-SHAPES WITH SOLES AND PRAWNS).

2 soles.	4 potatoes.	1 glass white wine.	1 croûte of fried bread.	$\frac{1}{2}$ gill cream.	salt.
1 lemon.	18 prawns.	1 gill shrimp sauce.	$\frac{1}{2}$ pint sauce Bercy (No. 553).	1 oz. butter.	pepper.

Fillet the soles, roll each fillet round a piece of raw potato well buttered, place them on a buttered baking-tin, season with pepper, salt, and lemon-juice. Add the wine, cover with buttered paper, and steam in the oven for about ten minutes. Wash the potatoes, dry them, and bake in the oven. Warm up the sauce, add the cream to it, and ten of the prawns chopped. When the potatoes are sufficiently cooked, cut them in halves. Scoop out some of the pulp, and put a little of the prawn mixture in each potato-case (the potatoes should be oval in shape). Take the pieces of potato out of the fillets, and fill with the same mixture ; then place them in the baked potatoes, place a picked prawn-tail in the top of each fillet, fill round the fish with the prawn mixture. Reheat, and dish them round an ornamental croûte of bread. Garnish with parsley and cut lemon. Serve with sauce Bercy separately. (See coloured plate.)

553. SAUCE BÉRCY.

2 chopped shallots.	1 gill velouté sauce (No. 82).	2 ozs. butter.	1 teaspoonful glaze.
1 gill white wine.	1 gill fish stock.	juice of $\frac{1}{4}$ lemon.	chopped parsley.

Melt $\frac{1}{2}$ oz. of butter in a stewpan ; when hot, put in the chopped shallots, and blend a little ; then add the wine and fish stock, reduce until only a third of the quantity is left ; then add the velouté sauce and the meat glaze. Let the sauce

boil gently for ten minutes. Mix together the remainder of butter with some chopped parsley and the lemon-juice ; add this to the sauce by degrees off the fire. Serve as directed.

Average cost of entrée and sauce, 4s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

554. FILETS DE SOLES À LA MAINTENON.

2 soles.	seasoning.	8 whiting quenelles (Nos. 200 and 324).	1 gill fish stock.
1 glass wine.	8 oysters.	$\frac{1}{2}$ pint anchovy sauce (No. 85).	2 ozs. butter.

Fillet the soles, put them on a buttered baking-tin, pour over the fish stock and wine, season with salt and pepper, cover with a buttered paper, and cook in a moderate oven for ten minutes. Drain the fillets, and dish them on a low border of mashed potato in a circle. Reduce the liquor of the fish, and strain it into the anchovy sauce. Beard the oysters, toss them in butter over the fire for a few minutes, and add the quenelles to them. Sauce over the fish, and put the garnish in the centre.

Average cost, 4s. Time required, 30 minutes. Seasonable September to April. Sufficient for 4 persons.

555. FILETS DE SOLES À LA TURENNE.

2 soles.	lemon-juice.	Duchess potatoes.	pepper.
1 glass white wine.	butter.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	salt.

Fillet the soles, put them on a buttered baking-tin, season with salt, pepper, and lemon-juice. Add the wine, and cover with a buttered paper. Cook in the oven for ten minutes. Make a pretty border round a dish with Duchess potatoes, brush it over with the yolk of an egg, and place it in the oven to brown. Dish the fillets in the centre of the potato border overlapping each other, cover the fish carefully with Mornay sauce, sprinkle with grated Parmesan cheese and melted butter, and put it for a few minutes in a brisk oven or under a salamander to brown the surface. Serve at once.

556. DUCHESS POTATOES.

1 lb. cooked potatoes. | 1 oz. butter. | 1 yolk of egg. | a little cream. | salt. | pepper.

Rub the potatoes through a fine sieve, melt the butter in a saucepan, stir in the potato, add the egg, cream, and seasoning. Mix all well together, then turn on to a plate to cool, and use as directed. The above border is best made with a bag and forcing-pipe.

Average cost, 2s. 6d. Time required, $\frac{3}{4}$ hour. Seasonable at all times. Sufficient for 4 persons.

557. FILETS DE SOLES À LA VERNON.

2 soles.	savoury rice.	seasoning.	$\frac{1}{2}$ gill white wine.
$\frac{1}{2}$ gill fish stock.	$\frac{1}{2}$ pint shrimp sauce (No. 94).	12 oysters.	butter.

Fillet the soles, season them, fold in half, and place on a buttered tin. Add the stock and wine, cover with a buttered paper, and cook in the oven for ten minutes. Take up, and drain. Boil some rice in stock, make a border with it on a hot dish, dress the fillets on it, pour the sauce over, and fill the centre with fried oysters.

Average cost, 4s. Time required, 40 minutes. Seasonable September to April. Sufficient for 8 persons.

558. FILETS DE SOLES À LA VOISIN.

2 soles.	$\frac{1}{2}$ gill fish stock.	Duchess potatoes (No. 556).	grated cheese.
butter.	$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	seasoning.

FOR GARNISH.

sliced lobster. | mushrooms. | truffles.

Fillet the soles, fold them in half, put on a buttered baking-tin, season, add the stock and wine, cover with buttered paper, and cook in the oven for ten minutes. Make a border on a dish with the potato, egg over, and glaze in the oven. Dish

the fish round the inside of the border, garnish with the lobster, mushrooms, and truffles; cover with Mornay sauce, sprinkle with cheese, and bake in a sharp oven.

Average cost, 3s. Time required, 30 minutes. In season all the year. Sufficient for 5 or 6 persons.

559. SOLE À LA MOSCOVITE.

1 sole.	1 glass white wine.	lobster coral.	1 oz. caviare.
truffles.	$\frac{1}{2}$ pint white wine sauce	chopped parsley.	pepper.
butter.	(No. 119).	3 ozs. puff paste.	salt.

Butter a baking-tin, place the sole on it, season with pepper and salt, and add the wine. Cook in the oven for fifteen minutes. Drain the sole, and place on a hot dish. Strain the liquor into the sauce, and reduce to a good consistency. Mask the sole with this. Decorate it with chopped truffles, lobster coral rubbed through a sieve, and chopped parsley, all sprinkled on the fish. Cut the puff-paste into crescents, and bake; then cover them with caviare. Garnish the dish with these, place in the oven for two minutes, and serve very hot.

Average cost, 3s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 2 or 3 persons.

560. FILETS DE SOLES À LA PARISIENNE (FILLETTS OF SOLE, PARISIENNE STYLE).

2 soles.	1 oz. butter.	$\frac{1}{2}$ pint white wine sauce (No. 119).	8 prawns.
1 glass white wine.	seasoning.	12 preserved mushrooms.	truffles.

Lift the fillets of the soles, butter a baking-tin, fold the fillets in half, place them on the tin, pour the wine over, season with pepper and salt, and cook them in the oven for ten minutes. Drain the fish, strain the liquor into a stewpan, reduce well, and add to it the white-wine sauce. Make it very hot, and then pour over the fish. Warm the mushrooms, prawns, and truffles—the latter cut in slices—in a little thin sauce. Place this garnish in the centre of the fish, and serve.

Average cost, 3s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

561. FILETS DE SOLES À LA RICHE.

2 soles.	$\frac{1}{4}$ lb. whiting forcemeat (No. 200).	seasoning.
1 gill fish stock.	shrimp sauce (No. 94).	truffle.

Fillet the soles, season them, and spread over each fillet a layer of the whiting forcemeat. Fold over in half, place them on a buttered baking-tin, season, add the fish stock (which should be made from the bones of the whiting), cover with a buttered paper, and cook in the oven for ten to fifteen minutes. Drain the fish, and dish the fillets overlapping each other. Make the sauce, and add to it some chopped truffle. Pour it over the fillets, and garnish with a slice of truffle on each fillet.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 6 persons.

562. FILETS DE SOLES À LA COLBERT.

2 soles.	$\frac{1}{2}$ pint Hollandaise sauce	$\frac{1}{2}$ gill white wine.	brown breadcrumbs.	salt.
butter.	(No. 101).	lemon-juice.	maître d'hôtel butter.	pepper.

Fillet the soles, sprinkle them with salt and pepper, roll each fillet round the finger, place these on a buttered baking-sheet, season with salt and lemon-juice, and add the wine to them. Cover with a buttered paper, and cook in a moderate oven for ten minutes. Have ready some brown breadcrumbs. As soon as the fish is cooked, toss each rolled fillet in the crumbs. This must be done at once, or the crumbs will not stick. Dish in a circle on a hot dish, pour the sauce round, and put a pat of maître d'hôtel butter on the top of each roll, and serve at once.

Average cost, 2s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable at all times. Sufficient for 4 persons.

563. SOLE À LA MAÎTRE D'HÔTEL.

1 sole.	1 gill milk.	lemon-juice.	1 teaspoonful chopped
1 oz. butter.	$\frac{1}{2}$ gill cream.	1 shallot.	parsley.
$\frac{3}{4}$ oz. flour.	1 gill water.	$\frac{1}{2}$ bay-leaf.	

Fillet the sole, break up the bones, and put them into a saucepan with the milk and water, shallot, and bay-leaf. Bring this to the boil, and simmer gently for twenty minutes; then strain and cool. Fold the fillets in half, place them on a buttered tin, season with salt and lemon-juice, cover with greased paper, and cook in a moderate oven for about ten minutes. Now proceed to make the sauce. Melt 1 oz. of butter in a small stewpan, mix in the flour, add the fish stock, and stir until it boils. Simmer for ten minutes, draw the saucepan off the fire, let it cool a minute; then add the cream, lemon-juice, pepper and salt, and the chopped parsley. Make thoroughly hot, but do not boil again. Arrange the fillets in a circle on a hot dish, pour the sauce over, garnish with a pinch of parsley in the centre of each fillet, and serve at once.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 2 persons.

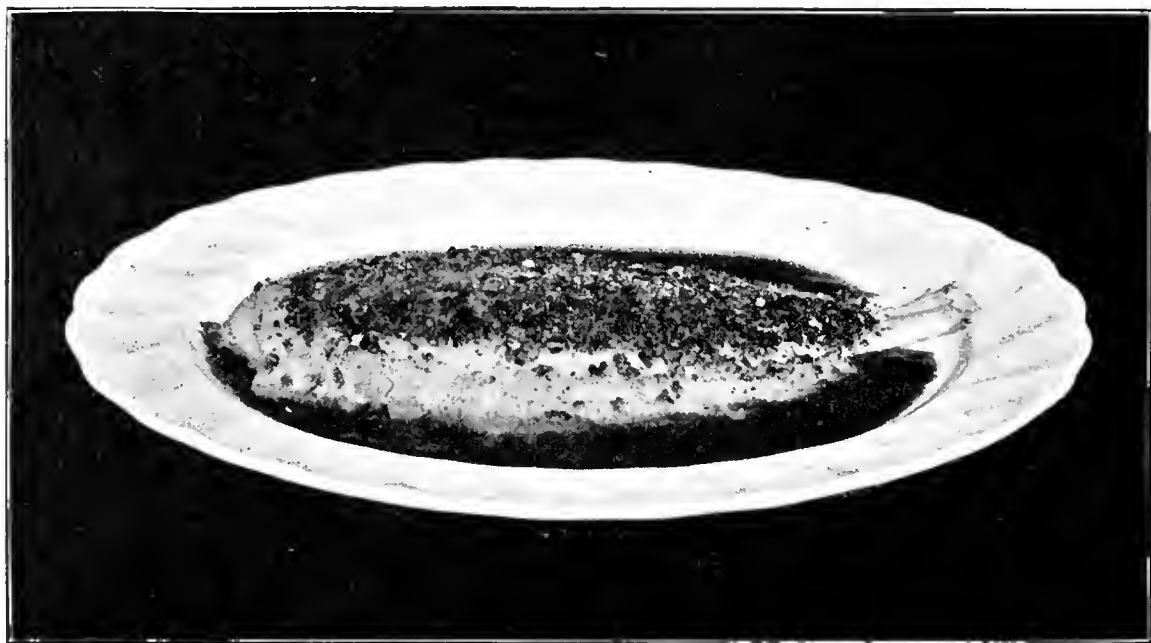


FIG. 8.—SOLE AU GRATIN.

564. SOLE AU GRATIN.

1 sole.	$\frac{1}{2}$ gill piquante sauce	2 teaspoonfuls chopped	1 oz. butter.
1 shallot.	(No. 59).	parsley.	pepper.
lemon-juice.	6 mushrooms.	brown breadcrumbs.	salt.

Skin and trim the sole, cut it down the back-bone, and loosen the top fillets without separating them entirely from the bone. Chop the shallot and mushrooms, mix them together with the parsley. Butter a fire-proof or gratin dish, sprinkle over some of the mixed herbs, lay the sole on this, put the remainder of the parsley, etc., over the fish; sprinkle with salt and pepper, and a squeeze of lemon-juice. Cover with brown breadcrumbs, put the butter in little bits here and there on the sole. Place the dish in a moderate oven, and bake for about fifteen minutes. Remove the fish from the oven, pour the sauce round, and serve.

Average cost, 1s. 10d. Time required, 25 minutes. Seasonable at all times. Sufficient for 2 persons.

565. FILETS DE SOLES À LA ROUENNAISE.

2 soles.	2 ozs. butter.	$\frac{1}{2}$ gill water.	$\frac{1}{2}$ gill cream.	seasoning.
1 lobster.	1 truffle.	$\frac{1}{2}$ pint Cardinal sauce (No. 90).	$\frac{3}{4}$ oz. flour.	lemon-juice.

Fillet the soles, split the lobster, crack the claws, take out the meat, and chop it finely. Wash the coral of the lobster, put it into a mortar with 1 oz. of butter, and pound well together; then rub it through a wire sieve. Melt 1 oz. of butter in a stewpan, add the flour, then the water, and boil well. Put in the coral butter and the lobster, mix well, season to taste, and add the cream. Stir all together, and turn on to a plate to cool. Lay the fillets on a board, season them with pepper, salt, and lemon-juice. Put a layer of the lobster mixture over each fillet, and fold in halves. Arrange them on a buttered baking-sheet, pour over a little fish stock made from the bones of the soles, place in a moderate oven, and cook for ten minutes. When cooked, dish in a circle or down the centre of the dish, place a slice of truffle on the top of each, pour the sauce round, and serve.

Average cost, 4s. 6d. Time required, 45 minutes. Seasonable March to October. Sufficient for 4 persons.



FIG. 9.—FILETS DE SOLES À LA ROUENNAISE.

566. SOLE À LA BOHEMIENNE.

2 soles.	1 gill white wine.	1 oz. butter.	$\frac{1}{2}$ oz. flour.	lobster coral.	cayenne.
1 truffle.	$\frac{1}{4}$ pint fish stock.	$\frac{1}{2}$ gill cream.	lemon-juice.	chopped parsley.	salt.

Fillet the soles, and fold each fillet in half. Place them on a greased tin, season with pepper, salt, and lemon-juice. Add the wine, cover with a buttered paper, and cook in a moderate oven for ten minutes. Melt the butter in a saucepan, mix in the flour, add the fish stock (made from the bones of the soles), stir until it boils, cook well; then add seasoning, cream, and lemon-juice. Strain in the liquor from the soles. Dish the fillets on a hot dish, pour the sauce over, and decorate the fillets alternately with chopped truffle, coral, and parsley. It is then ready to serve.

Average cost, 3s. Time required, 25 minutes. Seasonable all the year. Sufficient for 4 persons.

567. PAUPIETTES DE SOLES À LA CONDÉ.

2 soles.	butter.	whiting forcemeat (No. 200).	lemon-juice.	salt.
1 truffle.	fish stock.	$\frac{1}{2}$ pint prawn sauce.	1 glass white wine.	pepper.

Fillet the soles, lay them out flat on a board, season with salt, pepper, and lemon-juice. Put over them a layer of the whiting forcemeat nicely seasoned, and

mixed with a little cream. Roll them up, put on a buttered baking-sheet, season with salt and a squeeze of lemon-juice, add to them the wine and some fish stock made from the bones of the soles and whiting, cover with a buttered paper, and put into the oven for fifteen minutes. In the meanwhile prepare the sauce, and butter lightly some small china soufflé moulds. When the fish is cooked, dress the fillets in the china cases, one in each. Strain the liquor from the fish into the sauce, make very hot, and pour over the paupiettes. Garnish each with a slice of truffle which has been ready heated in a little white wine. The dish is now ready to serve.

Average cost, 3s. 9d. Time required, $\frac{3}{4}$ hour. Seasonable at all times. Sufficient for 4 persons.

568. PAUPIETTES DE SOLES À LA MORNAY.

2 soles.	4 baked potatoes.	$\frac{1}{4}$ lb. whiting forcemeat (No. 200).	lemon-juice.	salt.
butter.	Parmesan cheese.	3 gills Mornay sauce (No. 110).	fish stock.	pepper.

Fillet the soles, lay them out flat, season with salt, pepper, and lemon-juice. Put over them a layer of whiting forcemeat, roll up, and put on a buttered baking-sheet. Season again, and pour the stock into the pan. Cover with a buttered paper, and put them into the oven for ten minutes. Cut the potatoes in half lengthways, scoop out the pulp, and pass it through a fine sieve. Mix this purée with double the amount of Mornay sauce, put a paupiette in each half-potato, pour the sauce mixed with the potato over the soles, sprinkle over some grated Parmesan cheese and melted butter, and bake in a hot oven till brown. Dish up, and serve.

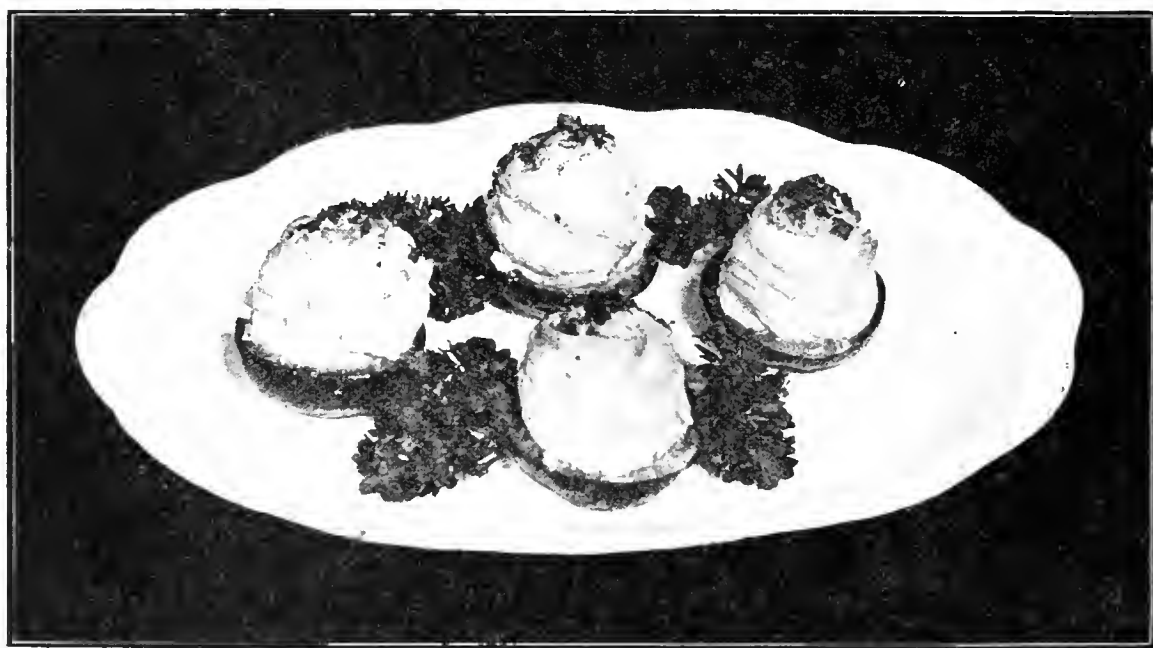


FIG. 10.—PAUPIETTES DE SOLES AUX TOMATES.

569. PAUPIETTES DE FILETS DE SOLES AUX TOMATES (ROLLS OF FILLETS OF SOLES WITH TOMATOES).

2 soles.	$\frac{1}{4}$ lb. whiting forcemeat (No. 200).	$\frac{1}{2}$ pint white wine sauce (No. 119).	fish stock.	salt.
8 oysters.	4 large tomatoes.		lemon-juice.	cayenne.

Fillet the soles, season, and put over them a layer of fish forcemeat. Put on to a greased baking-sheet, pour over the fish stock, cover with a greased paper, and put it in the oven for ten minutes. Skin the tomatoes, cut them in halves, press out some of the pulp, season with pepper and salt, and when the soles are cooked, place a paupiette in each half-tomato. Sauce over the fillets carefully with the sauce, so that it does not run over the sides of the tomatoes. Garnish the top of each paupiette with a fried oyster. Put the dish in the oven to get quite hot, and serve.

Average cost, 3s. 9d. Time required, 20 minutes. In season September to March. Sufficient for 4 persons.

570. FILETS DE SOLES SOUFFLÉS.

2 soles.		1 gill fish stock.		2 yolks of eggs.	seasoning.
butter.		$\frac{1}{2}$ pint Mornay sauce (No. 110).		lemon-juice.	2 whites of eggs.

Fillet the soles, place on a buttered baking-tin, first seasoning them and folding them in halves. Add the fish stock, cover with buttered paper, and cook in the oven for about ten minutes. When cooked, strain the liquor the soles were cooked in into a small saucepan, and reduce. Add the Mornay sauce to it, make hot; then mix in the yolks of the eggs. Cook a little without boiling, beat the whites of the eggs to a stiff froth, stir it lightly. Put the paupiettes in china cases, one in each case; cover over carefully with the sauce; bake them in a hot oven for five minutes. Dish up, and serve at once.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

571. FILETS DE SOLES À LA BÉARNAISE (FILLETS OF SOLES WITH BÉARNAISE SAUCE).

2 soles.		breadcrumbs.	$\frac{1}{2}$ pint Béarnaise sauce (No. 7).	2 ozs. butter.
1 egg.		8 mushrooms.	$\frac{1}{2}$ pint anchovy sauce (No. 85).	

Fillet the soles, season, and fold them in half. Dip in beaten egg, and toss in breadcrumbs. Melt the butter in a frying-pan, put in the fillets, and fry them a light brown. Coat the fillets of soles with Béarnaise sauce. Dish on a roll of mashed potato, either in a circle or straight down the centre of the dish. Pour the anchovy sauce round the base of the dish, and serve.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

572. FILETS DE SOLES À LA JEANNETTE.

2 soles.		$\frac{1}{2}$ pint velouté sauce (No. 82).		9 sauce oysters.	2 ozs. butter.
1 gill fish stock.		$\frac{1}{2}$ gill cream.		seasoning.	lemon-juice.

Fillet the soles, skin and trim them, fold each fillet in half, put on a buttered baking-sheet, season with pepper, salt, and a squeeze of lemon-juice. Cover with a buttered paper, and cook in a moderate oven for about ten minutes. Beard the oysters, put them with their own liquor into a small stewpan, just bring them to the boil, turn into a mortar, and pound; then rub through a sieve. Heat the velouté sauce, add to it the cream, and the cooking liquor from the soles, season to taste, stir in the purée of oysters, a squeeze of lemon-juice, and finish the sauce with 1 oz. of butter, added gradually. Dish the soles on a hot entrée dish, pour the sauce over, and serve.

Average cost, 4s. Time required, $\frac{1}{2}$ hour. Seasonable September to March. Sufficient for 4 to 8 persons.

573. FILETS DE SOLES À LA MONTPENSIER.

2 soles.	8 slices truffle.	3 gills Italian sauce (No. 41).	$\frac{1}{2}$ gill white wine.	1 truffle.
8 mushrooms.	breadcrumbs.	1 gill fish stock (No. 316).	$1\frac{1}{2}$ ozs. butter.	seasoning.

Fillet the soles, fold each fillet in half, season with salt, pepper, and lemon-juice. Place them on a buttered baking-tin, add the fish stock and the wine, cover with buttered paper, and cook in a moderate oven for ten to fifteen minutes. Drain the fish, and place it on a fire-proof dish in a circle. Place on each fillet a mushroom-head and a slice of truffle. Pour the sauce over the fish, sprinkle with breadcrumbs, place a few pats of butter here and there, and bake in a hot oven for five minutes. Serve in the dish it was baked in.

Average cost, 3s. 6d. Time required, 30 minutes. In season all the year. Sufficient for 4 persons.

574. FILETS DE SOLES À LA BÉRCY.

2 soles.	a few slices of carrot.	1½ gills velouté sauce (No. 82).	lemon-juice.	pepper.
4 shallots.	1 gill fish stock.	1 teaspoonful parsley.	2 ozs. butter.	salt.

Fillet the soles, fold each fillet in half, put them on a buttered baking-sheet with the sliced shallots and carrot, season with pepper, salt, and lemon-juice. Add the fish stock, cover with a greased paper, and cook in a moderate oven for ten minutes. When cooked, drain and dish the fillets. Reduce the fish stock, then add the sauce, mix in the remainder of the butter, season to taste with salt and lemon-juice, add the parsley, chopped, and pour this sauce over the fish, and serve.

Average cost, 3s. Time required, 25 minutes. Seasonable at any time. Sufficient for 4 persons.

575. PETITES TIMBALES DE SOLE À LA MODERNE (LITTLE TIMBALES OF SOLE, MODERN STYLE).

1 lb. mashed potatoes.	2 ozs. butter.	1 yolk of egg.	2 soles.	salt.
½ pint Mornay sauce (No. 110).	½ gill shrimps.	½ glass white wine.	lemon-juice.	pepper.

Boil the potatoes, strain, and dry them well. Rub through a wire sieve. Melt 1 oz. of butter in a saucepan, then stir in the potato, add the yolk of egg, and season to taste. Butter eight dariole or small timbale moulds, and line them with the potato mixture, leaving a hollow in the centre. Bake in a brisk oven a golden brown. When done, take out of the oven, and let cool a little; then turn the shapes out carefully, and put aside. Fillet the soles, chop the shrimps, mix a little white sauce with them, season to taste, and put a layer of this over one side of each fillet. Roll up, and put them on a baking-sheet with 1 oz. of butter. Pack them close together, so that they may keep in shape. Add the wine to them, a squeeze of lemon-juice, and a sprinkle of salt. Cover with a buttered paper, and place in a moderate oven for ten to fifteen minutes. When they are sufficiently cooked, place one fillet in each potato-case, coat them over carefully with Mornay sauce, sprinkle over a little grated Parmesan cheese and a few drops of melted butter, and place in a hot oven for a few minutes to get thoroughly hot, and to brown at the same time. Dish up the little shapes in a circle on a hot dish, and garnish with cut lemon and sprigs of parsley. Serve hot.

Average cost, 2s. 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 to 8 persons.

576. TIMBALE DE FILETS DE SOLES À LA CARDINAL (TIMBALE OF FILLETS OF SOLES WITH LOBSTER).

3 soles.	1 lobster (small).	1 oz. butter.	Cardinal sauce (No. 90).	2 eggs.
2 whittings.	½ gill cream.	1 oz. flour.	½ gill fish stock.	seasoning.

Bone the whittings, cut up the meat in small pieces, split the lobster down the back, crack the claws, take out the meat, and chop it small. Melt the butter in a saucepan, stir in the flour, add the stock (which should be made from the bones of the whiting), and boil until thick. Put this sauce into a mortar with the lobster and whiting meat, pound well, add the eggs one at a time, mix all together, season with salt and cayenne. Pass through a wire sieve, whip the cream slightly, and add it to the mixture. Well butter an oval timbale mould, fillet the soles, flatten them with a knife dipped in cold water, trim them straight on each side, and season with pepper and salt. Lay the fillets slanting in the greased mould, with the tail-ends meeting in the centre, the other ends extending over the edge. Fill the hollow part with the forcemeat, and turn the ends of the fillets over, so as to cover the forcemeat. Place the mould on a baking-tin containing boiling water, cover the timbale with a piece of buttered paper, and steam it in the oven for about thirty



Timbale de Filets de Soles à la Cardinal.

minutes. When ready to serve, turn out the mould, place a cooked mushroom-head in the centre of the top of the timbale, and put a few cooked prawns as garnish that have been made hot in hot water. Pour some Cardinal sauce round the base of the dish, and serve. (See coloured plate.)

Average cost, 5s. Time required, 1 hour. Seasonable February to September. Sufficient for 6 persons.

577. FILETS DE SOLES AUX CHAMPIGNONS (FILLETS OF SOLES WITH MUSHROOMS).

2 soles.	1 gill white wine.	1 gill velouté sauce (No. 82).	lemon-juice.
2 ozs. butter.	4 ozs. button mushrooms.		seasoning.

Fillet the soles, fold each fillet in half, butter a baking-tin, arrange the fillets on it, season them with salt and lemon-juice, add the wine, cover with a buttered paper, and cook in a moderate oven for ten to fifteen minutes. Melt 1 oz. of butter in a saucepan, cook the mushrooms, season them with pepper and salt. When the fish is cooked, strain the cooking liquor in the tin into the velouté sauce, reduce the sauce to the right consistency, work in 1 oz. of butter gradually. Dish the fish in a circle on a hot dish, pour the sauce over, and put the cooked mushrooms in the centre.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

578. SOLE BONNE FEMME.

1 sole.	6 mushrooms.	$\frac{1}{2}$ gill fish stock.
2 chopped shallots.	1 teaspoonful chopped parsley.	1 gill white fish sauce (No. 88).
seasoning.	$\frac{1}{2}$ gill white wine.	butter.

Take a fire-proof gratin dish, butter it well, and sprinkle over it the chopped shallots, chopped mushrooms, and parsley. Place the sole on these herbs, season with salt, pepper, and lemon-juice. Add the wine and fish stock. Place the dish in the oven, and cook gently, basting it occasionally. When the sole is cooked, strain the liquor in the dish into a small stewpan, reduce it to half the quantity, add to it the white fish sauce, stir until it boils; then add gradually 1 oz. of butter. Pour this sauce over the sole, and put it into a quick oven for a few minutes to glaze. Send to table at once.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 2 persons.

579. FILETS DE SOLES À LA PARMENTIER (FILLETS OF SOLES WITH POTATO).

2 soles.	1 lb. Duchess potatoes (No. 556).	1 yolk of egg.
1 gill white wine.	seasoning.	1 oz. Parmesan cheese.
lemon-juice.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	butter.

Skin the soles, fillet and trim them, fold each fillet in half, season with pepper, salt, and lemon-juice. Put them in a baking-tin with 1 oz. of butter, cover with a buttered paper, and cook in the oven for ten minutes. Put the Duchess potato into a forcing-bag fitted with a fancy pipe, put a border round a dish 1 to 2 inches high, brush over with yolk of egg, and put in the oven for a few minutes to colour. Pour some Mornay sauce inside the border—just enough to cover the bottom of the dish—lay the fillets on this, and cover with Mornay sauce, but do not let it run over the top of the border. Sprinkle the grated Parmesan cheese over, and some melted butter; put the dish in the oven to glaze. When ready, serve at once.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 to 6 persons.

580. FILETS DE SOLES À LA BERLINOISE (FILLETS OF SOLES, BERLIN STYLE).

2 soles. $\frac{1}{2}$ gill fish stock (No. 316). $\frac{1}{2}$ gill sherry. $\frac{1}{2}$ pint suprême sauce (No. 74). 1 dozen prawns.
 $\frac{1}{2}$ lemon. cooked potato. butter. 1 dozen preserved mushrooms. paprika pepper.

Remove the fillets from the soles, fold each in half, place on a buttered tin, season with salt and a squeeze of lemon-juice. Pour over them the $\frac{1}{2}$ gill of sherry and fish stock, cover with buttered paper, and cook in the oven for ten to fifteen minutes. Cut the mushrooms in slices, place in a saucepan with the prawns, picked and split in halves lengthways. Mix this with a little thin suprême sauce. Mash the potatoes, make a border of them on a hot dish, arrange the fillets on it, overlapping one another. Coat them with suprême sauce, which has been coloured a pale pink with paprika pepper. Garnish each fillet with a little chopped parsley, or truffle, and a prawn-head. Fill the centre cavity with the prawn and mushroom ragoût. Serve hot.

Average cost, 4s. 6d. Time required, 30 minutes. In season from April to August. Sufficient for 5 or 6 persons.

581. SOLES À LA MONTGOLFIER.

2 soles.	$\frac{1}{2}$ lb. whiting forcemeat	1 tablespoonful salad oil.	1 gill fish stock.
12 mushrooms.	(No. 200).	1 teaspoonful tarragon vinegar.	$\frac{1}{2}$ small onion chopped
2 truffles.	$\frac{1}{2}$ pint white wine sauce	1 teaspoonful malt vinegar.	pepper.
12 prawns.	(No. 119).	1 teaspoonful chopped parsley.	salt.

Mix the salad oil, tarragon, and malt vinegars together. Add to them the chopped parsley and onion, season with pepper and salt. Fillet the soles, put each fillet in the above mixture, and let them soak for about fifteen minutes; then take them out, drain, and wipe them. Lay them flat on a board, cover each fillet with a layer of whiting forcemeat, fold in half, put them on a buttered baking-sheet, season, and moisten with the fish stock. Cover with a buttered paper, and cook in a moderate oven for fifteen minutes. Warm up the white wine sauce, cook the mushroom-heads in a little butter, add to the picked prawns and the truffles, cut in slices, moisten with some of the sauce thinned down. When the fish is done, dish it in a circle on a hot dish, strain the liquor left in the pan into the sauce, pour over the fish, put the garnish in the centre, and serve.

Average cost, 4s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 to 6 persons.

582. FILETS DE SOLES À LA ROUEN (FILLETS OF SOLES, ROUEN STYLE).

2 soles.	oysters.	whiting forcemeat (No. 200).	$\frac{1}{2}$ gill sherry.
shrimps.	cooked potato.	$\frac{1}{2}$ gill fish stock.	seasoning.
mushrooms.	$\frac{1}{2}$ lemon.	$\frac{1}{2}$ pint sauce vin blanc (No. 119).	$\frac{1}{2}$ oz. butter.

Remove the fillets from the soles, fold each in half, and lay them on a buttered tin. Season with salt, sprinkle each with a few drops of lemon-juice. Pour over them the sherry and fish stock, cover with a piece of buttered paper, and poach in the oven for about ten minutes. Have ready the whiting forcemeat, make this into rather small quenelles (No. 324), place them in a sauté-pan with enough hot water to half-cover them, place a piece of buttered paper over, and cook very gently for ten minutes. Cook the mushrooms in the oven with a little butter. Drain the oysters, remove the beards, and fry in hot butter. Mash some cooked potato, make a bed of it on a hot dish, dress the fillets of sole on this, overlapping one another. Mask the fish with vin blanc sauce, surround the base of the fish with alternate groups of picked shrimps, mushrooms, and quenelles. Place a fried oyster on each fillet. Serve immediately.

Average cost, 4s. 6d. Time required, $\frac{3}{4}$ hour. In season from September to April. Sufficient for 5 or 6 persons.

583. PAUPIETTES DE SOLES À LA ST. MICHEL (ROLLED FILLETS OF SOLES, ST. MICHEL STYLE).

2 soles.	$\frac{1}{2}$ lemon.	$\frac{1}{2}$ gill white wine.
lobster meat.	cooked potatoes.	$\frac{1}{2}$ gill fish stock.
1 terrine of foie gras.	1 tablespoonful of cream.	suprême sauce (No. 74)

Fillet the soles, remove the truffle from the foie gras, and put aside for garnish. Pass the foie gras through a sieve, mix with it the tablespoonful of cream, spread a layer of this on the skin side of the fillets of sole. Roll up each fillet, and place on a buttered tin. Sprinkle with salt and lemon-juice, pour over them the wine and fish stock, cover with a piece of buttered paper, and cook in the oven for ten to fifteen minutes. Cut the lobster meat into neat pieces, warm up a little suprême sauce, which must not be too thick. Heat up the mashed potatoes, and make a circle of it on a hot dish. Take up the fillets, and arrange them on the potato border. Sauce over, and round with suprême sauce. Fill the centre with the lobster mixture, wash the truffle which was taken from the foie gras, cut it in slices, and lay one on each paupiette. Serve hot.

Average cost, 5s. 6d. Time required, 30 minutes. In season all the year. Sufficient for 6 or 7 persons.

584. SOLE MARINIÈRE.

1 sole.	1 gill white wine.	$\frac{1}{2}$ gill white sauce (No. 88).	2 egg-yolks.	lemon-juice.
1 shallot.	12 oysters.	$\frac{1}{2}$ teaspoonful chopped parsley.	2 ozs. butter.	seasoning.

Butter a baking-tin with 1 oz. of butter, chop the shallot, and sprinkle it over the butter. Lay the sole on this, season with pepper, salt, and lemon-juice. Add the wine and oyster liquor, poach in the oven for about fifteen minutes. When cooked, drain the sole, and dish it. Beard the oysters, and put them round the sole. Strain the liquor in which the sole was cooked into a small stewpan, boil, and reduce to half the quantity. Add to it the white sauce, stir over the fire until hot, remove from the fire, and mix in the egg-yolks. Return to the fire to cook the eggs, but do not let the sauce boil. Add the remaining 1 oz. of butter gradually. Pour the sauce over the sole and the garnish, put it into the oven for a few minutes before serving, sprinkle a little chopped parsley over, and serve.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable September to March. Sufficient for 2 persons.

585. FILETS DE SOLES À LA VICTOR (FILLETS OF SOLES, VICTOR STYLE).

2 soles.	parsley.	Cardinal sauce (No. 90).	truffle.	fish stock (No. 316).
$\frac{1}{2}$ lemon.	shrimps.	Vénitienne sauce (No. 120).	white wine.	mashed potato.

Fillet the soles, fold each fillet in half, place in a buttered tin, season with salt and a squeeze of lemon-juice. Pour over $\frac{1}{2}$ gill of white wine and 1 gill of fish stock. Cover with buttered paper, and cook in a moderate oven for ten to fifteen minutes. Have ready some mashed potato, bind it with a little milk or egg, make into a border on a hot dish. Take up the fish, and coat four of the fillets with Cardinal sauce, and four with Vénitienne sauce. Dish these up alternately on the border of potato. Decorate the Cardinal fillets with stars of truffle and a little chopped parsley, the Vénitienne fillets with stars of truffle and picked shrimps. Pour either Cardinal or Vénitienne sauce round the dish.

Average cost, 3s. Time required, 30 minutes. In season all the year. Sufficient for 5 or 6 persons.

586. FILETS DE SOLES À LA DIABLE (FILLETS OF SOLE WITH DEVILLED SAUCE).

2 soles.	1 egg.	breadcrumbs.	$\frac{1}{2}$ pint devilled sauce (No. 31).	flour.	seasoning.
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Lift the fillets from the soles, flatten and trim them, roll up each fillet, season with pepper and salt, dredge with flour, dip into beaten egg, and then

into breadcrumbs. Fry them a golden brown in very hot fat. Drain them on paper, and put each into a paper ramequin-case. Pour the sauce over, and serve.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

587. FILETS DE SOLES DANOISE (FILLETS OF SOLES WITH DANISH SAUCE).

2 soles.	seasoning.	$\frac{1}{2}$ pint sauce Danoise	1 gill fish stock.	12 oysters.
2 ozs. butter.	1 gill white wine.	(No. 93).	12 mushrooms.	lemon-juice.

Skin the soles, cut down the back, and lift the fillets. Turn them over, and remove the under fillets. Flatten and trim them, season with pepper and salt and lemon-juice, fold each fillet in half. Put 1 oz. of butter into a baking-tin, arrange the fillets on it, season again with salt, pepper, and lemon-juice. Pour in the wine and stock, cover with a buttered paper, and cook in the oven for about fifteen minutes. Peel and prepare the mushrooms, cook them in butter; beard the oysters, blanch them in their own liquor; add these to the mushrooms, mix together with a little thin sauce, and keep hot. When the fish is cooked, dish the fillets in a circle on a hot dish. Strain the cooking liquor in the pan into a small stewpan, reduce well, and add to the sauce. Pour the sauce over the fish, put the garnish in the centre, sprinkle with chopped parsley, and serve.

Average cost, 4s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

588. FILETS DE SOLES VERDI.

2 soles.	$\frac{1}{2}$ gill cream.	1 truffle.	Béarnaise sauce (No. 7).
1 gill fish stock.	2 ozs. Parmesan cheese.	2 ozs. butter.	anchovy sauce (No. 85).
4 ozs. macaroni.	6 prawns.	lemon-juice.	seasoning.

Fillet the soles, put 1 oz. of butter in a baking-tin, season the fillets with salt, pepper, and lemon-juice. Fold each one in half, and arrange them in the tin. Add the fish stock to them, season again, cover with a buttered paper, and cook in the oven for ten to fifteen minutes. Boil the macaroni in salted water, drain when done, and cut it into dice. Melt 1 oz. of butter in a stewpan, put into it the macaroni, add the grated cheese and the prawns cut in dice, stir over the fire until hot, add the cream and seasoning. When the fish is cooked, take them up, and coat with Béarnaise sauce carefully. Decorate each fillet with a star of truffle cut out with a fancy cutter. Dish the fillets in a circle on a hot dish, put the garnish in the centre, and pour anchovy sauce round.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

589. FILETS DE SOLES À LA PIÉMONTAISE.

2 soles.	$\frac{1}{2}$ gill white wine.	chopped parsley.
2 ozs. butter.	$\frac{1}{2}$ pint tomato sauce (No. 77).	8 florador croûtons.

Skin, fillet, and trim the soles. Fold each in half, season with salt, pepper, and lemon-juice. Put the butter in a baking-tin, arrange the fillets on it, add the wine, cover with a buttered paper, and cook in the oven for about ten minutes. When the fish is nearly done, take it up, dish it, and pour the sauce over. Return to the oven for a few minutes longer. Before sending to table, decorate with truffle on each fillet, and garnish the centre with small florador croûtons.

Average cost, 3s. Time required, $\frac{3}{4}$ hour. In season all the year. Sufficient for 4 persons.

590. TURBAN DE FILETS DE SOLES AUX CHAMPIGNONS (TURBAN OF FILLETS OF SOLES WITH MUSHROOMS).

3 soles.	1 oz. butter.	preserved mushrooms.	2 or 3 whittings.	$\frac{1}{2}$ gill cream.
2 eggs.	1 oz. flour.	Bechamel sauce (No. 4).	$\frac{1}{2}$ gill fish stock.	seasoning.

Fillet the soles, butter a border-mould, and arrange the fillets in this, so as to entirely line the mould with them. Season the fillets with salt and pepper. Remove the flesh from the whittings, and chop it finely. Melt the butter in a saucepan, stir in the flour, add the fish stock, and cook over the fire until very thick. Put this mixture into a mortar with the whiting meat and the eggs, season with pepper and salt, and pound well. Rub through a wire sieve, and then fill up the border-mould with it. Place the ends of the fillets of soles over the top, cover with buttered paper, and steam gently in the oven for about thirty minutes. Warm up the preserved mushrooms in a little butter, turn out the border on a hot dish, fill the centre with the mushrooms, and pour Bechamel sauce round the dish.

Average cost, 4s. Time required, $\frac{3}{4}$ hour. In season all the year. Sufficient for 4 or 5 persons



FIG. 11.—TURBAN DE FILETS DE SOLES AUX CHAMPIGNONS.

BARBUE (BRILL)

591. BARBUE À LA MONTGOLFIER (BRILL, MONTGOLFIER STYLE).

1 brill.	bouquet garni.	sauce Vénitienne (No. 120).	lobster coral.
2 carrots.	$\frac{1}{2}$ pint Chablis wine.	12 quenelles (Nos. 200 and	12 oysters.
2 onions.	$\frac{1}{2}$ pint stock.	324).	truffle.

Trim the tail and fins of a medium-sized brill, cut the carrots and onions into slices, make a bed of these vegetables at the bottom of a fish-kettle, add the bouquet garni, the wine, and stock. Place the brill on this, season, and cook until the fish is done. Blanch and fry the oysters, prepare the quenelles, colour them with lobster coral, and poach. Keep hot. When the fish is ready, lift it on to a dish, cover with the sauce, and garnish with the oysters and quenelles arranged alternately round the dish. Put some thin slices of truffle down the centre of the fish. Serve with some of the sauce separate.

Average cost, from 4s. to 6s. each. Time required, $\frac{1}{2}$ hour. Seasonable August to April. Sufficient for 6 persons.

592. FILETS DE BARBUE AU BÉARNAISE (FILLETS OF BRILL WITH BÉARNAISE).

1 brill filleted (small).	Béarnaise sauce (No. 7).	mashed potato.
1 glass Chablis.	$\frac{1}{4}$ lb. whiting forcemeat (No. 200).	salt.
truffles.	tomato sauce (No. 77).	pepper.

Trim the fillets, season them, and cover one side with whiting forcemeat. Fold each fillet in half, smooth the sides of the fillets with a knife, lay them on a buttered tin, season with salt and pepper again, add the wine, cover with a buttered paper, and cook in the oven for about twenty minutes, or until the fish is tender. Shape a roll of mashed potato, put it down the centre of a hot dish, dress the fillets on this, cover them all over with Béarnaise sauce, sprinkle each fillet with chopped truffle, pour tomato sauce round the base, and serve.

Average cost, from 4s. 6d. to 6s. 6d. Time required, 30 minutes. In season August to April. Sufficient for 4 to 6 persons.

593. FILETS DE BARBUE À L'ANDALOUSE (FILLETS OF BRILL, ANDALUSIAN STYLE).

1 filleted brill.	$\frac{1}{2}$ gill white wine.	tomato sauce (No.	lemon-juice.	salt.
3 tomatoes.	risotto (No. 543).	77).	butter.	pepper.

Fold the fillets in half, season with salt, pepper, and lemon-juice. Put them on a buttered tin, add the wine, cover with buttered paper, and cook in the oven for ten minutes. When done, drain them, and dress down the centre of a dish. Cut the tomatoes in halves, press out the seeds, fill with risotto, put into the oven for a few minutes, but do not cook them too much, so that they lose their shape. Garnish round the dish with these. Strain the liquor from the fish into the tomato sauce, and send it up separately. Garnish the fillets with chopped truffle or parsley, and serve.

Average cost, from 5s. to 6s. Time required, $\frac{3}{4}$ hour. In season from August to April. Sufficient for 4 to 6 persons.

594. FILETS DE BARBUE À LA FLORENTINE (FILLETS OF BRILL WITH SPINACH).

1 brill (small).	seasoning.	$\frac{1}{2}$ pint Mornay sauce (No.	Parmesan cheese.
1 gill fish stock.	3 lbs. spinach.	110).	2 ozs. butter.

Fillet the brill, and cut each fillet into heart-shaped pieces. Take off the black skin. With $\frac{1}{2}$ oz. of the butter rub over a baking-tin or sauté-pan, arrange the pieces of fish in it, season them with pepper and salt, and add the fish stock. Butter a piece of paper, and cover the fish with it. Place in a moderate oven, and cook for about ten to fifteen minutes. In the meanwhile prepare the spinach, pick and wash it in several waters, put $\frac{1}{2}$ pint of water into a large saucepan; when boiling, put in the spinach, add a little salt, and boil for about ten minutes, or until the spinach is tender. Press the spinach down with a wooden spoon as it cooks. When, tender, turn the spinach into a cullender, press all the water out, put the spinach on a chopping-board, and chop it finely. Melt 1 oz. of butter in a saucepan, and as soon as it is hot put in the spinach, and mix the butter into it. Season to taste with salt and pepper. A little cream added is a great improvement. Turn the spinach out on to a hot dish, make a bed of it, and on this dress the fillets of brill. Pour over the Mornay sauce, sprinkle with Parmesan cheese grated. Melt the remainder of the butter in a small saucepan, and pour it over the top. Put the dish into a hot oven to brown the surface. Take up when done, and serve quickly.

Average cost, according to size of brill, 4s. to 6s. Time required, 45 minutes. Seasonable August to April. Sufficient for 8 or 10 persons, according to size.

595. FILETS DE BARBUE À L'INDIENNE (FILLETS OF BRILL, INDIAN STYLE).

1 brill.	2 tablespoonfuls flour.	1 gill port wine.	3 ozs. butter.
$\frac{1}{4}$ lb. rice.	2 teaspoonfuls curry-powder.	3 gills tomato sauce.	salt and pepper.

Take off the dark skin of the brill, lift the fillets, and cut each into heart-shaped pieces. Mix together the flour and curry-powder, add to them about $\frac{1}{2}$ teaspoonful of salt, and half that of pepper. Dip the pieces of fish into this. Melt 2 ozs. of butter in a frying-pan; when hot, put in the fillets, and fry until done. Boil the rice in plenty of boiling salted water for about fifteen minutes; when tender, drain and wash it under the tap until every grain is separate, spread it out on a baking-sheet, and put into a cool oven to dry and get hot, turning it over occasionally with a fork. Put the rice on a hot dish, make a flat bed, and dress the fillets on it, and keep warm. Pour the butter away from the pan in which the fish was cooked, add the port wine and the tomato sauce, reduce until of the right consistency, season with salt and a small pinch of curry-powder, mix in carefully the rest of the butter, pour the sauce over the fish, and serve.

Average cost, 4s. to 6s. Time required, 30 to 40 minutes. Seasonable August to April. Sufficient for 6 to 8 persons.

596. FILETS DE BARBUE À LA VILLENEUVE.

1 brill.	Parmesan cheese.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	$\frac{1}{2}$ gill Soubise sauce	butter.
seasoning.	1 gill fish stock.	lemon-juice.	(No. 75).	truffle.

Skin the brill, cut down the backbone with a sharp knife, and remove the fillets. Break up the bones, put them into a saucepan with a piece of onion and half a bay-leaf, cover with milk and water, season, bring to the boil, and simmer for twenty minutes. Strain the stock ready for use. Cut the fillets of brill into heart-shaped pieces, place them on a buttered baking-tin, take 1 gill of the prepared stock and add to the fish, season the fillets with pepper, salt, and lemon-juice. Cover with a buttered paper, and place in the oven for about fifteen minutes. Heat the Mornay sauce in a stewpan, add the Soubise sauce to it, and stir until it boils. When the fish is cooked, dress it on a hot dish, pour the sauce over, sprinkle with Parmesan cheese and melted butter, bake in a hot oven a golden colour. Serve at once.

Average cost, 4s. 6d. to 6s. 6d. Time required, 1 hour. Seasonable August to April. Sufficient for 5 or 6 persons.

597. FILETS DE BARBUE À LA DIVA (FILLETS OF BRILL, DIVA STYLE).

1 brill.	2 ozs. butter.	$\frac{1}{2}$ gill oyster liquor.	$\frac{1}{2}$ lb. whiting forcemeat	1 tablespoonful cream.
9 oysters.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ yolk of egg.	(No. 200).	$\frac{1}{2}$ pint Hollandaise sauce
truffles.	$\frac{1}{4}$ oz. flour.	1 gill fish stock.	9 preserved mushrooms.	(No. 101).

Fillet the brill, take off the skin, and cut each fillet in neat pieces. Put 2 ozs. of butter in a baking-tin, lay the fish on it, add the fish stock, cover with a buttered paper, and cook in the oven until half done. Meanwhile, beard the oysters, cut them in dice, and cook in their own liquor. Drain them, and save the liquor. Cut up the mushrooms in the same way, and put with the oysters. Melt $\frac{1}{2}$ oz. of butter in a small saucepan, stir in the flour, add the $\frac{1}{2}$ gill of oyster-liquor, boil until thick, let it cool a minute, then add the yolk. Cook over the fire without boiling, stir in the cream, season to taste with salt, cayenne, and a little lemon-juice. Mix in the oysters and mushrooms, turn the mixture on to a plate to cool. When this preparation is cold, put a small portion of it on each piece of fillet, cover over with the forcemeat, smooth the surface with a knife dipped in warm water. Cut the truffles in fancy shapes, and decorate each piece of fish. Arrange them in a baking-tin with some fish stock, cover with buttered paper, and cook in the oven slowly for ten minutes. When done, dish up, and serve Hollandaise sauce separately.

Average cost, 6s. to 8s. Time required, 1 hour. In season August to April. Sufficient for 5 or 6 persons.

MERLAN (WHITING)

598. SOUFFLÉ DE MERLAN (WHITING SOUFFLÉ).

whiting (8 ozs. free from skin and bone).	2 ozs. butter.	$\frac{1}{2}$ pint milk.	whites of 4 eggs.
$\frac{1}{2}$ teaspoonful anchovy essence.	2 ozs. flour.	yolks of 3 eggs.	pepper and salt.

Pound the whiting in a mortar until very fine. Melt the butter in a saucepan, mix in the flour, add the milk, and stir until it boils. Cook until thick, and the mixture leaves the bottom and sides of the pan. Take off the fire, and let it cool; then add it to the fish in the mortar. Pound well together, adding the yolks of eggs by degrees. Season with salt, pepper, and the anchovy essence. Whip up the whites of eggs very stiffly, stir lightly into the mixture. Have ready a soufflé-tin well buttered, tie a band of buttered paper round the top. Turn the mixture into the prepared mould, and steam or bake for about thirty to forty minutes. As soon as the soufflé is sufficiently cooked, take off the paper, dish up, and send to table as quickly as possible. Serve a fish sauce with it separately.

Average cost, 1s. 2d. Time required, 1 hour. Seasonable all the year, but best from October to February. Sufficient for 5 persons.

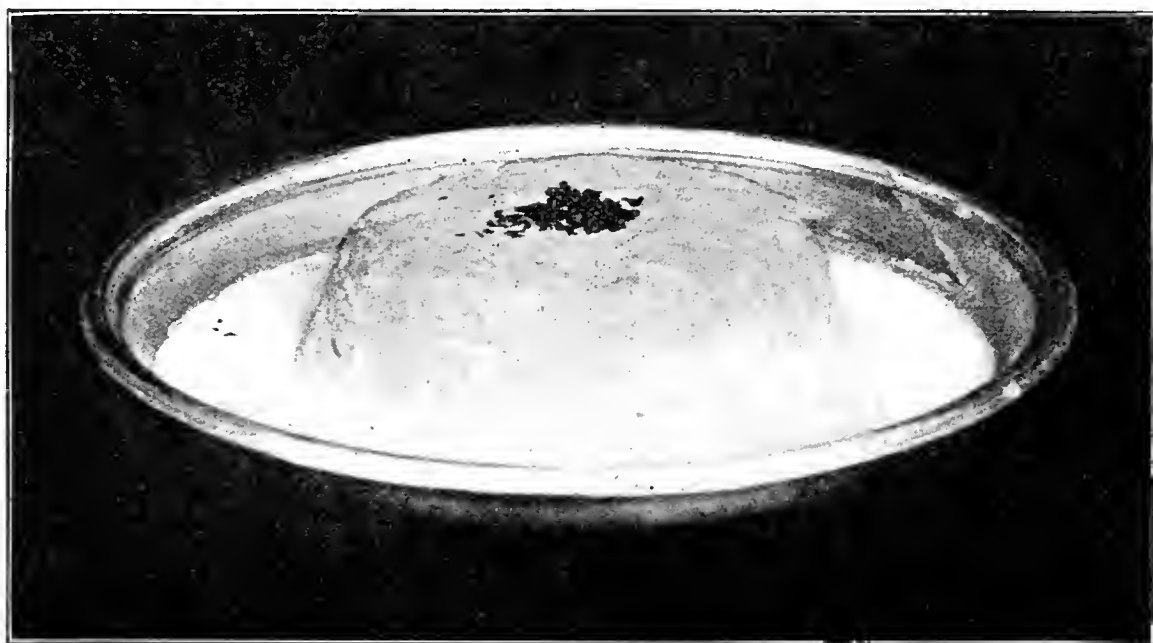


FIG. 12.—SOUFFLÉ DE MERLAN.

599. QUENELLES DE MERLAN À LE RAVIGOTE (QUENELLES OF WHITING WITH RAVIGOTE SAUCE).

$\frac{1}{2}$ lb. whiting meat.	1 oz. flour.	1 whole egg.	salt.
1 oz. butter.	$\frac{1}{2}$ gill fish stock.	ravigote sauce (No. 72).	pepper.

Melt the butter in a saucepan, stir in the flour, and, when smooth, add the stock. Bring to the boil, and cook until very thick, stirring quickly all the time. Let it cool. Pound the whiting meat in a mortar, add the panada and the egg gradually. Pound all well together, season with pepper and salt, and pass the mixture through a wire sieve. Shape the mixture into quenelles with two dessert-spoons (No. 324), poach them in boiling water for ten minutes. When cooked, lift them out of the water, drain on a cloth, arrange on a hot dish in a circle, and pour the sauce over them. The centre of the dish can be filled with a garnish, consisting of shrimps, prawns, or oysters, mixed with a little of the sauce. The dish is now ready to serve.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable all the year, but best from October to February. Sufficient to make 6 quenelles.

600. PAUPIETTES DE MERLAN À LA HOLLANDAISE).

4 whiting.	1 gill stock.	1 lb. whiting forcemeat (No. 200).	12 oysters.
12 mushrooms.	3 ozs. butter.	$\frac{1}{2}$ pint Hollandaise sauce.	seasoning.

Fillet the whiting and take off the skin, season them with pepper and salt, put over each fillet a layer of the forcemeat, roll up the fillets, wrap each in a piece of buttered paper, and place them on a baking-sheet with 1 oz. of butter and the stock. Cover with a buttered paper, and cook in the oven for twenty minutes. Fill a shallow border-mould with the remainder of the forcemeat, steam it in the oven or in a steamer for fifteen minutes. Trim and cook the mushrooms in 2 ozs. of butter, beard and blanch the oysters, cut them in halves, and put with the mushrooms. Now turn out the border-mould on to a hot dish, dish the paupiettes neatly on the top, and put the prepared garnish in the centre and pour the sauce round the base of the border.

Average cost, 4s. Time required, 1 hour. Seasonable September to April. Sufficient for 8 persons.



FIG. 13.—MERLAN À L'HORLY.

601. MERLAN À L'HORLY (WHITING FRIED IN BATTER).

1 whiting.	fried parsley.	1 tablespoonful salad oil.	1 teaspoonful chopped onion.
seasoning.	$\frac{1}{2}$ tablespoonful vinegar.		1 teaspoonful chopped parsley.

FOR THE BATTER.

2 ozs. flour.	tomato sauce (No. 77).	salt.
1 tablespoonful salad oil.	2 eggs.	1 tablespoonful milk.

Make the batter first, as it is better for standing. Sieve the flour into a basin, add to it the yolks of eggs, milk, and oil gradually. Beat well for a few minutes until smooth, put this on one side until the fish is ready to fry. Mix together the oil and vinegar, chopped onion, parsley, pepper, and salt. Fillet the whiting, and, if large, cut each fillet into three pieces. Put these into the oil and vinegar, and soak them in it for ten minutes. Just before frying, beat up the two whites of eggs very stiffly, and stir lightly into the batter. Dip each piece of fish into the batter, and fry in very hot fat. Dish up on a dish, paper, or napkin, and garnish with fried parsley. Serve separately some tomato sauce.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 2 persons.

602. MERLAN À LA COLBERT.

3 whittings.		1 egg.		maitre d'hôtel butter		lemon.		pepper.
a little flour.		breadcrumbs.		(No. 180).		parsley.		salt.

Cut the whittings down the back, and take out the backbones, leaving the head and tail intact. Season the fish, dredge them with flour, dip in egg, toss in breadcrumbs, and fry them in deep fat a golden colour. When cooked, drain them, dish on a hot dish, and stuff them with maitre d'hôtel butter. Garnish the dish with slices of lemon and sprigs of parsley.

Average cost, 1s. 3d. Time required, 20 minutes. Sufficient for 3 persons.

603. FILETS DE MERLANS BROCHETTES (FILLETS OF WHITING ON SKEWERS).

4 small whittings.		butter.		breadcrumbs.		chopped parsley.		boiled potatoes.
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Fillet the whittings, skin and trim them, season with pepper and salt, roll them up, and place on skewers. Dip in butter, then in breadcrumbs, and grill them like kidneys. Take the trimmings and bones of the whiting, put them in a saucepan with just enough water to cover, reduce well, strain into a clean stewpan, add to it some butter and chopped parsley. Take the fillets off the skewers, dish them, and pour the sauce over. Serve with plain boiled potatoes.

Average cost, 1s. 4d. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

604. MERLAN À L'ANGLAISE (WHITING, ENGLISH STYLE).

4 whittings.		egg.		maitre d'hôtel butter (No. 180).		breadcrumbs.		seasoning.
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Cut the whittings down the back, and remove the spine. Season them inside, dredge with flour, egg and crumb them, and fry in smoking fat a golden brown. When done, drain them on paper, dish on a hot dish, and put into the opening in their backs a good piece of maitre d'hôtel butter. Serve at once.

Average cost, 1s. 8d. Time required, 15 minutes. Sufficient for 4 persons.

PLIE (PLAICE)

605. FRIED PLAICE.

1 plaice.		breadcrumbs.		anchovy sauce (No.		fried parsley.		pepper.
1 egg.		1 tablespoonful flour.		85).		frying fat.		salt.

Lift the fillets from the plaice, wash and dry them, cut each fillet in half, slanting. Mix the flour with a teaspoonful of salt, and half that of pepper. Dip each piece of fish in it. Break the egg on to a plate, beat a little; then brush the fish over with it, toss in breadcrumbs. Heat the fat in a stewpan, and as soon as a blue smoke rises from it put in the pieces of fish, and fry them a golden brown. Lift the fillets out as soon as cooked, put them on paper to drain. Dish in a circle on a dish paper, or napkin, and garnish the centre with fried parsley. The anchovy sauce should be made from stock, using the bones of the plaice for the purpose.

Average cost, 1s. 2d. Time required, 15 minutes. Seasonable all the year; best May to December. Sufficient for 3 or 4 persons.

606. FILETS DE PLIE À L'INDIENNE (FILLETS OF PLAICE, INDIAN STYLE).

1 filleted plaice.		1 egg.		1 tablespoonful curry-		2 ozs. butter.		flour.
breadcrumbs.		1 onion.		powder.		1 gill rice.		seasoning.

Prepare and cook the fish as in previous recipe, boil the rice in the same way as for curry, with all the grains separate. Slice the onion, melt the butter in a stewpan, put in the onion, and fry brown; then add the curry-powder, stir it into the onion and butter, cook for a few minutes; then add the rice and a little more

butter, mix all well together. When thoroughly hot, turn out on to a hot dish. shape it into a pyramid. dress the fillets round it, and serve very hot.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 persons.

607. FILETS DE PLIE FRICASSÉE (STEWED FILLETS OF PLAICE).

1 filleted plaice. lemon-juice.	3 gills white sauce (No. 88). chopped parsley.	a few capers. 1 gill wine.	seasoning. butter.
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Cut the fillets into nice pieces, put them on to a buttered baking-sheet, season with salt, pepper, and lemon-juice. Add the wine, cover with a buttered paper, and cook them in the oven until half done. Heat the sauce in a saucepan or a sauté-pan, put the fish into it, also the cooking liquor, simmer very gently for five or six minutes. Dish the fillets, strain the sauce over it, and garnish each fillet with capers and chopped parsley, and serve.

Average cost, 1s. 6d. Time required, 20 minutes. In season all the year. Sufficient for 3 or 4 persons.

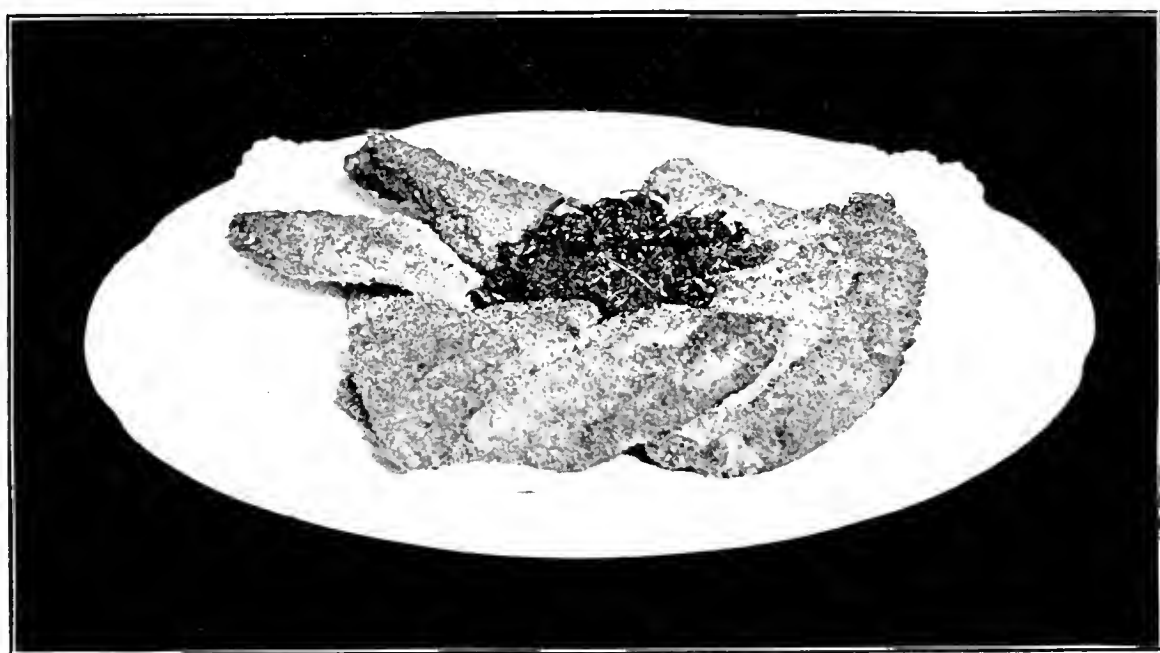


FIG. 14.—FRIED PLAICE.

608. FILETS DE PLIE À LA PÉRIGOURDINE (FILLETS OF PLAICE, PÉRIGOURDINE).

1 large plaice. $\frac{1}{2}$ lb. cooked potatoes. $\frac{1}{2}$ oz. butter.	1 egg. fish stock. breadcrumbs.	truffles. lemon. prawns.	$\frac{1}{2}$ pint velouté sauce (No. 82). 1 oz. prawn or shrimp butter (No. 186).
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Take the dark skin off the plaice, raise the fillets, and cut into smaller pieces if the fillets are too large. Place in a buttered tin, season with salt and a squeeze of lemon-juice, moisten with 1 gill of fish stock, cover with buttered paper, and cook in the oven for ten to fifteen minutes. Rub the $\frac{1}{2}$ lb. of potatoes through a sieve, melt the butter in a saucepan, stir in the potato, season to taste, and bind with the yolk of an egg. Shape this mixture into small balls, egg and breadcrumb them, and fry in hot fat. Have ready some mashed potato, make a border with it on a hot dish, and dress the fillets of plaice on this. Heat up the velouté sauce, mix into it the shrimp or prawn butter, coat the fillets with it, and pour some round the base of the dish. Place the potato-balls in the centre of the dish, and garnish each fillet with picked prawns and a little truffle cut in fancy shapes. Serve hot.

Average cost, 2s. 3d. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

609. FILETS DE PLIE À L'ESPAGNOLE (FILLETS OF PLAICE WITH ESPAÑOLE SAUCE).

1 filleted plaice.	3 gills Espagnole sauce.	lemon.
chopped parsley.	8 anchovy fillets.	seasoning.

Cut the fillets in half, flour them, sprinkle with pepper and salt, and fry a nice colour in hot dripping or lard in a frying-pan. Heat the sauce, put in the fish, and cook a little, taking care not to let the fish break. Dish the fillets on a hot dish in a circle, strain the sauce over, put a rolled fillet of anchovy in the centre of each, sprinkle with chopped parsley, and place in the oven for two minutes to get thoroughly hot. Garnish the dish with quarters of lemon, and serve at once.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable at any time. Sufficient for 4 persons.

610. FILETS DE PLIE AU VIN BLANC (FILLETS OF PLAICE WITH WHITE WINE).

1 filleted plaice. | lemon. | $\frac{1}{2}$ pint white wine sauce (No. 119). | 1 gill fish stock. | seasoning.

Trim the fillets, season them with salt, pepper, and lemon-juice. Fold each one in half, and put them on a buttered baking-sheet with the fish stock. Cover with a buttered paper, and cook in the oven for fifteen minutes. Dish them overlapping each other straight down the dish, pour the sauce over, and sprinkle a little chopped parsley on each fillet. Serve at once.

Average cost, 1s. 6d. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

RAIE (SKATE)

611. RAIE, SAUCE RÉMOULADE (SKATE WITH RÉMOULADE SAUCE).

2 lbs. skate. | 1 carrot. | $\frac{1}{2}$ pint Rémooulade sauce (No. 140). | 1 small onion. | salt.

Slice the carrot and onion, put the fish in a saucepan with enough water to cover, add some salt and the sliced vegetables, and boil until it is done. When cooked, take it up, drain well, and dish up. Send the sauce up separately.

Average cost, 4d. to 6d. per lb. Time required, 30 minutes. Seasonable August to April. Sufficient for 4 persons.

612. RAIE AU BEURRE NOIR (SKATE WITH BLACK BUTTER).

2 lbs. skate.	$\frac{1}{2}$ bay-leaf.	bouquet garni (No. 194).	$\frac{1}{2}$ onion.	1 teaspoonful chopped
2 ozs. butter.	pepper.	1 teaspoonful vinegar.	salt.	parsley.

Boil the fish in sufficient water to cover it, add salt, the onion sliced, bay-leaf, and herbs. When cooked, take it up, drain, and dish. Put the butter into a frying-pan, and heat it until it is a nut-brown colour; then take it off the stove, add the vinegar and parsley, pour over the fish, and serve at once.

Average cost, 4d. to 6d. per lb. Time required, 30 minutes. Seasonable August to April. Sufficient for 3 or 4 persons.

ÉPERLANS (SMELTS)

613. ÉPERLANS FRITS (FRIED SMELTS).

12 smelts. | beaten egg. | breadcrumbs. | a little flour. | pepper. | salt. | fried parsley. | lemon.

Wipe the smelts, cut off the fins. Mix a little salt and pepper with the flour, dip each smelt into it, then into beaten egg, toss in breadcrumbs, and fry in plenty of very hot fat. When cooked, dish them up on a napkin or dish-paper on a hot dish, garnish with fried parsley and sliced lemons, and serve at once.

Average cost, 1s. 6d. to 2s. Time required, 20 minutes. Seasonable October to May. Sufficient for 6 persons.

614. ÉPERLANS GRILLÉS.

12 smelts. salt.	a little flour. oil.	tomato sauce (No. 77).	parsley. lemon.
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Split the smelts down the back, cut away the spine, leaving a piece at the tail and one at the head. Season with salt, dredge with a little flour, sprinkle with oil, and grill over a quick fire. Dish them on a hot dish, garnish with sprigs of parsley and slices of lemon. Send the sauce up separately.

Average cost, 1s. 6d. to 2s. Time required, 20 minutes. Seasonable October to May. Sufficient for 6 persons.

615. ÉPERLANS AU GRATIN.

12 smelts. $\frac{1}{2}$ gill white wine. seasoning.	1 tablespoonful cooked fine herbs. $\frac{1}{2}$ pint Italian sauce (No. 41). chopped parsley.	butter. $\frac{1}{2}$ lemon. breadcrumbs.
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Wipe the smelts, take out the backbone as in previous recipe, rub some butter on a gratin dish, sprinkle with the fine herbs, add the wine, a little salt, and pepper. Put in the oven, and half-cook them. Cover with Italian sauce, sprinkle with bread-crumbs and melted butter, and bake in a hot oven for about ten minutes. Before serving, sprinkle over them the juice of half a lemon and some chopped parsley.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable October to May. Sufficient for 6 persons.

616. ÉPERLANS EN BROCHETTES (SMELTS ON SKEWERS).

12 smelts.	a little flour.	1 egg.	breadcrumbs.	seasoning.
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Dry the fish, dredge them with a little flour, dip in beaten egg, and toss in bread-crumbs. Run a thin skewer through the eyes, four or six smelts to each skewer. Heat the frying-fat, and, when smoking, put in the smelts, and fry them a golden brown. Take them up, drain them on paper, dish up, and serve with parsley and slices of lemon.

Average cost, 1s. 6d. to 2s. Time required, 20 minutes. Seasonable October to May. Sufficient for 6 persons.

617. SOUFFLÉ D'ÉPERLANS (SOUFFLÉ OF SMELTS).

12 smelts. 2 whittings.	2 whites of eggs. Hollandaise sauce (No. 101).	1 gill cream. truffle.	salt. pepper.
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Clean and wipe the smelts, fillet them. Remove the skin and bone from the whiting, cut up the flesh, put it with the fillets of smelt into a mortar, and pound well. Add the whites of eggs, pepper and salt. Mix all well together, and rub through a fine wire sieve. Whip the cream, and mix carefully with the mixture. Grease a plain timbale mould, put in the forcemeat, and steam slowly for half an hour. When cooked, turn out, decorate to taste with the truffle, and serve with Hollandaise sauce.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable October to May. Sufficient for 8 persons.

618. ÉPERLANS À LA DUCHESSE (SMELTS, DUCHESS STYLE).

12 smelts. 3 shallots. 6 mushrooms.	whiting forcemeat (No. 200). 2 teaspoonfuls chopped parsley. $\frac{1}{2}$ teaspoonful chopped chervil.	1 oz. butter. salt. pepper.	beaten egg. breadcrumbs. Béarnaise sauce (No. 7).
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Chop the shallots and the mushrooms, melt the butter in a saucepan, put in the chopped shallots, and fry without browning; then add the mushrooms, the parsley, and chervil. Cook all together for a few minutes until the moisture from the mushrooms has evaporated. Mix these cooked fine herbs, when cold, with the whiting forcemeat. Split the smelts, and take out the spine-bone without tearing the fish.

Fill them with the stuffing, put them back into their original shape, dip them in beaten egg, toss in breadcrumbs, and fry in very hot fat. Drain them on paper when cooked, dish up, and send to table garnished with parsley and slices of lemon. Serve Béarnaise sauce separately.

Average cost, 2s. 9d. Time required, 45 minutes. Seasonable October to May. Sufficient for 6 persons.

BLANCHAILLES (WHITEBAIT)

619. BLANCHAILLES FRITS (FRIED WHITEBAIT).

1 pint whitebait. | salt. | pepper. | brown bread and butter. | flour. | frying fat. | lemon

Drain the whitebait, dry them in a cloth, sprinkle well with flour, put them on to a wire sieve, shake well so as to separate each fish, and to free them from superfluous flour. Heat the fat in a stewpan, large enough to hold a frying-basket and with sufficient fat to cover. Shake the fish into the wire basket, plunge it into the boiling fat, and fry for two minutes. Shake gently while they are frying. When



FIG. 15.—FRIED WHITEBAIT.

cooked, turn them on to paper to drain off the fat, sprinkle with salt and pepper. Dish up on a folded napkin on a hot dish, and garnish with slices of lemon. Thin brown bread and butter should be served with it.

Average cost, 1s. a pint. Time required, 15 minutes. Seasonable February to August. Sufficient for 5 or 6 persons.

620. BLANCHAILLES À LA DIABLE (DEVILLED WHITEBAIT).

1 pint whitebait. | salt. | brown bread and butter. | cayenne. | frying fat. | lemon.

Fry the fish as in preceding recipe. When the fish are fried, turn them on to paper to drain, and sprinkle salt and a good pinch of cayenne over them. Serve with lemon and brown bread and butter.

621. BLANCHAILLES AU CURRY (CURRIED WHITEBAIT).

1 pint whitebait. | lemon. | 1 teaspoonful curry-powder. | salt. | brown bread and butter. | pepper.

Fry the fish as in preceding recipes. When the fish are fried, turn them on to paper to drain, sprinkle over them the curry-powder, salt, and pepper. Serve with lemon, and thin slices of brown bread and butter.

622. BLANCHAILLES AUX FINES HERBES (WHITEBAIT WITH FINE HERBS).

1 pint whitebait.	$\frac{1}{2}$ teaspoonful chopped tarragon	1 teaspoonful chopped parsley.	pepper.
lemon.	and chervil.	brown bread and butter.	salt.

Fry the fish as in former recipes. Drain when cooked, and sprinkle with salt, pepper, and the chopped herbs. Serve with lemon-slices, and thin brown bread and butter.

Average cost, 1s. 6d. Time required, 15 minutes. Seasonable February to August. Sufficient for 5 or 6 persons.

623. MELETTES FRITES (FRIED SPRATS).

1 lb. sprats.		flour.		egg.		brown bread and butter.		breadcrumbs.		salt.		lemon.
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Wipe the sprats, dip them in flour and salt, then into egg and breadcrumbs, fry in very hot fat ; or they can be dusted with flour only, and fried in a frying-pan for about eight minutes. Serve them with lemon, and brown bread and butter.

Average cost, 2d. per lb. Time required, 10 minutes. Seasonable November to April. Sufficient for 3 persons.

MAQUEREAUX (MACKEREL)

624. MAQUEREAU BOUILLI, SAUCE GROSEILLES (BOILED MACKEREL WITH GOOSEBERRY SAUCE).

1 large mackerel.		gooseberry sauce (No. 97).		parsley.		salt.
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Prepare the fish, put it into boiling water with some salt, and boil until done. When cooked, take up the mackerel, drain, and dish on a folded napkin on a hot dish, and garnish with parsley. Serve the sauce separately.

Average cost, 8d. Time required, 15 minutes. Seasonable April to November. Sufficient for 2 persons.

625. FILETS DE MAQUEREAUX SAUCE AU BEURRE NOIR (MACKEREL FILLETS WITH BLACK BUTTER SAUCE).

2 mackerel.		2 ozs. butter.		$\frac{1}{2}$ gill tarragon vinegar.		$\frac{1}{2}$ teaspoonful anchovy essence.		salt.
oil.		fried parsley.		$\frac{1}{2}$ gill brown sauce (No. 6).		$\frac{1}{2}$ teaspoonful chopped parsley.		pepper.

Cut the mackerel down the back, take off the fillets, season with pepper and salt, rub them over with oil, put them on a gridiron over a clear fire, and, when done, dish on a hot dish. Put the butter into a frying-pan on the fire, and stir it until it browns ; then mix in the vinegar, anchovy essence, and brown sauce. Boil these together for five minutes, then add the parsley, and pour over the mackerel.

Average cost, 1s. Time required, 25 minutes. Seasonable April to November. Sufficient for 4 persons.

ROUGET (RED MULLET)

626. ROUGET EN PAPILOTE (RED MULLET IN PAPER CASES).

2 mullets.		Duxelle sauce (No. 30).		salt.		pepper.		oil.		lemon-juice.
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Wipe the mullets, cut them in parallel cuts through the skin about $\frac{1}{4}$ inch apart, season with salt and pepper, rub over with oil, and sprinkle with a few drops of lemon-juice. Put them on a grill over a clear fire, and cook for about twenty minutes. Wrap the mullets in strong oiled paper, putting a layer of well-reduced Duxelle sauce under and over it, fold the paper over, fasten the ends, and place them in the oven for five minutes. Serve them at once in the paper cases.

Average cost of fish, 1s to 1s. 6d. each. Time required, 30 minutes. Seasonable at any time. Sufficient for 2 persons.

627 ROUGETS AUX FINES HERBES (RED MULLET WITH FINE HERBS).

3 mullets.	$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ teaspoonful chopped parsley.	$\frac{1}{4}$ oz. flour.	2 oz. butter.
1 truffle.	1 chopped shallot.	salt and pepper.	lemon-juice.	4 mushrooms.

Put the mullets into a baking-tin with 1 oz. of butter, sprinkle with salt, pepper, and lemon-juice. Add the wine, and put them into the oven to bake. When cooked, lift the fish carefully on to a hot dish. Put 1 oz. of butter into a stewpan, chop the mushrooms, shallot, and truffle. Put these into the melted butter, and fry a little; then stir in the flour, add the liquor from the fish, the juice of half a lemon, chopped parsley, and seasoning. Cook over the fire for a few minutes, pour the sauce over the mullets, and serve very hot.

Average cost, 1s. to 1s. 6d. Time required, 30 minutes. Seasonable July to October. Sufficient for 4 to 6 persons.

628. ROUGETS EN FILETS À LA BORDELAISE (FILLETS OF MULLET WITH BORDEAUX SAUCE).

3 red mullets.	$\frac{1}{2}$ gill sherry.	$\frac{1}{2}$ gill stock.	pepper.
2 ozs. butter.	lemon-juice.	$\frac{1}{2}$ pint Bordeaux sauce (No. 11).	salt.

Clean and wash the mullet, cut them down the back, and lift the fillets. Put the butter on a baking-tin, place the fish on it, season with pepper, salt, and lemon-juice. Add the wine and stock, cover it with a buttered paper, and put them in the oven for about twenty minutes. When cooked, remove the paper, dish up the fillets, take all fat away from the liquor in the pan, add to the sauce, make thoroughly hot, and pour round the fish. The remainder of sauce can be sent to table in a sauce-tureen.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable July to October. Sufficient for 6 persons.

629. ROUGETS BRAISÉS AUX TOMATES (MULLETS BRAISED WITH TOMATO SAUCE).

3 red mullets.	1 gill white stock.	salt.	1 carrot.	$\frac{1}{2}$ teaspoonful chopped
1 oz. butter.	$\frac{1}{2}$ gill white wine.	pepper.	$\frac{1}{2}$ lemon.	parsley.
6 peppercorns.	1 gill tomato purée.	2 shallots.	$1\frac{1}{2}$ ozs. butter.	1 tablespoonful meat glaze.

Clean and wash the mullets; slice the shallots and carrot. Melt 1 oz. of butter in a stewpan large enough to hold the mullets; when hot, put in the vegetables, and fry them a little. Lay the fish on the top of the vegetables, season them, add the stock, wine, and peppercorns. Put a buttered piece of paper over the mullets, cover with a tight-fitting lid, and put the whole thing into the oven for about twenty minutes. When cooked, place the fish on a hot dish, and keep warm. Strain the liquor in the stewpan into a clean pan, add to it the tomato purée, and boil to a good consistency. Add the meat glaze, the lemon-juice, the parsley, and, lastly, the $1\frac{1}{2}$ ozs. of butter—this is added gradually. Season to taste. Pour this sauce over the fish, and serve hot.

Average cost, 4s. Time required, 30 minutes. Seasonable July to October. Sufficient for 6 persons.

630. FILETS DE ROUGETS À L'ITALIENNE (FILLETS OF RED MULLET WITH ITALIAN SAUCE).

4 mullets.	butter.	lemon-juice.	Italian sauce (No. 41).	salt.	pepper.
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Fillet the mullets, butter a baking-tin, lay the fillets on it, season them with salt, pepper, and lemon-juice. Cover with a buttered paper, and cook in a moderate oven for about ten to fifteen minutes, according to the size of the fish. Warm the Italian sauce. If there is any liquor in the tin in which the mullets were cooked, add it to the sauce. Dress the fish on a hot dish, pour the sauce over, and serve.

Average cost of mullets, 9d. to 2s. each. Time required, 20 to 30 minutes. Seasonable July to October. Sufficient for 4 persons.

631. ROUGETS À LA CHESTERFIELD.

4 mullets.	1 glass white wine.	crayfish tails.	pepper.
1 oz. butter.	truffles.	Génoise sauce (No. 99).	salt.

Butter a baking-tin with 1 oz. of butter, lay the mullets on it, season, add the wine, cover with a buttered paper, and cook in the oven for about ten to fifteen minutes. When the mullets are cooked, dish them, and keep hot. Strain the cooking-liquor of the fish into the sauce, make very hot, and pour it over the fish. Garnish round the mullets with small truffles and crayfish tails, which have been heated in a little thin sauce or glaze, and serve.

Average cost, 4s. 6d. Time required, 30 minutes. In season July to October. Sufficient for 4 persons.

GRONDIN (GURNET)

632. FILETS DE GRONDIN À L'ITALIENNE (FILLETS OF GURNET, ITALIAN STYLE).

1 medium-sized gurnet.	2 ozs. butter.	lemon-juice.	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ teaspoonful parsley.	2 shallots.	2 gills fish stock.	pepper.
6 preserved mushrooms.	1 gill white wine.	$\frac{1}{2}$ oz. flour.	salt.

Scale and clean the gurnet, take off the fillets, and cut each fillet in half. Butter a baking-tin, arrange on it the pieces of fish, season them with salt, pepper, and lemon-juice. Add the fish stock, cover with a buttered paper, and cook in a moderate oven for about twenty minutes. Chop the shallots and mushrooms, put them into a small saucepan with the wine, boil until the wine is reduced to a third of the quantity, stir in the flour; then, when the fish is cooked, strain the liquor from the baking-tin into the saucepan. Stir until it boils, season to taste, add the cream, make the sauce quite hot, but do not let it boil again. Dish the fillets on a hot dish in a circle, pour the sauce over, sprinkle a little chopped parsley on each fillet, and serve hot.

Average cost, uncertain. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 persons.

633. FILETS DE GRONDIN À LA MAÎTRE D'HÔTEL (FILLETS OF GURNET, WITH MAÎTRE D'HÔTEL SAUCE).

1 medium-sized gurnet.	1 oz. butter.	maître d'hôtel sauce (No.	salt.
chopped parsley.	lemon-juice.	109).	pepper.

Scale and clean the gurnet, take off the fillets, and cut each in half. Put the butter into a baking-tin, arrange the fillets in it, season them with pepper, salt, and lemon-juice. Cover with buttered paper, and cook in the oven for about twenty minutes. When cooked, dish them in a circle on a hot dish, pour the sauce over, and sprinkle a little chopped parsley on each fillet. Serve at once.

Average cost, uncertain. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 persons.

634. FILETS DE GRONDIN, SAUCE MATELOTE (FILLETS OF GURNET, MATELOTE SAUCE).

1 medium-sized gurnet.	$\frac{1}{2}$ pint matelote sauce (No.	breadcrumbs.
1 egg.	108).	mashed potatoes.

Fillet the gurnet, cut each fillet in half, beat the egg, dip the fillets into it; then toss in breadcrumbs, and fry them in boiling fat or oil a light-brown colour. Arrange a border of mashed potato on a dish, dress the fillets in the centre, pour the sauce over them, and serve.

Average cost, uncertain. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

635. FILETS DE ST. PIERRE À LA GÉNOISE (FILLETTS OF JOHN DORY, GÉNOISE STYLE).

1 John Dory.	whiting forcemeat (No. 200).	Génoise sauce (No. 99).
$\frac{1}{2}$ gill picked shrimps.	1 teaspoonful anchovy essence.	seasoning.

Remove the fillets from the John Dory, and cut into nice-sized pieces. Make the whiting forcemeat, mix with it the shrimps very finely chopped, and the anchovy essence. Mix thoroughly, season, and rub through a sieve. Spread the skin side of each fillet with a layer of this mixture, fold them in halves, and lay on a buttered tin. Season with salt, cover with buttered paper, and cook in the oven for ten to fifteen minutes. Have ready some mashed potato, make a bed of it on a hot dish, take up the fillets, and arrange them on the potato. Heat up the Génoise sauce, pour over the fillets, and round the base of the dish. Garnish the fillets with a few picked shrimps, and a little chopped parsley. Send to table at once.

Average cost, 3s. 6d. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

ANGUILLE (EEL)

636. ANGUILLE À LA HOLLANDAISE (EEL WITH HOLLANDAISE SAUCE).

1 eel weighing about 2 lbs.	parsley.	6 peppercorns.	Hollandaise sauce (No. 101).
1 large onion.	salt.	1 bay-leaf.	1 gill vinegar.

Clean the eel, and wash it well. Tie it up with string, place in a saucepan of cold water, and bring slowly to the boil. Take it up, and drain. Place in a pan with sufficient boiling water to cover, add the onion (peeled and cut in quarters), the vinegar, peppercorns, bay-leaf, salt, and a few sprigs of parsley. Let this simmer gently for about thirty minutes. Take it up, drain well, and dish on a folded napkin. Garnish with a few sprigs of parsley, and serve Hollandaise sauce separately.

Average cost, 2s. 3d. Time required, 30 minutes. In season from June to March. Sufficient for 4 or 5 persons.

637. ANGUILLE À LA ROYALE (EEL, ROYAL STYLE).

1 eel.	1 onion.	2 ozs. butter.	2 yokes of eggs.
6 peppercorns.	$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ pint Allemande sauce (No. 1).

Skin and clean the eel, cut into pieces, place in a saucepan of cold water, and bring slowly to the boil. Peel and slice the onion, melt 1 oz. of butter in a saucepan, and stir the onion in it over the fire for a few minutes. Moisten with the stock, add the peppercorns and the pieces of eel, cover with a piece of buttered paper, and cook gently for about thirty minutes. Take up the eel, and arrange neatly on a hot dish. Melt the remaining oz. of butter, mix in the flour, and moisten with the stock in which the eel was cooked. Stir over the fire until boiling, let it simmer for a few minutes; then take off the fire, and allow it to cool slightly. Put in the two yolks, stir over the fire until the eggs are cooked, but it must on no account be allowed to boil. Heat up the Allemande sauce, and add to the above sauce. Pour this round the eel, garnish with a little chopped parsley, and serve at once.

Average cost, 2s. 6d. Time required, $\frac{3}{4}$ hour. In season from June to March. Sufficient for 4 to 6 persons, according to size.

638. MATELOTE D'ANGUILLE (MATELOTE OF EELS).

2 lbs. eels.	bouquet garni.	1 oz. glaze.	18 small button onions.
$\frac{1}{2}$ pint claret.	12 mushrooms.	1 oz. flour.	chopped parsley.
1 gill fish stock.	2 $\frac{1}{2}$ ozs. butter.	pepper and salt.	heart-shaped croûtons of fried bread.

Clean and skin the eels, cut them in pieces 3 inches long. Put 1 $\frac{1}{2}$ ozs. of butter into a stewpan, peel and blanch the onions; put them with the butter and the

bouquet garni. Arrange the eels on this, cover with the lid, and cook over the fire for ten minutes ; then add the glaze, claret, and fish stock. Simmer for fifteen minutes. Remove the fish, herbs, and the onions. Keep hot. Melt in a small saucepan the remaining 1 oz. of butter, stir in the flour, thicken the gravy with this, bring to the boil, and simmer for a few minutes. If too thick, add a little more stock. Season to taste with salt and pepper. Arrange the fish in a pile on a dish, strain the sauce over, and garnish with the button onions and the mushrooms previously cooked in butter. Cut some bread in heart-shaped pieces, fry a golden brown, and garnish the dish with them. Sprinkle the fish with a little chopped parsley, and serve.

Average cost, 3s. Time required, 40 minutes. Seasonable September to May. Sufficient for 6 persons.

HOMARD (LOBSTER)

639. HOMARD AU GRATIN.

1 lobster.	1 shallot.	1 teaspoonful chopped parsley.	$\frac{1}{2}$ gill white sauce (No. 88).	pepper.
$\frac{1}{2}$ lemon.	1 oz. butter.	$\frac{1}{2}$ teaspoonful chopped tarragon.	brown breadcrumbs.	salt.

Clean the lobster-shell, cut it down the back, take out the meat, cut it up into dice. Melt the butter in a saucepan, fry the chopped shallot ; then add the lobster-meat, herbs, seasoning, white sauce, and lemon-juice. Mix all well together ; then fill the shells with the mixture, sprinkle over some brown breadcrumbs and melted butter, and bake in a moderate oven for ten minutes. Dish up, and serve.

Average cost, 3s. Time required, 20 minutes. In season March to October.

640. CROQUETTES DE HOMARD À L'INDIENNE (LOBSTER CROQUETTES WITH CURRY SAUCE).

$\frac{1}{2}$ lb. of cooked lobster meat.	2 teaspoonfuls curry-	1 oz. butter.	cayenne.
$\frac{1}{2}$ pint curry sauce (No. 23).	powder.	breadcrumbs.	1 egg.
1 gill thick Bechamel sauce.	1 teaspoonful chutney.	$\frac{1}{4}$ lb. cooked rice.	salt.

Chop the lobster finely, heat the butter in a stewpan, put in the curry-powder, and fry for a minute or two ; then stir on the Bechamel sauce, and cook together for a few minutes. Add the lobster, rice, chutney, and seasoning. Mix all well together. Turn the mixture on to a plate, let it get cold ; then shape into croquettes, balls, or cork shapes. Dip them in the egg, toss in breadcrumbs, and fry a golden brown in very hot fat. Serve garnished with fried parsley, and send the curry sauce to table separately.

Average cost, 2s. 6d. Time required, 25 minutes. Seasonable March to October. Sufficient for 8 croquettes.

641. MOUSSELINES DE HOMARD À LA VÉNITIENNE (DARIOLE MOULDS OF LOBSTER WITH VENETIAN SAUCE).

1 lobster.	2 eggs.	1 small whiting.	1 gill cream.
4 ozs. panada.	truffle.	$\frac{1}{2}$ pint Venetian sauce (No. 120).	seasoning.

Cut the lobster and whiting into small pieces, put them into a mortar with the panada, pound well ; then add the eggs one at a time and seasoning. Mix and pound until smooth, then rub through a wire sieve. Butter some dariole moulds. Whip the cream, and mix it with the fish forcemeat. Fill up the little moulds with the mixture, put them in a steamer, and steam for fifteen minutes. When done, take up, turn out the shapes on a hot dish, sauce over with the Venetian sauce, and decorate them with chopped truffle. Serve at once.

Average cost, 3s. 3d. Time required, 30 minutes. Seasonable March to October. Sufficient for 6 small moulds.

642. CÔTELETTES DE HOMARD (LOBSTER CUTLETS).

1 lobster (cooked).	$\frac{3}{4}$ oz. flour.	cayenne.	1 tablespoonful cream.	breadcrumbs.
1 oz. butter.	$\frac{1}{2}$ gill water.	salt.	1 egg.	fried parsley.

Cut the lobster down the back, take out the meat, and chop it small. Melt the butter in a small saucepan, stir in the flour, add the water, and boil until very thick. Take the saucepan off the fire, mix in the lobster-meat, the cream, a pinch of cayenne, and salt. Stir all thoroughly together, then turn on to a plate to cool. Divide the mixture into equal-sized pieces, shape them into cutlet form, using breadcrumbs to keep them from sticking to the board. Beat up the egg on a plate, dip the cutlets into it, then into breadcrumbs, shape again with a dry knife. Put them into a frying-basket, and fry a golden brown in smoking fat. Drain on paper, insert a small piece of one of the feelers of the lobster in the end of each cutlet, arrange in a circle on a dish-paper on a hot dish, garnish the centre with parsley, and the cutlets are ready to serve. Hollandaise sauce or any other suitable sauce can be sent up with it.

Average cost, 2s. to 2s. 6d. Time required, 25 minutes. Seasonable March to October ; obtainable all the year. Sufficient for 8 cutlets.

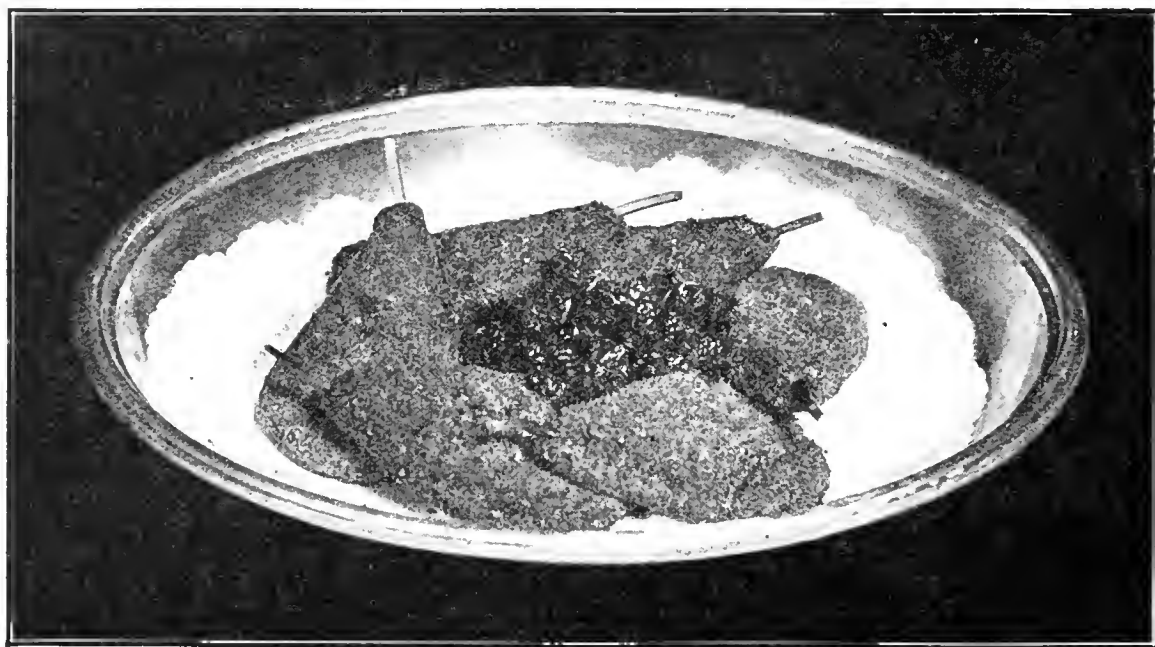


FIG. 16.—LOBSTER CUTLETS.

643. SOUFFLÉ DE HOMARD (LOBSTER SOUFFLE).

1 lobster.	1 gill fish stock.	4 eggs.
2 whittings.	seasoning.	1 gill cream.
3 ozs. butter.	2 ozs. flour.	$\frac{1}{2}$ pint white sauce.

Fillet the whittings, remove all skin and bones, put the whiting meat into a mortar, and pound it well. Melt the butter in a saucepan, stir in the flour, and add the fish stock (which should be made from the bones of the whiting). Boil until thick, add this to the whiting, and pound well. Chop the lobster meat very finely, put with the whiting, add the eggs one at a time, season with salt and cayenne ; rub the mixture through a wire sieve. Whip the cream, and stir it into the preparation. Put this into a well-buttered soufflé mould, cover with a greased paper, and steam gently for thirty minutes. Turn out of the mould on to a hot dish, pour the sauce over, and decorate to taste with truffle or parsley chopped. Serve at once very hot.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable March to October. Sufficient for 6 persons.

644. HOMARD À LA ST. JAMES.

1 lobster.	$\frac{1}{2}$ gill white wine.	1 gill Espagnole sauce (No. 33).	1 shallot.
2 ozs. butter.	lemon-juice.	$\frac{1}{2}$ teaspoonful chopped parsley.	cayenne.

Take the meat of the lobster, and cut it up in small pieces. Melt the butter, fry the chopped shallot without browning, add the sherry, and reduce a little; then stir in the lobster, salt, cayenne, and chopped parsley. Cook for about five minutes, stirring well; then add the sauce and the lemon-juice. Dish up in the shells of the lobster, and serve hot.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable March to October. Sufficient for 2 persons, if small lobster.

645. HOMARD À LA NEWBURG.

1 lobster.	1 gill white wine.	$\frac{1}{2}$ pint cream.	pepper.
1 oz. butter.	3 yolks of eggs.	salt.	cayenne.

Melt the butter in a saucepan, cut the lobster into dice, put it into the butter, pour over the wine, and cook slowly for ten minutes. Season nicely with salt, pepper, and cayenne. Add the yolks of eggs and the cream, let it come to the boil, but do not let it actually boil. Dish it, and serve at once.

Average cost, 3s. 9d. Time required, 20 minutes. Seasonable March to October. Sufficient for 4 persons.

646. HOMARD SAUTE À L'HONGROISE.

1 lobster.	salt.	$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ gill cream.
3 ozs. butter.	paprika.	$\frac{1}{2}$ pint velouté sauce (No. 82).	juice $\frac{1}{2}$ lemon.

Split the lobster down the back, crack the claws, take out the meat, and cut it into $\frac{1}{2}$ -inch slices. Melt the butter in a saucepan, put in the pieces of lobster, season with pepper, salt, and paprika. Fry for about five minutes. Add the wine, boil until it is reduced to half; then mix in the sauce and the cream. Reduce to a good consistency over a brisk fire, season well with salt, paprika pepper, and the juice of half a lemon. Add the creamy part of the lobster, and the coral of the lobster pounded with 1 oz. of butter, and rubbed through a sieve. Dish up, and serve.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable March to September. Sufficient for 3 persons.

647. TIMBALE DE HOMARD À LA REINE (TIMBALE OF LOBSTER, QUEEN'S STYLE).

1 lobster.	$\frac{1}{2}$ gill water.	white sauce (No. 88).	2 eggs.
1 oz. butter.	2 whittings.	6 preserved mushrooms.	1 tablespoonful of cream.
1 oz. flour.	1 truffle.		6 oysters.

Remove all the meat from the lobster, cut all the best pieces into small squares, and put aside until required. Chop the rest of the lobster finely, also the meat from the whittings. Melt the butter in a small saucepan, stir in the flour, add the water, and cook over the fire until the mixture leaves the sides of the pan clean. Put this into a mortar with the chopped lobster and whiting, pound well, add the eggs and cream, season to taste with salt and cayenne pepper. Rub through a wire sieve. Butter a timbale mould, decorate it with pieces of lobster-claw and some stars or other fancy shapes of truffle. Line the mould rather thickly with the forcemeat, taking care not to disturb the decorations. Remove the beards from the oysters, cut in quarters, slice the mushrooms, and put both these into a saucepan with the dice of lobster that were put aside. Bind this mixture with a little white sauce. Fill the centre of the mould with this, and cover over the top with a layer of the lobster and whiting forcemeat. Place a buttered paper over the top, stand the mould in a tin of boiling water, and steam in the oven for about thirty minutes. When done, turn out on a hot dish, and pour white sauce round.

Average cost, 5s. Time required, 1 hour. In season from February to April. Sufficient for 5 or 6 persons.

648. LOBSTER PATTIES.

puff pastry. | 1 lobster. | Bechamel sauce (No. 4). | cayenne. | lemon-juice. | salt.

Cut the pastry into six or eight rounds about 2 inches across, mark them in the centre with a smaller cutter, and bake in a quick oven for ten to fifteen minutes. When baked, raise the round piece in the centre, and take out the soft inside. Cut the lobster into small pieces, place in a saucepan, season with salt, lemon-juice, and cayenne, and bind with a little Bechamel sauce. Fill the patty cases with this, replace the round covers, and put in the oven for a few minutes to heat through.

Average cost, 3s. Time required, exclusive of making the pastry, 15 minutes. In season March to October. Sufficient for 4 or 5 persons.

649. QUENELLES DE HOMARD À LA CARDINAL (LOBSTER QUENELLES WITH CARDINAL SAUCE).

1 lobster.	Cardinal sauce (No. 90).	$\frac{1}{4}$ gill water.	mashed potato.
2 whiting.	1 oz. butter.	2 eggs.	tru fle.
$\frac{1}{2}$ gill cream.	1 oz. flour.	1 yolk.	parsley.

Cut the meat from the tail of the lobster into six or eight scallops; chop the rest of the lobster finely, also the meat from the two whiting. Melt the butter in a saucepan, stir in the flour, add the water, and boil it over the fire until it leaves the sides of the saucepan clean. Put this panada into a mortar with the chopped lobster and whiting, pound well. Add two whole eggs and the cream; season to taste with salt and cayenne pepper. Rub this mixture through a wire sieve. Shape some quenelles with this forcemeat, placing a piece of lobster in the centre of each. Put the quenelles in a sauté-pan, half-cover them with boiling water, cover with buttered paper, and poach very gently for about ten minutes. Have ready some mashed potato, make a border with it on a hot dish; take up the quenelles, drain well, and dish them on the potato border. Heat up the Cardinal sauce, and coat the quenelles with it; pour some round the base of the dish also. Decorate each quenelle with truffle and chopped parsley. Serve hot.

Average cost, 4s. Time required, $\frac{3}{4}$ hour. In season March to October. Sufficient for 6 persons.

CRABE (CRAB)

650. CRABE À LA CARROLL.

24 oysters.	2 gills cream sauce.	12 ozs. crab-meat.	$\frac{1}{2}$ gill cream.
$1\frac{1}{2}$ gills sherry.	2 ozs. butter.	2 yolks.	seasoning.

Cook the bearded oysters in the sherry, add the sauce and the crab-flakes, simmer for five minutes slowly. When ready to serve, thicken with the yolks and cream, and add the butter. Do not boil again. Serve on squares of toast, one for each person, and serve very hot.

Average cost, 4s. 6d. Time required, 20 minutes. Seasonable September to April. Sufficient for 8 persons.

651. SUPRÊME DE CRABE.

1 lb. crab-meat.	juice of 1 lemon.	1 glass white wine.
4 ozs. breadcrumbs.	1 gill suprême sauce (No. 74).	seasoning.

Cut up the crab-meat in small pieces, put it into a saucepan with the rest of the ingredients, simmer for fifteen minutes gently, stirring occasionally. Dish it up in the shell of the crab, and garnish with fried parsley and thin slices of lemon.

Average cost, 1s. 9d. Time required, 25 minutes. Seasonable all the year; best from September to April. Sufficient for 3 persons.

652. BUTTERED CRAB.

1 medium-sized crab.	$\frac{1}{2}$ oz. flour.	1 teaspoonful made mustard.	cayenne pepper.
$1\frac{1}{2}$ ozs. butter.	nutmeg.	1 tablespoonful vinegar.	breadcrumbs.

Pick out the flesh of the crab, and mince it rather finely. Melt the butter in a saucepan, stir in the flour, and cook for a few minutes over the fire. Add the mustard, vinegar, cayenne, and a grate of nutmeg; lastly, mix in the chopped crab-meat. Heat thoroughly, place it in the crab-shell, sprinkle with freshly-made breadcrumbs, and a few drops of oiled butter. Put in a hot oven to brown the surface. Serve hot.

Average cost, 2s. to 3s. 6d. Time required, 15 minutes. In season from September to April. Sufficient for 2 or 3 persons.

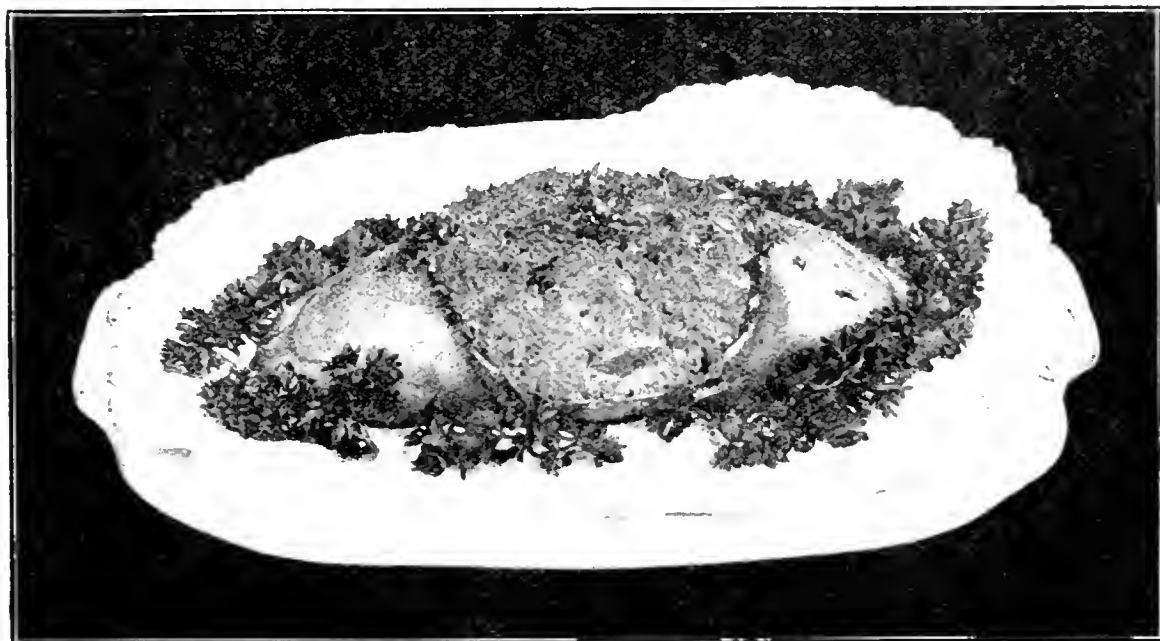


FIG. 17.—BUTTERED CRAB.

653. CURRIED CRAB.

1 large crab.	1 tablespoonful curry-powder.	1 lemon.	boiled rice.
2 ozs. butter.	1 teaspoonful desiccated cocoanut.	salt.	$\frac{1}{2}$ gill cream.

Melt the butter in a saucepan, add the curry-powder, and fry over the fire for a few minutes. Put in the cocoanut and cream, and let it simmer gently for ten to fifteen minutes. Take the meat from the crab, cut it into neat pieces, and add to the curry. Heat thoroughly, and finish with a good squeeze of lemon-juice. Dish up on a hot dish, garnish with parsley, and serve with plain boiled rice.

Average cost, 2s. 6d. to 4s. Time required, 30 minutes. In season from September to April. Sufficient for 3 or 4 persons.

PÉTONCLES (SCALLOPS)

654. PÉTONCLES À L'INDIENNE.

12 scallops.	1 pint white fish sauce (No. 88).	1 onion.
1 oz. butter.	1 dessertspoonful curry-powder.	boiled rice.

Chop the onion, melt the butter, fry the onion without browning, stir in the curry-powder, and cook for a few minutes; then add the sauce, stir until it boils. Let it simmer for fifteen minutes, season to taste. Wash the scallops well, put them into a saucepan, cover with fish stock or milk and water, and cook for thirty

minutes ; then add them to the prepared sauce, and cook for another five or ten minutes. Serve with boiled rice separately.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable October to April. Sufficient for 4 persons.

655. PÉTONCLES FRITS (FRIED SCALLOPS).

12 scallops. | flour. | pepper. | salt. | lemon. | parsley. | frying-fat.

Wash the scallops, season some flour with salt and pepper, dry the fish, and roll in the seasoned flour. Drop them into the fat, from which a blue smoke should be rising ; fry a golden brown colour. Take up with a fish-slice, put them on paper to drain, dish on a dish-paper or folded napkin, garnish with slices of lemon and sprigs of parsley.

Average cost of scallops per dozen, 1s. Time required, 20 minutes. Seasonable October to April. Sufficient for 4 persons.

656. PÉTONCLES AU GRATIN (SCALLOPED SCALLOPS).

12 scallops. | 2 ozs. butter. | breadcrumbs. | grated Parmesan cheese. | seasoning.

Wash the scallops, dry them, and cut each one in three pieces. Melt the butter in a frying-pan ; when hot, put in the scallops, and fry them brown. Wash the deep shells of the scallops, fill with the scallops, sprinkle breadcrumbs thickly over them, then a layer of cheese. Put a few bits of butter on the top of each, put into a sharp oven to brown. Dish the shells on a hot dish, garnish with parsley, and serve.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable October to April. Sufficient for 4 persons.

HUÎTRES (OYSTERS)

657. SOUFFLÉ AUX HUÎTRES (OYSTER SOUFFLÉ).

12 oysters.	2 ozs. flour.	½ gill oyster-liquor.
½ lb. whiting-meat.	3 eggs.	1 gill cream.
2 ozs. butter.	½ gill milk.	seasoning.

Pound the whiting-meat in a mortar until smooth, melt the butter in a saucepan, stir in the flour, mix in the milk and oyster-liquor. Boil until very thick. Add this sauce to the whiting, pound again until thoroughly mixed, season to taste, and rub through a wire sieve. Beard the oysters, cut them into dice, and add to the whiting mixture. Work in the eggs one at a time, the whipped cream, and seasoning. Well butter a charlotte mould, put in the mixture, cover with a buttered paper, and steam gently for half an hour. Turn out, and serve with a white sauce.

Average cost, 3s. Time required, 1 hour. Seasonable September to April. Sufficient for 5 persons.

658. BEIGNETS D'HUÎTRES (OYSTER FRITTERS).

12 oysters.	1 egg.	1 tablespoonful oil.	frying-fat.
2 ozs. flour.	salt.	1 tablespoonful tepid water.	parsley (fried).

Beard the oysters, prepare the frying-batter. Sieve the flour, put it into a basin with a pinch of salt, stir in the egg-yolk, the oil, and the tepid water ; mix to a smooth paste. Beat up well, and put it aside for twenty minutes. When ready to fry the fritters, beat up the white of egg very stiffly, and add it to the batter. Have the frying-fat very hot, dip the oysters into the batter, see that each one is well covered, and drop them into the boiling fat. Fry a golden brown, drain, and dish them on a dish-paper on a hot dish. Garnish with fried parsley, and serve hot.

Average cost, 1s. 9d. Time required, 40 minutes. Seasonable September to April. Sufficient for 12 fritters.

659. HUITRES À LA FLORENTINE.

12 oysters. | 1 lb. prepared spinach. | Mornay sauce (No. 110). | seasoning.

Beard the oysters, put them with their liquor into a small saucepan, and just bring to the boil. Put a layer of the prepared spinach in the hollow half of each shell, drain the oysters from the liquor, and place one in each prepared shell on the spinach. Cover with Mornay sauce, sprinkle with cheese and melted butter, and put them in a sharp oven to glaze. Serve at once.

Average cost, 2s. 9d. Time required, 40 minutes. Seasonable September to April. Sufficient for 6 persons.

660. TIMBALE AUX HUITRES À LA PARMENTIER (MOULD WITH OYSTERS AND POTATOES).

FOR POTATO MIXTURE.

1 lb. cooked potatoes. | seasoning. | 1 oz. butter. | 2 yolks of eggs. | $\frac{1}{2}$ gill cream.

FOR OYSTER MIXTURE.

18 oysters. | 1 oz. flour. | $\frac{1}{2}$ gill white wine. | $\frac{1}{2}$ gill cream. | season.
1 oz. butter. | 1 gill oyster-liquor. | $\frac{1}{2}$ gill milk. | $\frac{1}{2}$ small onion. | breadcrumbs.

Cook the potatoes, and when dry and cool pass them through a wire sieve. Melt the butter in a saucepan, stir in the potato, add the yolks of eggs and the cream, season to taste with pepper and salt. Turn the mixture on to a plate to cool. Beard the oysters, put them with their liquor into a small stewpan, bring to the boil, but do not let them actually boil. Drain them, and save 1 gill of the liquor. Put the butter into a stewpan when melted, stir in the flour, add the oyster-liquor and the milk, bring to the boil, stirring meanwhile; simmer for a few minutes. Slice the onion, put it with the wine into a saucepan, and reduce to half the quantity. Add the sauce just made to this, cook for five minutes longer; then strain, add the cream, oysters, and seasoning. Butter a timbale-mould ($1\frac{1}{2}$ pint size), sprinkle it all over with breadcrumbs, then line it with the potato. This must be done carefully, so that there may be no cracks, or the sauce will run out and spoil the appearance. Now fill the centre with the oyster mixture; cover over the top with the potato preparation, making it level with the top of the tin. Put the mould into a moderate oven, and bake for twenty to thirty minutes. When cooked, take out of the oven, let it stand for five minutes; then turn out on to a hot dish, and garnish the base with fried parsley. The dish is then ready to serve.

Average cost, 3s. 9d. Time required, 1 hour. Seasonable September to April. Sufficient for 5 or 6 persons.

661. BOUCHÉES AUX HUITRES (OYSTER PATTIES).

12 oysters. | $\frac{1}{2}$ gill cream. | oyster-liquor and stock to | $\frac{3}{4}$ oz. flour.
 $\frac{1}{2}$ lb. puff paste. | 1 oz. butter. | make 1 gill. | seasoning.

Beard the oysters, and blanch them in their own liquor. Strain, keep the liquor, and cut each oyster in half. Melt the butter in a small stewpan, stir in the flour, add the gill of liquor, and stir until it boils. Simmer for a few minutes; then add the cream, seasoning, and the oysters. Roll out the puff pastry, cut out some rounds with a pastry-cutter about 3 inches across, make an incision in the centre of each round with a smaller cutter, place them on a baking-sheet, and bake in a hot oven until cooked. When baked, take out the soft inside, keep the lids, and fill the cases with the oyster mixture. Put on the lids, and return to the oven to get hot again. Dish them on a napkin or dish-paper, and garnish with sprigs of parsley.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable September to April. Sufficient for 6 patties.

662. HUITRES À LA REINE.

12 oysters.	rich white sauce (No. 88).	seasoning.
liquor of the oysters.	breadcrumbs.	butter.

Beard the oysters, heat the sauce, and strain the oyster-liquor into it. Put the oysters into this, and keep them hot without boiling for three or four minutes; add seasoning. Butter the shells lightly, and fill them with the oysters. Sprinkle thickly with breadcrumbs, pour some butter over, and put them into a hot oven to brown or under a salamander. Dish up the shells on a flat dish, and serve very hot.

Average cost, 2s. Time required, 20 minutes. Seasonable September to April. Sufficient for 4 persons.

663. HUITRES AU BECHAMEL (OYSTERS WITH BECHAMEL SAUCE).

12 oysters.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	pepper.	salt.	grated Parmesan cheese.
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Beard the oysters, clean the shells. Put the oysters into a small stewpan, add the liquor to them, and bring to the boil. Take them off the fire, and strain. Put in each shell a layer of Bechamel sauce, upon that lay an oyster. Season with pepper and salt, cover them with sauce, sprinkle with cheese and melted butter, and put in a quick oven or under a salamander to glaze. Serve at once.

Average cost, 2s. Time required, 25 minutes. Seasonable September to April. Sufficient for 4 persons.

664. FRICASSÉE D'HUITRES (STEWED OYSTERS).

2 dozen oysters.	1 gill Espagnole sauce (No. 33).	$\frac{1}{2}$ gill white wine.	seasoning.
$1\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ teaspoonful chopped parsley.	juice of $\frac{1}{2}$ lemon.	

Remove the beards of the oysters, put into a stewpan with 1 oz. of butter, the wine, and a little oyster-liquor. Season with salt and pepper, and cook over the fire for two minutes. Mix in the sauce, stir until it boils. Add the juice of the lemon, the remaining $\frac{1}{2}$ oz. of butter, and the parsley. Dish up on a hot dish, and garnish round with croûtes of fried bread.

Average cost, 3s. 9d. Time required, 15 minutes. Seasonable September to April. Sufficient for 6 persons.

665. CÔTELETTES AUX HUITRES.

1 dozen oysters.	$\frac{1}{2}$ gill oyster-liquor.	2 egg-yolks.	breadcrumbs.
2 ozs. butter.	lemon-juice.	$\frac{1}{2}$ gill sherry.	salt.
$1\frac{1}{2}$ ozs. flour.	$\frac{1}{2}$ gill cream.	1 whole egg.	cayenne.

FOR SAUCE.

$\frac{1}{2}$ bay-leaf.	2 gills fish	1 gill cream.	cayenne.	1 shallot.
2 ozs. butter.	stock.	lemon-juice.	salt.	1 oz. flour.

Melt the butter in a saucepan, stir in the flour, add the oyster-liquor, sherry, cream, a squeeze of lemon-juice, salt, and cayenne. Stir until it boils. Let it cool a minute, then add the two yolks of eggs; stir well until it thickens. Beard the oysters, and cut them into quarters; if large, into six pieces. Stir these into the sauce. Turn the mixture on to a plate, and let it cool. Divide this mixture into equal parts, shape them into cutlets, dip in beaten egg, roll in breadcrumbs, and fry a golden brown in very hot fat. Dish up in a circle, and garnish the centre with fried parsley. Serve with the sauce separately. Make the sauce as follows: Melt 2 ozs. of butter in a stewpan, stir in the flour, add the stock, bring to the boil; then add the beards of the oysters, bay-leaf, and shallot. Cook for fifteen minutes, then add the cream. Season to taste with salt, cayenne, and lemon-juice. Pass through a strainer or fine sieve, and serve.

Average cost, 3s. Time required, 45 minutes. Seasonable September to April. Sufficient for 8 cutlets.

666. CROQUETTES AUX HÙITRES (CROQUETTES OF OYSTERS).

12 oysters.	$\frac{1}{2}$ gill milk.	$\frac{1}{2}$ gill oyster-liquor.	breadcrumbs.
1 oz. butter.	2 yolks of eggs.	squeeze of lemon-	seasoning.
$\frac{1}{2}$ oz. flour.	1 whole egg.	juice.	fried parsley.

Put the oysters into a saucepan with their liquor, bring just to boiling-point, but do not let them actually boil ; then drain them, and save the liquor. Take off the beards, and cut the oysters in dice. Melt the butter in a stewpan, stir in the flour, add the milk and oyster-liquor, and boil until very thick ; then cool a minute, add the yolks of the eggs, stir over the fire until the eggs are cooked. Mix in the oysters and lemon-juice, make quite hot, season to taste, and turn the mixture on to a plate to cool. When the oyster preparation is cold and set, divide it into equal portions, form each piece into the shape of balls or corks, beat the egg on a plate, dip the croquettes in it, and then roll in breadcrumbs. Fry them in very hot fat a golden brown. Drain on paper, pile them on a napkin on a hot dish, and garnish with fried parsley.

Average cost, 2s. Time required, 20 minutes. Seasonable September to April. Sufficient for 5 or 6 persons.

667. CROMESQUIS AUX HÙITRES (OYSTER CROMESKIES).

12 oysters.	8 thin slices of bacon.	$\frac{1}{2}$ gill oyster-liquor.	$\frac{1}{2}$ oz. flour.	salt.
1 oz. butter.	1 tablespoonful cream.	2 yolks of eggs.	$\frac{1}{2}$ lemon.	pepper.

FOR FRYING BATTER.

2 ozs. flour.	1 tablespoonful salad	1 tablespoonful milk.
1 egg.	oil.	seasoning.

Put the oysters into a small stewpan with their liquor, and bring them to the boil. Drain and keep the liquor, beard the oysters, and cut into small dice. Melt the butter in a stewpan, stir in the flour, add the oyster-liquor, and boil until thick. Mix in the cream, the juice of the lemon, and seasoning. Add the yolks of eggs and bind. Turn the mixture on to a plate, and let it get cold. In the meanwhile, prepare the batter in the following way : Sieve the flour into a basin, work in the yolk of the egg, the salad oil, and the milk. Beat well until the batter is smooth. Let it stand until wanted, then whisk the white of egg very stiffly, and stir it into the batter just before using. Divide the oyster mixture into eight equal parts, shape them into rolls like corks, wrap each on a piece of very thin bacon, dip them into the batter, and fry a golden brown in hot fat. Drain, dish them on a napkin or dish-paper, and garnish with fried parsley.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable September to April. Sufficient for 4 persons.

SIMPLE WAYS OF COOKING AND SERVING FISH

668. FRIED HERRINGS.

4 herrings (fresh).	oatmeal.	milk.	frying-fat.
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Wash and clean the herrings, cut off the heads, and make two or three cuts with a sharp knife on the sides of each herring. Dip them into milk, and then into oatmeal. Heat some fat or lard, put in the fish when the fat is very hot, and fry a golden brown. They take about ten minutes to cook. Drain on paper, dish up, and serve hot.

Average cost, 9d. Time required, 15 minutes. Seasonable May to October. Sufficient for 4 persons.

669. BOILED HERRINGS—MUSTARD SAUCE.

4 fresh herrings. | $\frac{1}{2}$ pint mustard sauce (No. 111).

Wash, scale, and clean the herrings. Put them into salted boiling water, and simmer very gently for about ten minutes. Take up as soon as cooked, drain the water from them, arrange on a hot dish, garnish them with parsley, and send the sauce to table separately.

Average cost, 9d. Time required, 15 minutes. Seasonable May to October. Sufficient for 2 to 4 persons.

670. FILLETS OF SALMON WITH POTATOES.

1 lb. salmon. | 3 ozs. butter. | $\frac{1}{2}$ pint white fish sauce | salt. | anchovy essence.
lemon-juice. | pepper. | (No. 88). | cayenne. | 3 or 4 raw potatoes.

Cut the salmon into small, neat pieces $\frac{3}{4}$ inch thick; put them into a stewpan with the butter, sprinkle with pepper and salt, cover with a lid, and cook very gently until the fish is done. Cut the potatoes in the shape of small corks, boil until half-cooked, drain, and put into a stewpan with butter, pepper, and salt. Let them cook slowly, shaking them occasionally. Do not let them brown. Place the potatoes in the centre of a hot dish, arrange the salmon round. Warm the white sauce, mix in sufficient anchovy essence to make it pink, add a squeeze of lemon-juice and a little cayenne. Stir into it the remains of the butter in which the salmon was cooked, pour the sauce over, and serve.

Average cost, 3s. 3d. Time required, 40 minutes. Seasonable February to August. Sufficient for 4 persons.

671. BAKED HADDOCK.

1 fresh haddock. | 1 gill milk. | 1 gill water. | salt.
1 oz. butter. | 2 ozs. oatmeal. | 1 onion. | pepper.

Clean the fish, and place it in a buttered deep baking-tin. Mince the onion finely, mix together the oatmeal, onion, water, and milk. Put this mixture over the fish, sprinkle with salt and pepper, break the butter into small pieces, and put it on the fish. Cover with another tin to keep the fish moist, put it into the oven, and cook for half an hour. Dish up, and serve.

Average cost, 1s. Time required, 30 minutes. Sufficient for 3 or 4 persons.

672. SOUSED MACKEREL.

3 medium-sized mackerel. | 1 bay-leaf. | $\frac{1}{2}$ pint cold water.
 $\frac{1}{2}$ pint vinegar. | 10 peppercorns. | salt.

Boil the mackerel, taking care not to break them. After they are cooked, split them carefully down the back, and remove the bones. Put the vinegar and water into a saucepan with the bay-leaf, peppercorns, and salt; simmer for ten minutes. Let this liquor get cold, then pour it over the fish. Let the mackerel steep in the liquor some hours before serving.

Average cost, 1s. 2d. Time required, 15 minutes to cook fish; 10 minutes to boil vinegar. Seasonable from April to July. Sufficient for 5 persons.

673. BLOATER PIE.

3 small bloaters. | 1 oz. butter. | mashed potato. | cayenne. | chopped parsley.

Fry the bloaters, skin and bone them, cut the fish into pieces, and put into a pie-dish with a little chopped parsley, a pinch of cayenne, and the butter broken into pieces. Cover with mashed potato, mark it with a fork, put a few bits of butter here and there, and bake in a hot oven until the potato is a nice brown.

Average cost, 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

674. STUFFED BAKED HADDOCK.

1 fresh haddock.	1 tablespoonful bread-	2 tablespoonfuls chopped suet.	dripping.
$\frac{1}{2}$ lemon.	crumbs.	1 tablespoonful chopped parsley.	salt.
1 egg.	anchovy sauce (No. 85).	$\frac{1}{2}$ teaspoonful mixed herbs.	pepper.

Mix the suet, breadcrumbs, parsley, and herbs together in a basin, and season with pepper and salt. Cut the rind of the lemon very thinly, then chop it, and add to the stuffing. Bind this mixture with beaten egg, taking care not to get it too wet. Stuff the stomach of the haddock with this; then take a trussing-needle threaded with string, and truss the fish into the shape of the letter **S**. This is done by passing the needle through the eyes, then through the middle of the back, and finally through the tail. Draw up tightly, and fasten. Egg and breadcrumb the fish, and then place in a Yorkshire tin with some dripping over, and bake in the oven for twenty to thirty minutes, according to size. The haddock must be basted frequently to keep it moist. Take up, remove the string, place the fish on a hot dish, and pour anchovy sauce round.

Average cost, 1s. 3d. Time required, 45 minutes. In season all the year. Sufficient for 4 or 5 persons.

675. CURRIED FISH.

$\frac{1}{2}$ lb. cooked fish.	1 apple.	water or fish stock.	1 tablespoonful curry-	boiled rice.
2 large onions.	1 lemon.	2 ozs. dripping.	powder.	salt.

Peel and chop the onions finely, melt the dripping in a saucepan, put in the onion, and fry a dark brown. Strain off the onions, return the dripping to the saucepan, add the curry-powder, and fry over the fire for a few minutes. Peel and chop the apple, add to the curry-powder, also the fried onions, moisten with enough water or fish stock to make it a nice consistency (about $\frac{1}{2}$ pint). Season with salt, and let it simmer for thirty minutes. Cut the fish into nice-sized pieces, and put into the curry to warm through. Just before serving, add a squeeze of lemon-juice. Dish up, and garnish with slices of lemon and sprigs of parsley. Serve with boiled rice.

Average cost, 1s. Time required, 45 minutes. In season always. Sufficient for 3 or 4 persons.

676. WATER SOUCHY.

4 small flounders or dabs.	parsley.	grated horseradish.	cayenne.
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Clean the fish, and, if large, cut into pieces. Boil the fish in just enough water or fish stock to cover, with some sprigs of parsley, grated horseradish, and cayenne. When the fish is cooked, place it in a vegetable-dish, strain the liquor over, and sprinkle the surface with chopped parsley. Serve with thin slices of brown bread and butter separately.

Average cost, 9d. Time required, 10 to 15 minutes. In season all the year. Sufficient for 4 persons.

677. LOBSTER SCALLOP.

1 lobster.	2 ozs. butter.	1 tablespoonful chopped	lemon-juice.
1 shallot.	1 teaspoonful chopped tarragon.	parsley.	breadcrumbs.

Boil the lobster, and, when cold, cut in two down the centre of the back, so as to make two shells. Remove the flesh, and cut into dice. Melt some butter in a saucepan, take off the scum and then butter the insides of the shells. Melt 1 oz. of butter, fry the chopped shallot in it until a pale golden colour. Add the parsley, tarragon, lobster, and a squeeze of lemon-juice; also salt and a pinch of cayenne pepper. Fill the shells with layers of this mixture, breadcrumbs, and oiled butter; sprinkle a few brown breadcrumbs over, and heat in the oven. Serve hot, with fried parsley as a garnish.

Average cost, 3s. 6d. Time required, 20 minutes. In season from March to October. Sufficient for 3 or 4 persons.

678. STUFFED HERRINGS.

2 or 3 fresh herrings.
2 ozs. breadcrumbs.
parsley sauce (No. 61).

1 teaspoonful mixed herbs.
1 tablespoonful chopped suet.
1 tablespoonful chopped parsley.

salt.
breadcrumbs.
1 egg.

Mix the breadcrumbs, suet, parsley, and herbs together; season with salt, and add enough beaten egg to bind the mixture. Fillet the herrings, spread a layer of the stuffing over each, and fold in halves, keeping the skin side of the fish inside. Lay them on a buttered tin, sprinkle with breadcrumbs, and put dripping on each. Bake in a moderate oven for fifteen minutes, basting them frequently. Take them up, and dish in a row down the centre of the dish. Pour parsley sauce round, and serve hot.

Average cost, 10d. Time required, 20 minutes. In season from May to October. Sufficient for 4 or 5 persons.

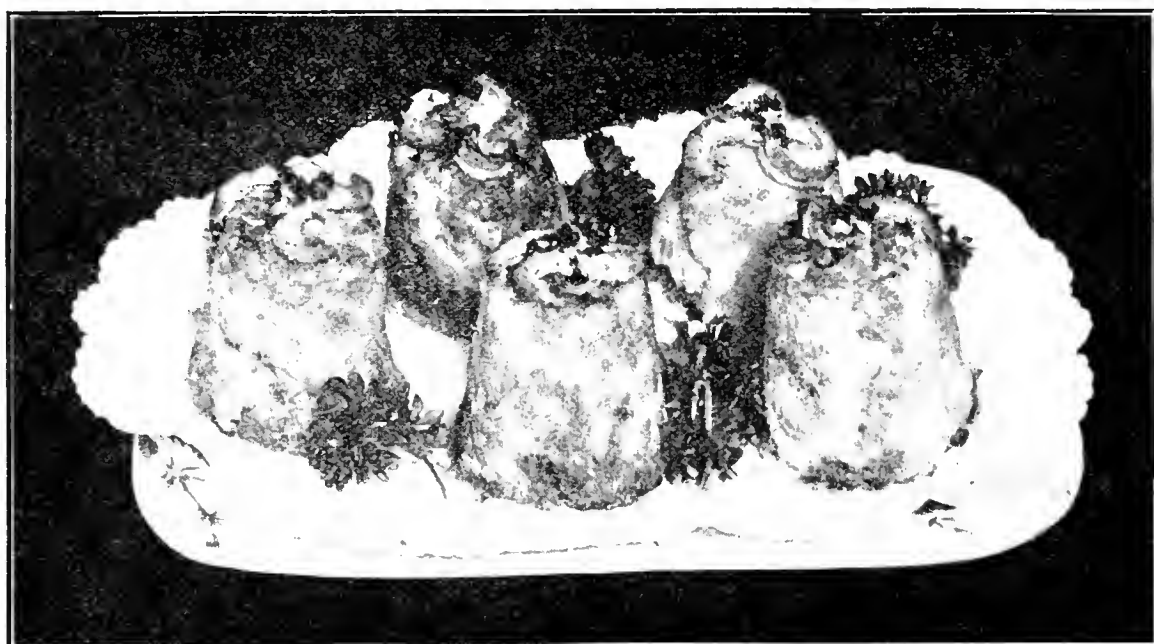


FIG. 18.—CURRIED SHRIMPS IN CASES.

679. CURRIED SHRIMPS IN CASES.

3 ozs. rice.
1 pint stock.

1 onion.
1½ ozs. butter.

1 gill picked shrimps.
1 dessertspoonful curry-powder.

1 apple.
½ lemon.

Boil the rice in 1 pint of stock until tender and the moisture is absorbed. Butter some small dariole-moulds, and line with the boiled rice, pressing it well into the corners. Peel and chop the onion, melt the butter in a saucepan, fry the onion a dark brown in it, stir in the curry-powder, and cook over the fire for a few minutes. Peel and chop the apple, add to the curry with enough stock or water to cook it in. Let this simmer for thirty minutes, then add the shrimps and a squeeze of lemon-juice. Fill up the rice cases with this curry, and place in the oven to warm through. Dish up, and garnish each on the top with a few picked shrimps and a little chopped parsley. Serve very hot.

Average cost, 1s. Time required, 45 minutes. In season all the year. Sufficient for 3 or 4 persons.

680. CASSEROLE OF PLAICE.

1 large plaice.
3 large onions.

1 tablespoonful parsley.
2 ozs. butter.

3 large tomatoes.
1 tablespoonful vinegar.

Peel the onions, and cut into slices. Melt the butter in a frying-pan, add the onions and the chopped parsley. Stir these over the fire until a light brown. Put a layer of this at the bottom of a small casserole-dish. Fillet the plaice and cut

each into nice-sized pieces. Lay these on the mixture in the casserole, and cover with the rest of the onion mixture. Cut the tomatoes into quarters, and put with the fish. Dilute with 1 gill of water and the vinegar, sprinkle with salt and pepper. Place the cover on the dish, and bake in a moderate oven for twenty to thirty minutes. Serve in the casserole dish.

Average cost, 1s. 3d. Time required, 30 to 40 minutes. In season all the year. Sufficient for 4 or 5 persons.

681. FISH PILAU.

2 ozs. butter. | 6 ozs. rice. | 1 lb. fish. | 1½ pints stock. | 1 onion. | salt.

Melt the butter in a saucepan, fry the chopped onion in it a pale colour, add the rice, and brown this a little as well. Dilute with the stock, season with salt, and simmer for ten minutes. Cut any kind of fish into neat pieces, lay them on the top of the rice, and simmer the whole until the fish is cooked and the stock absorbed. Arrange the fish and rice on a hot dish, garnish with a little chopped parsley, and serve.

Average cost, 1s. 4d. Time required, 45 minutes. In season all the year. Sufficient for 4 or 5 persons.

DAINTY WAYS OF DOING UP COLD FISH

682. FISH CAKES.

½ lb. cold fish. | ½ oz. butter. | breadcrumbs. | pepper.
¼ lb. cooked potato. | 1 egg. | fried parsley. | salt.

Chop up the cooked fish, pass the potato through a wire sieve, melt the butter in a saucepan. As soon as it is melted, stir in the fish, potato, and the yolk of the egg. Season with pepper and salt; stir all together over the fire until well mixed. Turn the mixture on to a plate, and let it get cold. Beat the white of the egg a little on a plate. Divide the fish preparation into even-sized pieces, shape them into balls; then flatten with a knife into cakes, dip in the white of egg, and then into breadcrumbs. Take a clean knife, pat on the crumbs, and shape again. Fry the cakes in very hot fat a golden brown. Dish up, and serve with fried parsley.

Average cost, 4d., without fish. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 cakes.

683. CROQUETTES DE POISSON (CROQUETTES OF FISH).

½ lb. of cooked fish. | ½ gill well-reduced Bechamel sauce (No. 4). | egg.
1 teaspoonful parsley. | 1 teaspoonful anchovy essence. | breadcrumbs.
pepper. | ½ oz. butter. | salt.

Remove all skin and bone from the fish, chop the meat finely. Melt the butter in a stewpan; when melted, put in the fish, add the sauce, pepper, salt, and the anchovy essence. Mix all well together, then turn the preparation on to a plate, and let it get cold. Divide the mixture into even-sized pieces, make up into the shape of corks, egg and breadcrumb them, and fry a golden brown in very hot fat. Dish up on a dish-paper, garnish with fried parsley, and serve.

Time required, 30 minutes. Sufficient for 8 croquets.

684. POUDING DE POISSON (FISH PUDDING).

½ lb. cooked white fish. | 1 teaspoonful chopped parsley. | 1 egg.
1 oz. beef suet. | white sauce (No. 88). | pepper.
1 oz. breadcrumbs. | ½ gill milk. | salt.

Take away all skin and bones from the fish, chop it small, also the suet. Put both of these ingredients into a mortar, and pound well; then add the breadcrumbs, egg, milk, seasoning, and parsley. Pound again until the mixture is smooth. Put

this preparation into a well-greased pudding-mould or basin, steam or boil for one hour. Unmould, and pour the sauce over. Sprinkle the top with chopped parsley or chopped lobster-coral.

Time required, $1\frac{1}{4}$ hours. Sufficient for 4 persons.

685. CROÛTES DE POISSON (CROÛTES OF FISH).

stale bread.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill fish stock.	chopped parsley.	milk.
$\frac{1}{2}$ lb. cold fish.	$\frac{1}{4}$ oz. flour.	breadcrumb.	egg.	salt.

Chop the fish finely, freeing it from skin and bone. Melt the butter in a saucepan, stir in the flour, add the stock, and cook over the fire until it leaves the sides of the pan clean. Add the chopped fish, pepper, salt, and chopped parsley. Stir over the fire until thoroughly hot. Cut one or two slices of stale bread $1\frac{1}{2}$ inches thick, stamp out some rounds about 2 inches across, take out a part of the centre with a cutter two sizes smaller than the first; cut also some rounds $\frac{1}{2}$ inch thick with the smaller cutter. Dip these, and also the cases, in a little milk to moisten them. Take them out, drain, and then egg and breadcrumb them. Fry in very hot fat, drain on paper, and fill the hollow of each with the fish mixture, piling it rather high. Place one of the small, round lids on the top of each croûte. Dish on a paper or napkin, and garnish with fried parsley.

Average cost, 1s. Time required, 30 minutes. In season always. Sufficient for 4 or 5 persons.

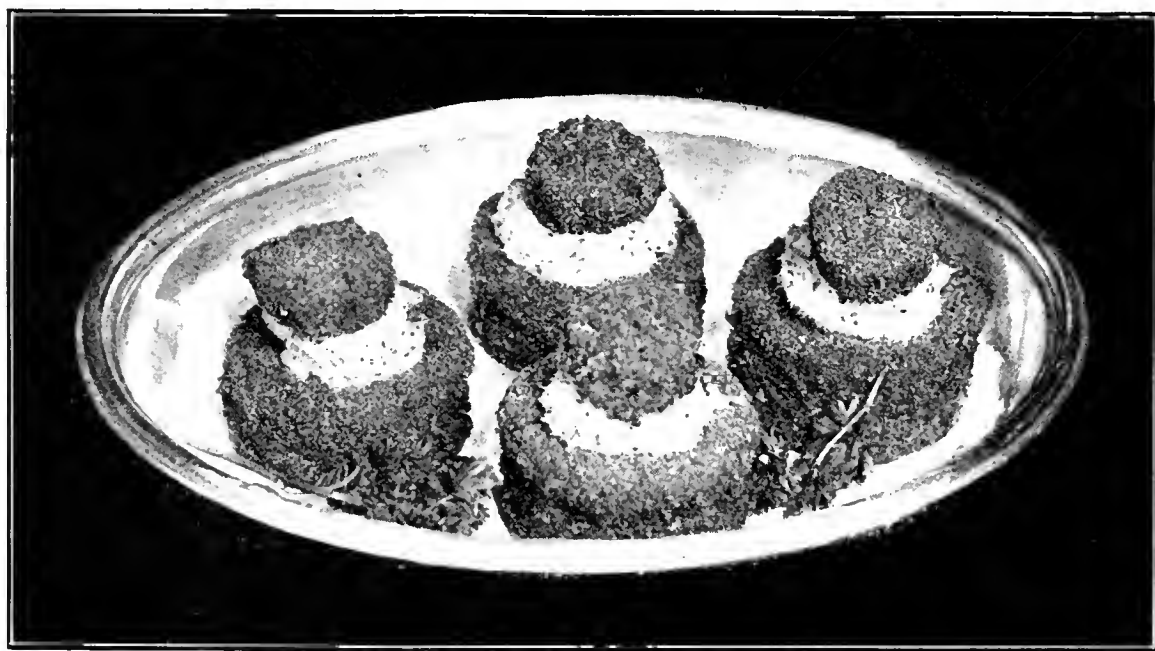


FIG. 19.—CROÛTES DE POISSON.

686. FISH AND MACARONI.

2 ozs. macaroni.	1 lb. of any kind of cold	1 oz. butter.	3 or 4 tomatoes.	pepper.
1 small onion.	cooked fish.	breadcrumb.	1 tablespoonful flour.	salt.

Boil the macaroni until soft, then cut it in short lengths about 1 inch. Butter a pie-dish, and cover it all over with the macaroni; then add a layer of the cooked fish, season with pepper and salt. Continue the alternate layers till the dish is full. Chop the onion. Melt the butter in a saucepan, and, when hot, fry the chopped onion a golden brown. Stir in the flour, then add the tomatoes, cut in half. Let all simmer together for ten minutes, and rub through a hair sieve or pass it through a fine strainer. Season with salt and pepper to taste, and pour over the fish. Cover the top of the dish with a layer of breadcrumbs, and bake about half an hour.

Average cost, 6d., exclusive of fish. Time required, 1 hour. Sufficient for 6 persons.

687. FISH PIE.

1 lb. cooked fish.	$\frac{3}{4}$ oz. butter.	2 hard-boiled eggs.	mashed potatoes.
2 onions.	1 oz. flour.	$\frac{1}{2}$ pint milk or fish	salt.
6 peppercorns.	$\frac{1}{2}$ oz. lean bacon.	stock.	yolk of egg.

Flake the fish in nice pieces, put the bones of the fish with sufficient water to cover in a stewpan, add to it one onion, peppercorns, and a sprig of parsley and thyme. Simmer for twenty minutes, then strain. Fry the remaining onion, chopped, and the bacon cut up small, in the butter. Stir in the flour, add the fish stock, bring to the boil, stirring all the time. Let it simmer for ten minutes. Put a layer of the fish in a pie-dish, cover with sauce, season with salt and pepper, chopped parsley, and a few chopped capers. Cover the fish with slices of hard-boiled eggs, and repeat the layers of fish, egg, and seasoning until the dish is filled, fish being the last layer. Cover with a crust of mashed potatoes, brush over with beaten egg, and bake in a moderate oven for half an hour.

Average cost, 4d., exclusive of fish. Time required, 1 hour. Sufficient for 6 persons.

688. RÉCHAUFFÉ OF SALT COD.

1 lb. salt cod.	parsley.	$1\frac{1}{2}$ ozs. flour.	2 teaspoonfuls anchovy essence.
1 onion.	2 ozs. butter.	1 pint fish stock.	$\frac{1}{2}$ lemon.

Take the fish off the bones in nice flakes, put the bones in a stewpan with an onion and a sprig of parsley, cover with water, and simmer for twenty minutes. Strain, and cool. Melt the butter in a saucepan, stir in the flour, moisten with the stock, stirring all the time. Let it boil for ten minutes, then add the fish, and if any egg sauce has been left from the previous day, it may be added. Season with pepper, the lemon-juice, and the anchovy essence. Cover the saucepan with a tight-fitting lid, and place it on the stove to get quite hot without boiling. Serve on a flat dish with a border of mashed potato round. Put the dressed fish in the centre, cover the surface of the fish with brown breadcrumbs, and place the dish in the oven for ten minutes before sending to table.

Average cost, 4d., exclusive of fish. Time required, 45 minutes. Sufficient for 6 persons.

689. KEDGEREE.

$\frac{1}{2}$ lb. cooked dried haddock. | 2 eggs. | 2 ozs. rice. | 2 ozs. butter. | seasoning. | chopped parsley.

Wash and boil the rice, dry it well. Boil the eggs hard; when boiled, put them into cold water. Take off the shells, cut the whites into small square pieces, rub the yolks through a wire sieve. Break the fish in pieces, and carefully remove all bones and skin. Put the butter in a saucepan; when melted, add the rice, fish, and whites of eggs, season to taste. Mix all well together, and serve on a hot dish in a pyramid shape. Sprinkle the yolks of the eggs over, and a little chopped parsley. Serve very hot.

Average cost, 10d. Time required, 25 minutes. Sufficient for 4 persons.

690. SALMON CUTLETS.

$\frac{1}{2}$ lb. cooked salmon.	1 oz. butter.	1 yolk of egg.	salt.
$\frac{1}{4}$ lb. boiled potatoes.	1 egg.	breadcrumbs.	cayenne.

Take away all skin and bones from the salmon, then chop it finely. Rub the potatoes through a sieve, melt the butter in a saucepan, add the fish and potato. Stir over the fire until thoroughly mixed, season with salt and cayenne pepper, bind with the yolk of an egg. Turn this mixture on to a plate to cool. Shape into cutlet shapes, egg and breadcrumb them, and fry in hot fat. Dish up on a paper or napkin, and garnish with fried parsley.

Average cost, 1s. 3d. Time required, 20 minutes. In season February to August. Sufficient for 6 or 7 cutlets.

691. FISH SALAD.

2 lb. cold fish.	1 beetroot.	sugar.
2 lettuces.	vinegar.	oil.
2 hard-boiled eggs.	milk.	seasoning.

Shred the lettuces ; break the fish up into flakes, and mix with the lettuce. Sieve the yolks of eggs into a basin, mix in 1 teaspoonful of sugar, 1 of milk or cream, 1 of oil, and 1 tablespoonful of vinegar. Season with pepper and salt. Add this to the salad, and mix thoroughly. Garnish to taste with beetroot and whites of eggs.

Average cost, 1s. 9d. Time required, 15 minutes. Sufficient for 4 or 5 persons.



FIG. 20.—FISH SALAD.

692. COD WITH ARTICHOKEs.

1 lb. cooked cod. | egg sauce (No. 114). | 2 hard-boiled eggs. | boiled Jerusalem artichokes.

Free the fish from skin and bone, break up into flakes, place in a saucepan, and add enough egg sauce to make a nice consistency. Season to taste with pepper and salt. Make this mixture thoroughly hot, and then dish in a pile on a hot dish. Pour some more egg sauce round the base, and garnish with the hard-boiled eggs, cut in quarters, and the cooked artichokes. Sprinkle a little chopped parsley on the top, and serve very hot.

Average cost, 1s. 3d. Time required, 30 minutes. In season all the year. Sufficient for 4 or 5 persons.

693. SCALLOPS OF TURBOT.

1 lb. cold turbot.	$\frac{1}{2}$ pint white sauce (No. 88).	2 ozs. butter.	salt.
brown breadcrumbs.	1 teaspoonful chopped parsley.	cayenne.	$\frac{1}{2}$ gill cream.

Flake the fish into small pieces, heat the white sauce in a saucepan, put in the fish, season with cayenne and salt, add the cream and parsley. Butter eight or nine scallop-shells, sprinkle with the brown crumbs, fill them with the mixture, sprinkle over the top with the crumbs. Put the butter, broken up into small pieces, on the top, and place the shells in a moderate oven to get hot through. Serve in the shells on a folded napkin or dish-paper.

Time required, 20 minutes. Sufficient for 8 to 10 shells.

694. CROUSTADES OF COD.

cooked cod.	mushrooms.	butter.
tomato sauce (No. 77).	breadcrumbs.	pastry.

Roll out the pastry, cut into rounds, and line eight patty-pans with it. Bake in a moderate oven, remove from the tins, and put aside till required. Free the fish from skin and bone, and break it into flakes. Peel the mushrooms, cook in the oven with a little butter. Take them up, chop coarsely, and place in a saucepan with the flakes of fish. Add enough tomato sauce to bind the mixture, season with pepper and salt. Fill the pastry cases with this, sprinkle breadcrumbs over and a few drops of melted butter, put in the oven to brown. Dish up on a dish-paper, and garnish with parsley.

Average cost, 1s. Time required, 30 minutes. In season all the year. Sufficient for 6 or 7 persons.



FIG. 21.—CROUSTADES OF COD.

695. FISH WITH VINAIGRETTE SAUCE.

$\frac{1}{2}$ lb. cold fish.	beetroot.	parsley.
2 hard-boiled eggs.	cold potatoes.	vinaigrette sauce (No. 146).

Free the fish from skin and bone, break it into neat flakes, put into a basin, and mix into it the hard-boiled eggs, chopped, and one chopped boiled potato. Season with pepper and salt, moisten with a very little vinaigrette sauce. Place this on a dish in a pile, garnish with slices of beetroot, boiled potato, and a few sprigs of parsley. Serve with vinaigrette sauce separately.

Average cost, 1s. Time required, 15 minutes. In season always. Sufficient for 3 or 4 persons.

696. TIMBALES OF FISH AND POTATOES.

1 lb. cooked potatoes.	white sauce (No. 88).	1 egg.
1 oz. butter.	cold fish.	parsley.

Rub the potatoes through a sieve; melt the butter in a saucepan, stir in the potato, pepper, salt, and enough egg to bind the mixture. Well grease some small dariole-moulds, and line them with the potato mixture. Chop the fish coarsely, put into a saucepan with a little white sauce, and chopped parsley. Fill the centre of the moulds with this, cover with some more of the potato mixture, brush the

top of each over with beaten egg, and put in a hot oven to brown. Turn out on a hot dish. and send to table with white sauce separately.

Average cost, 6d. Time required, 30 minutes. In season always. Sufficient for 4 or 5 persons.

697. FISH WITH POTATOES.

1 lb. cold boiled fish.	boiled potatoes. 2 ozs. butter.	pepper and salt. breadcrumbs.	parsley. white sauce (No. 88).
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Rub the potatoes through a sieve ; melt 1 oz. of butter in a saucepan, add the potato, pepper, and salt, and, if liked, a little cream. Heat this thoroughly over the fire, then make a border with it on a hot fire-proof dish. Free the fish from skin and bone, break it into flakes. Put these in a saucepan, season with pepper and salt, and moisten with a little white sauce. Place this in the centre of the potato border, sprinkle the surface with breadcrumbs, and the rest of the butter melted and poured over. Put the dish in a hot oven, and bake until the fish and potatoes are brown. Garnish with a little chopped parsley, and serve very hot.

Average cost, 1s. Time required, 30 minutes. In season always. Sufficient for 4 or 5 persons.

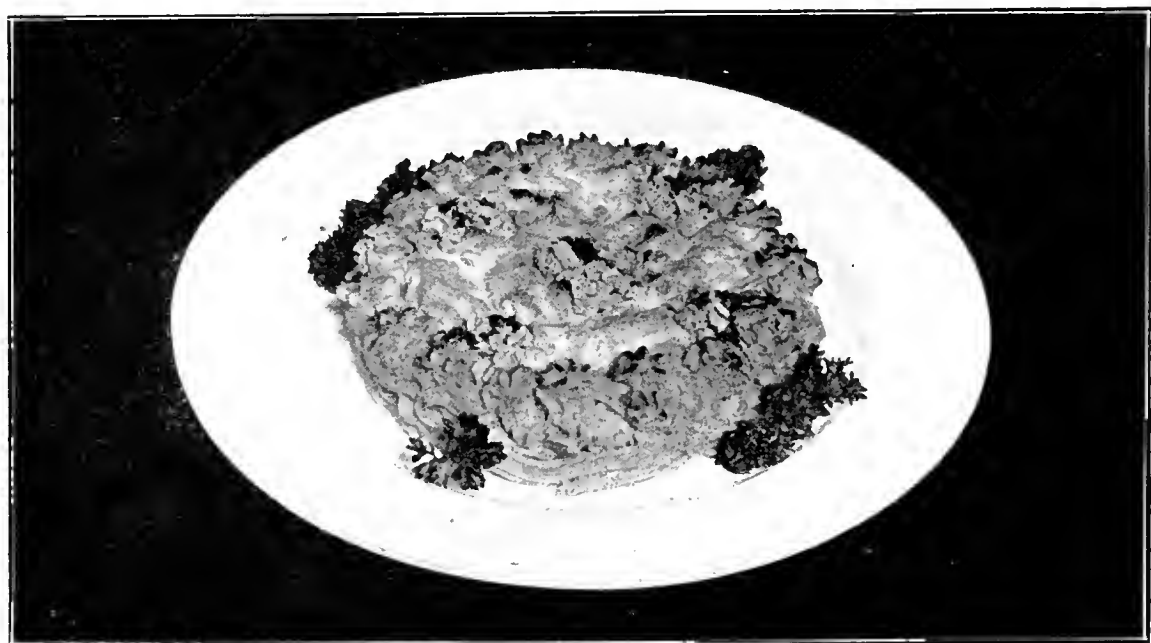


FIG. 22.—FISH WITH POTATOES.

698. CROQUETTES OF HADDOCK.

$\frac{1}{2}$ dried haddock. short pastry.	melted butter sauce (No. 43). chopped parsley.	egg. breadcrumbs.
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Cook the haddock in the usual way, free it from skin and bone, and chop the meat finely. Put it into a saucepan with the chopped parsley, and add enough melted butter sauce to bind. Season with salt and pepper. Roll the pastry out rather thinly, cut into rounds 3 inches across, put a little of the fish mixture in the centre of each, wet round the edges, and fold in halves. Egg and breadcrumb them, and fry in boiling fat. Take up, drain well, and dish in a pile on a dish-paper. Garnish with fried parsley, and serve hot.

Average cost, 1s. Time required, 30 minutes. In season always. Sufficient for 3 or 4 persons.

699. FLAN DE CABILLAUD (COD IN PASTRY CASE).

$\frac{1}{2}$ lb. short pastry. | $1\frac{1}{2}$ lbs. cooked cod. | mushrooms. | Bechamel sauce (No. 4). | parsley.

Roll out the pastry, and line a flan-ring with it. Ornament the edges, fill the centre with raw rice, and bake in a hot oven. Take out when done, remove the flan-ring, and take away the rice. Break some of the cod into flakes, mix with it the cooked mushrooms, and enough Bechamel sauce to bind. Place this at the bottom of the pastry-case. Cut the rest of the cod into neat pieces, rather large, and arrange on the top of the first mixture. Coat these pieces of cod with a little Bechamel sauce. Garnish with chopped parsley on each piece of cod, and then place in the oven to get thoroughly hot.

Average cost, 2s. Time required, 1 hour. In season all the year. Sufficient for 4 or 5 persons.



FIG. 23.—FLAN DE CABILLAUD.

CHAPTER VI

FISH ENTRÉES (COLD)

700. DARNE DE SAUMON À LA MONTELLIER (SLICE OF SALMON WITH MONTELLIER BUTTER).

1 carrot.	2½ lbs. middle-cut of salmon.	1 truffle.	1 gill cooked peas.
1 onion.	Montpellier butter (No. 181).	1 cucumber.	12 peppercorns.
bouquet garni.	aspic jelly (No. 251).	3 hard-boiled eggs.	salt.

Cut the carrot and onion into slices, wipe the salmon, put it into a fish-kettle, with the vegetables, herbs, and peppercorns. Cover with nearly boiling water; bring quickly to the boil, and simmer gently until the fish is cooked. Let the salmon get cold in the water, then take it up, drain, and put on a dish or flat board. Take off the skin carefully, cover all over with the Montpellier butter, let it set, then coat with half-set aspic jelly. Do this more than once, so that there is a transparent coat over it. Decorate the darne with slices of truffle cut out with an ornamental cutter, slices of cucumber with grooved edges. A little lobster-coral here and there is an improvement. Dish the salmon on a large oval dish, surround it with the whites of eggs cut in halves and filled with cooked green peas, thin slices of grooved cucumber, and chopped aspic jelly. Send up to table with it a sauce-ureen of tartare sauce (No. 143).

Average cost, 10s. Time required, 2 hours. Seasonable February to August. Sufficient for 8 persons.

701. FLEURETTES DE HOMARD À LA MAYONNAISE (DARIOLES OF LOBSTER WITH MAYONNAISE).

1 lobster.	½ pint mayonnaise sauce (No. 134).	cayenne.	salt.
1 truffle.	1 pint aspic jelly (No. 251).	lobster spawn.	parsley or salad.

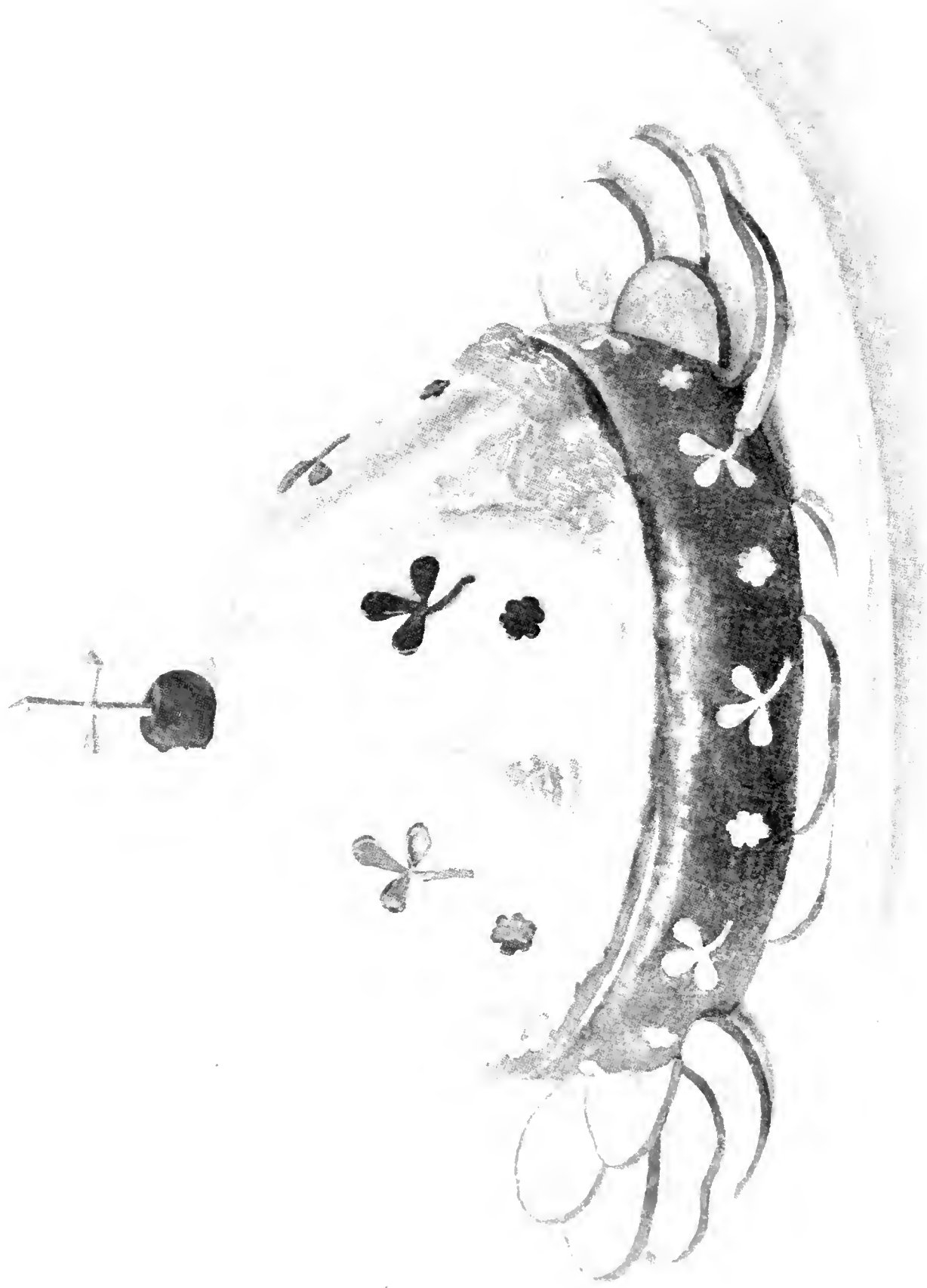
Line six dariole-moulds with liquid aspic jelly; when set, decorate the bottom of each with strips of truffle to form a star. Pound the lobster spawn, rub it through a hair sieve. Add this to a little aspic jelly, put it over the fire, and boil until the spawn has coloured the aspic red. Add sufficient of this, when cool, to colour the mayonnaise a pretty shade. Dilute the sauce also with another ½ gill of aspic, line the moulds all over with this, let it set on ice. Split the lobster down the back, take out the meat from the shell, cut it up in small dice. Season with cayenne and a little salt. Mix with it some mayonnaise, sufficient to bind the fish. Fill up the little moulds with this, leaving space at the top for another layer of the aspic mayonnaise. Put the moulds on ice until quite firm. Turn out, dress them in a circle, put some nicely seasoned salad in the centre, and garnish the dish with chopped aspic.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable April to October. Sufficient for 6 persons.

702. MOUSSE DE HOMARD.

1 lobster.	½ gill white sauce (No. 88).	cayenne.
1 gill cream.	3 gills aspic jelly (No. 251).	truffle.

Line the bottom and sides of a 1½-pint size timbale-mould with aspic jelly, let it set on ice. When the jelly is firm, decorate the bottom of the mould with truffle cut out in fancy shapes to form a pretty design; sprinkle over some more jelly,



Medaillons de Saumon à la Montpelliér.

sufficient to set the decoration. Split the lobster down the back, crack the claws, take out the meat. Put this into a mortar, add the sauce, pound well, and rub through a sieve. Put the purée into a basin, season it to taste with cayenne and a little salt, whip the cream slightly, and add it to the mixture with about 1 gill of aspic. Mix all well together, turn it into the prepared mould, and put on ice to set. Turn out when ready, and garnish the dish with chopped aspic and sprigs of parsley.

Average cost, 4s. Time required, 1 hour. Seasonable April to October. Sufficient for 6 persons.

703. MÉDAILLONS DE SAUMON À LA MONTPELLIER (MEDALLIONS OF SALMON, MONTPELLIER STYLE).

2 ½ lbs. salmon, tail-end.	½ pint mayonnaise sauce	2 truffles.	aspic jelly (No. 251).
1 oz. Montpellier butter (No. 181).	(No. 134).	butter.	mixed vegetables.
1 tablespoonful cooked spinach.	1 hard-boiled white of egg.	seasoning.	1 gill white wine.

Fillet the salmon, put on a buttered baking-sheet, season with pepper and salt. Pour the wine over, cover with a buttered paper, and cook in the oven for about twenty minutes. When cooked, let cool, then cut out with an oval cutter eight medallions. Mix half the mayonnaise into ½ gill of aspic jelly; with this coat the ovals of salmon. When set, decorate each one with truffle, and then glaze them with half-set aspic jelly. Pass the cooked spinach through a fine sieve, mix with it the Montpellier butter and 1 gill of aspic. Line a plain border mould with aspic jelly, decorate it with white of egg, hard boiled, cut out in fancy shapes, sprinkle a little aspic over to set the decoration. Now line over this with the green purée, which must be first mixed with 1 gill of aspic jelly. After cutting out the medallions, flake the remainder of the salmon, put it into a basin, and mix with it an equal quantity of mayonnaise and aspic, season to taste, and fill up the border mould nearly to the top. Put a layer of aspic over all, put on ice to set. Mix the vegetables with sufficient mayonnaise aspic to bind the vegetables together. When the mould is set, turn it out on to an entrée-dish, place the vegetables in the centre in the form of a pyramid. Mount the medallions of salmon on the top of the border, leaning against the salad of vegetables; garnish between the medallions with chopped aspic. Place a truffle on a hâtelet, and run it through the centre of the pyramid. The dish is now ready to serve. (See coloured plate.)

Average cost, 10s. Time required, 1½ hours. Seasonable February to August. Sufficient for 8 persons.

704. DARNE DE CABILLARD À LA PARISIENNE (SLICE OF COD, PARISIAN STYLE).

2½ lbs. middle-cut of cod.	aspic jelly.	8 artichoke bottoms.	salt.
½ pint mayonnaise sauce (No. 134).	chervil.	3 hard-boiled eggs.	½ gill cream.
Montpellier butter (No. 181).	1 truffle.	cooked peas.	pepper.

Put the cod into a saucepan containing boiling water, season with salt, and leave the fish in the boiling water until cooked. Do not let it boil or simmer. It will take about thirty minutes to cook. When done, take up the fish, and let it get cold. Skin it, and cover with the mayonnaise into which has been mixed the whipped cream and a little aspic jelly. Mask well all over, putting a second layer on if necessary. Leave it to set, then decorate with Montpellier butter through a forcing-bag with a rose-pipe attached. Ornament here and there with truffle and chervil leaves. Lift the darne on to a dish, surround with the artichoke-bottoms (which have been filled ready with cooked peas mixed with mayonnaise), the hard-boiled eggs cut in quarters, and chopped aspic. Send some mayonnaise sauce to the table separately.

Average cost, 4s. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 persons.

705. FILETS DE SOLES FARCIS EN FERS À CHEVAL (STUFFED FILLETS OF SOLES IN HORSESHOES).

1 sole.	lobster meat.	1 tablespoonful cream.
Bechamel sauce (No. 4).	mayonnaise sauce (No. 134).	$\frac{1}{2}$ lemon.
aspic jelly.	1 truffle.	$\frac{1}{2}$ oz. butter.

Chop some lobster meat finely, and mix with it sufficient Bechamel sauce to make into a paste. Season with salt and cayenne. Remove the fillets from the sole, spread the skin side of each with a layer of the lobster mixture, roll up, and place on a buttered tin. Sprinkle with salt and a squeeze of lemon-juice, cover with buttered paper, and cook in the oven for ten to fifteen minutes. Take up, and put aside to cool. Line six or eight horseshoe moulds with a thin layer of aspic jelly. When this is set, decorate them with small pieces of truffle, cut to represent the horseshoe nails; set these in with a little more aspic jelly. Mix some mayonnaise sauce with an equal quantity of aspic jelly and the tablespoonful of cream; line the moulds again with this. Cut the cooked fillets in slices, place one in each mould, fill up with mayonnaise-aspic, and put aside to set. Turn out, and dish on a bed of chopped aspic; garnish with lettuce or sprigs of parsley.

Average cost, 3s. Time required, $1\frac{1}{2}$ hours. In season from February to August. Sufficient for 6 or 7 persons.

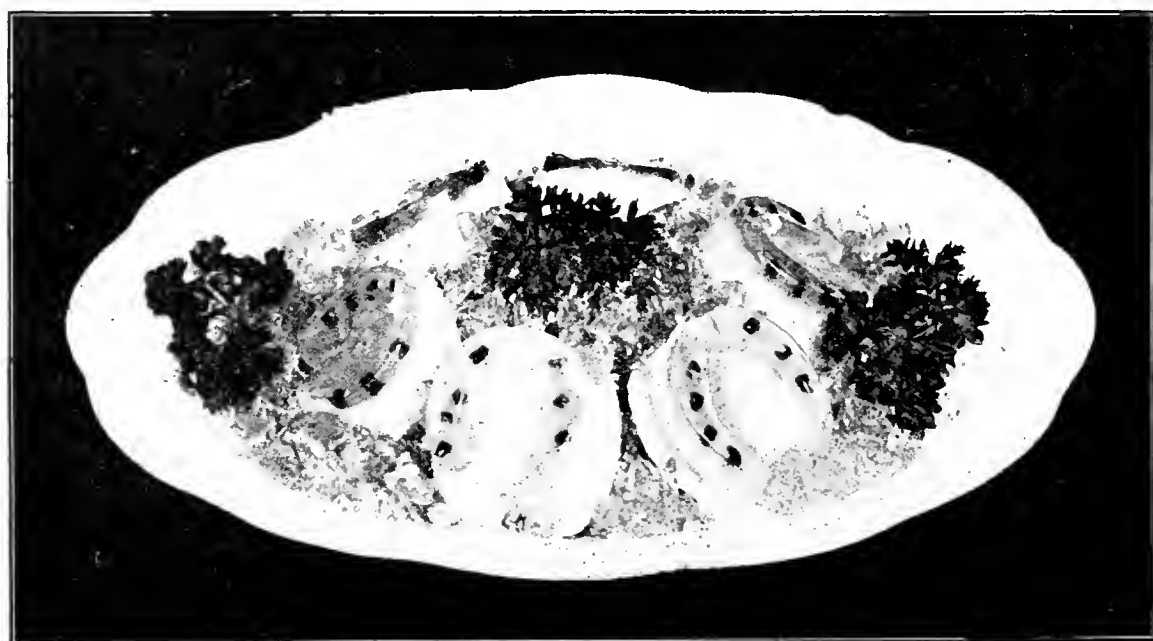


FIG. 24.—FILETS DE SOLES EN FERS À CHEVAL.

706. CÔTELETTES DE HOMARD À LA CARDINAL (COLD LOBSTER CUTLETS).

1 lobster.	$\frac{1}{2}$ gill Cardinal sauce (No. 90).	aspic jelly.	truffle.
$\frac{1}{2}$ pint peas.	mayonnaise sauce (No. 134).	$\frac{1}{2}$ gill cream.	seasoning.

Coat six cutlet moulds with a thin layer of aspic jelly, decorate them with truffle, sprinkle a few drops of aspic over to set the decoration. Split the lobster down the back, take out the meat, chop it up finely, heat the sauce, and mix with the lobster. Add the cream, seasoning, and the same quantity of aspic jelly. Let the mixture cool, then fill up the decorated cutlet moulds, and put them in a cool place or on ice to set. Mix the peas with mayonnaise sauce and aspic jelly, season nicely, and when it begins to set, fill a bomb-shaped mould. Let this also set on ice. When ready to serve, turn out the bomb into the centre of an entrée-dish, turn the cutlets out of the moulds, and set them round the bomb of peas standing up. Decorate with chopped aspic and sprigs of parsley or small salad, and serve.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable April to October. Sufficient for 8 cutlets.

707. TIMBALE DE SAUMON À LA MOSCOVITE.

1 lb. cooked salmon-meat.	1 truffle.	cayenne.
12 oysters.	1 gill cream.	salt.
1 pint aspic jelly.	cucumber.	$\frac{1}{2}$ gill white sauce (No. 88).

Mask a timbale mould ($1\frac{1}{2}$ -pint size) with aspic jelly ; when this is set, decorate the bottom and sides with fancy shapes of truffle, cucumber-slices cut in halves, and quarters, and some pieces of salmon. Sprinkle over the decoration with a few drops of aspic jelly in order to fix it. Pound the salmon, season with salt and cayenne, add the sauce, and mix well. Rub through a fine sieve, add to the purée thus made 1 gill of aspic jelly, and the same quantity of slightly whipped cream. Mix all well together, put a layer of this in the decorated mould, then on that a layer of six bearded oysters, on that again some more of the mixture, then the remaining six oysters. Fill the mould with the salmon preparation, put on the ice, and, when set, dip the mould into warm water, and turn on to a dish. Garnish the dish with chopped aspic and thin slices of cucumber, the skin of which has been grooved. Serve as a cold fish entrée.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable February to April. Sufficient for 5 or 6 persons.

708. FILETS DE SOLES EN BELLE-VUE.

2 soles.	1 pint pink chaufroid	aspic jelly.	lemon-juice.	6 large prawns.
truffle.	sauce (No. 128).	3 ozs. rice.	parsley.	1 gill Cardinal sauce
peas.	1 gill white wine.	1 pint stock.	seasoning.	(No. 90).

Fillet the soles, fold each fillet in half, lay them on a buttered baking-sheet, season with pepper, salt, and lemon-juice. Pour over the wine, cover with buttered paper, and cook in the oven for ten minutes. When cooked, take them up, and let cool. Trim and coat them with the pink chaufroid sauce, decorate each with truffles cut in fancy shapes, and coat with half-set aspic. Boil the stock, stir in the rice, and cook until tender. When done, mix with it 1 gill of Cardinal sauce and a little aspic jelly. Turn this into a timbale mould, and let it set on ice. Coat a small dariole mould with aspic jelly, and fill it with peas set in aspic. When ready to serve, turn out the large mould on to an entrée-dish, dress the coated fillets round, place the smaller mould on the top of the larger one, arrange the prawns round this. Garnish the dish with chopped aspic and sprigs of fresh parsley, and serve.

Average cost, 4s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 to 8 persons.

709. TURBOTIN À LA RAVIGOTE (CHICKEN TURBOT WITH RAVIGOTE BUTTER).

1 medium-sized chicken	aspic jelly (No. 251).	1 truffle.	1 gill fish stock.
turbot.	2 hard-boiled eggs.	seasoning.	butter.
ravigote butter (No. 183).	$\frac{1}{2}$ pint cooked peas.	1 gill white wine.	tartare sauce (No. 143).

Butter a baking-tin, clean and trim the fish, place it on the tin, season with pepper, salt, and lemon-juice. Add to it the fish stock and wine, cover with a buttered paper, and cook in a slow oven for twenty to thirty minutes. When done, take up, and let it get cold. Make sufficient ravigote butter to cover the fish all over (the quantity depends on the size of the fish) ; when this is set, decorate it tastefully with slices of truffle cut with a fancy cutter. Cover with a layer of half-set aspic jelly. Lift the fish carefully on to a dish. Cut the hard-boiled eggs in halves or quarters, put these round the sides of the fish alternately with little groups of cooked peas and chopped aspic jelly. Serve with a sauce tureen of tartare sauce.

Average cost, uncertain. Time required, $1\frac{1}{2}$ hours. Seasonable at any time. Sufficient for 8 to 10 persons.

710. MAYONNAISE DE SAUMON (SALMON MAYONNAISE).

1½ lbs. salmon, tail-end.	1 cos lettuce.	1½ gills mayonnaise	1 cucumber.
2 hard-boiled eggs.	6 stoned olives.	(No. 134).	½ gill cream.

Cook the salmon in the usual way, let it get cold, remove the skin and bones, and flake the meat. Tear the lettuce into pieces, put this with the salmon into a salad-bowl, whip the cream, and add it to the mayonnaise sauce. Put this with the salmon and lettuce, season to taste, mix all well together. Shape into a pyramid in the centre of the bowl, and garnish with thin slices of cucumber, the hard-boiled eggs cut in quarters, and the stoned olives. Arrange prettily, and serve.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable February to August. Sufficient for 8 persons.

711. PETITS SALPICONS DE HOMARD EN FERS À CHEVAL (LITTLE HORSESHOES OF LOBSTER).

cooked lobster.	aspic jelly (No. 251).	mayonnaise sauce (No.	1 truffle.
lobster spawn.	1 tablespoonful cream.	134).	1 lettuce.

Line six small horseshoe moulds with a very thin layer of aspic jelly; when set, decorate the moulds with small pieces of truffle to represent the nails of the horseshoe. Set this decoration in with a little more jelly. Colour some aspic jelly with a little lobster spawn which has been pounded and rubbed through a sieve. Heat this over the fire, allow it to cool a little; then mix in an equal quantity of mayonnaise sauce, and line the moulds thinly with it. Chop some lobster-meat finely, mix with a little of the mayonnaise aspic and 1 tablespoonful of cream. Fill the moulds with this, and put aside to set. Prepare a salad with the lettuce, and a little oil and vinegar. Make a bed of it in a dish, turn out the moulds, and arrange neatly on the salad. Garnish the dish with chopped aspic jelly, sprigs of parsley, and a few small lettuce-leaves.

Average cost, 3s. 6d. Time required, 1½ to 2 hours. In season from February to September. Sufficient for 4 or 5 persons.

712. SOLES FARCIS EN ASPIC (STUFFED SOLES IN ASPIC).

2 small soles.	Cardinal sauce (No. 90).	butter.
1 pint aspic jelly.	pepper and salt.	lemon-juice.
1 gill picked shrimps.	parsley.	½ gill white wine.

Fillet the soles, chop the shrimps finely. Put them into a mortar with sufficient white sauce to make a paste—about ½ gill—pound well together, season to taste. Pass the mixture through a fine wire sieve. Lay the fillets of sole flat on a board, skin side uppermost, season with pepper, salt, and lemon-juice. Spread over them a layer of the shrimp mixture, roll them up, wrap each roll in a piece of buttered paper, and place on a buttered baking-tin. Add the wine, and cook in the oven for fifteen minutes. When cooked, remove them from the tin, and let them get cold. While the fish is being cooked, melt the aspic jelly in a saucepan, taking care that it does not get too hot. Place a tablespoonful of this at the bottom of six small fluted dariole moulds, allow them to set on the ice. When the fillets are cold, unwrap them from the paper, and then cut each roll carefully into several slices. Put one of these at the bottom of each mould on the set aspic, pour a little more jelly over each to fix the slices. When this is firm, put into each mould some more pieces of fish leaning against the sides, fill the moulds with liquid aspic jelly, and put aside to set. When ready to serve, turn out the little shapes on to a silver dish, garnish with chopped aspic jelly and sprigs of fresh parsley. (See coloured plate.)

Average cost, 3s. Time required, 1½ hours. In season all the year. Sufficient for 5 or 6 persons.



Soles farcis en Aspic.

713. COQUILLES DE POISSON À LA CHIFFONADE (SHELLS OF FISH).

1 lb. halibut.	$\frac{1}{2}$ pint mayonnaise sauce (No. 134).	1 onion.
1 crab.	1 teaspoonful each parsley, chives, and shallot.	1 clove.
bouquet garni.	1 teaspoonful French mustard.	salt and pepper.

Put the halibut into salted water, to which has been added the bouquet garni and onion stock, with one clove. Bring to the boil, draw the saucepan off the fire, and let it stand in the boiling water until cooked. When done, drain it, and let it cool; then take away all skin and bone, and flake the flesh into rather large pieces. Take all the white meat from the crab, and chop it into neat squares. Dust with pepper, salt, and a pinch of cayenne. Add the mustard and the chopped parsley, chives, and shallot to the mayonnaise, toss the fish lightly in this, and fill the shells with it. Decorate with chopped parsley.

Average cost, 3s. Time required, 1 hour. Seasonable August to April. Sufficient for 10 shells.

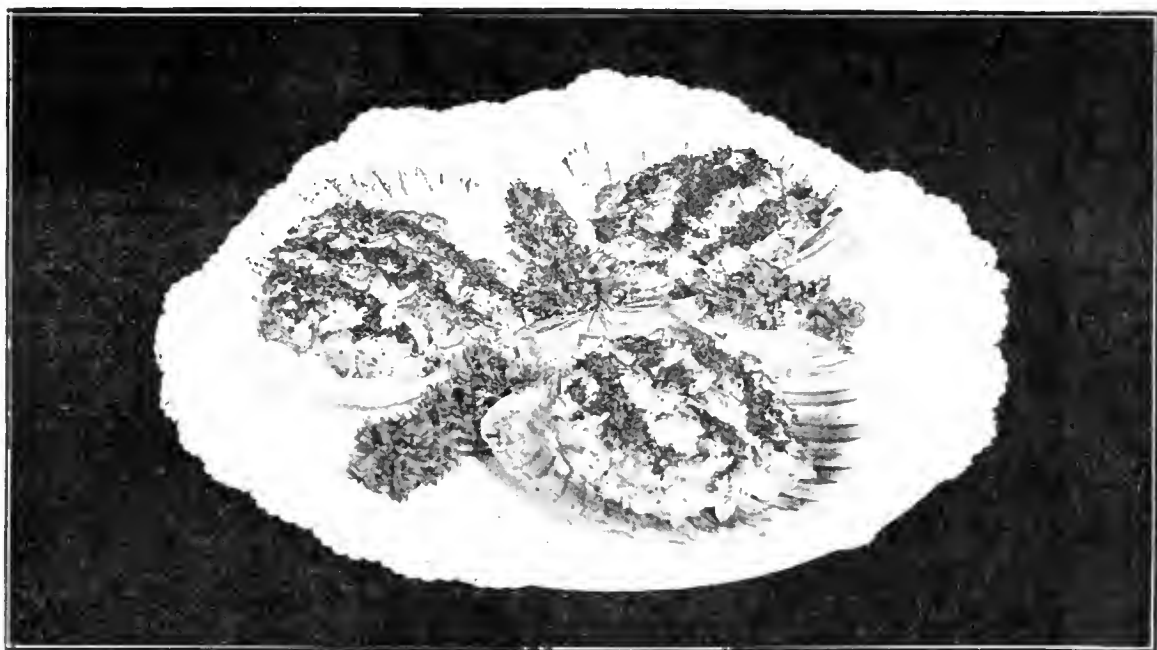


FIG. 25.—COQUILLES DE POISSON À LA CHIFFONADE.

714. ÉCRIVISSES À LA DUCHESSE (PRAWNS, DUCHESS STYLE).

2 doz. prawns.	cucumber.	parsley.	chervil.
aspic jelly.	$\frac{1}{2}$ gill mayonnaise sauce (No. 134).	tarragon.	3 olives.

Line a plain timbale mould with a thin layer of aspic jelly. When this is set, decorate the mould with thin slices of cucumber up the sides, and a row of shelled prawns between each row of cucumber. Set these decorations in with more aspic jelly, taking care not to displace them. Shell the remaining prawns, and put the heads aside for garnish. Chop the prawns finely, also the parsley, tarragon, chervil, and olives. Mix all these ingredients together in a basin, season with a pinch of cayenne pepper. Stir into it $\frac{1}{2}$ gill of mayonnaise sauce, and about 2 gills of liquid aspic jelly. Stir this mixture occasionally until nearly set, then pour into the decorated mould, and put aside. When ready, turn out on to a dish, garnish round with chopped jelly, prawn-heads, and slices of cucumber, which have been scalloped at the edges. Place some slices of cucumber and a few prawn-heads on the top of the mould also. Send to table as soon as possible after dishing.

Average cost, 3s. 6d. Time required, 2 hours. In season from February to September. Sufficient for 5 or 6 persons.

715. DARNE DE CABILLAUD À LA TYROLIENNE (COD WITH TYROLIENNE SAUCE).

2 lbs. middle-cut of cod. bouquet garni.	aspic jelly. parsley.	Tyrolienne sauce (No. 144).	truffle. 1 carrot.	1 onion. 1 clove.
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Put the onion, stuck with one clove, the carrot, bouquet garni, and salt into a stewpan. Place the cod on the vegetables, cover with boiling water, bring to the boil, draw to the side of the fire, and let it remain in the boiling water until cooked; then drain, and let it cool. Have ready the sauce, mix with it a little aspic, and, when beginning to set, coat the fish with it all over. Decorate with truffle, cut out in fancy shapes, and mask over with half-set aspic. Dish the fish, and garnish with chopped aspic and sprigs of parsley.

Average cost, 4s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

716. HOMARD EN ASPIC (LOBSTER IN ASPIC).

1 lobster.	aspic jelly (No. 251).
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Split the lobster, remove the meat from the body; break shell of the claws carefully, so as to extract them whole. Melt the aspic jelly in a saucepan, pour a little into the bottom of six small plain or fluted dariole moulds. Put this aside to set. When ready, decorate the bottom of each with a piece of lobster-claw, cover this with aspic jelly, and allow it to set. Place in each mould several more pieces of lobster, taking care to have the reddest outside, so as to give it a pretty appearance when turned out. Fill up the moulds with liquid aspic jelly, and put on the ice to set. When ready to serve, turn out the little moulds by dipping them for a moment in warm water, place on an entrée-dish, and garnish with chopped aspic jelly and sprigs of parsley.

Average cost, 3s. 6d. Time required, 1 hour. In season from April to October. Sufficient for 5 or 6 persons.

717. PETITES BARQUETTES DE SAUMON.

4 ozs. puff or short paste.	3 ozs. salmon.	½ gill aspic.	½ gill cream.	cucumber.	1 truffle.
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Roll out the paste thinly, line some boat-shaped moulds, prick the paste with a fork, and fill them with raw rice. Bake in a moderate oven. When cooked, take out the rice carefully, and let cool. Take the bone and skin away from the fish. Pound the meat in a mortar, and rub it through a wire sieve. Add the aspic to the purée, stir until it begins to set; then add the cream slightly whipped, and seasoning. Put this mixture into a forcing-bag with a fancy pipe, and fill the pastry shapes with it. Scollop the edges of the cucumber-slices, decorate the cases with them, and put a star of truffle in the centre of each.

Average cost, 2s. Time required, 45 minutes. Seasonable February to August. Sufficient for 6 persons.

718. PETITES TIMBALES DE HOMARD À LA RUSSE (LITTLE MOULDS OF LOBSTER WITH CAVIAR).

1 lobster (½ lb.).	1 pint aspic jelly.	1 gill cream.	salad.
4 ozs. caviar.	1 truffle.	seasoning.	mayonnaise.

Line some small moulds with aspic jelly. When this is set, decorate with a star of truffle at the bottom of each. Cut the lobster down the back, take out the meat (which should weigh ½ lb.) from the body and the claws; chop the meat finely, mix the caviar with it, whip the cream slightly. Add this and the same quantity of aspic jelly to the mixture, season to taste, and fill up the little moulds. Put them on ice. When set, turn out on to a round dish, dress them in a circle, and put a salad mixed with mayonnaise in the centre, and serve.

Average cost, 7s. Time required, 1 hour. Seasonable April to October. Sufficient for 8 persons.

719. MAYONNAISE DE FILETS DE SOLES (MAYONNAISE OF FILLETS OF SOLES).

2 soles.	pepper.	½ pint mayonnaise sauce (No. 134).	3 hard-boiled eggs.
butter.	salt.	chopped tarragon, chervil, and	1 lettuce.
lemon-juice.	½ gill cream.	parsley.	lemon-juice.

Fillet the soles, put them on a buttered baking-sheet, season with salt, pepper, and lemon-juice, cover with a buttered paper, and cook in the oven for ten to fifteen minutes. When done, take up the fillets, and let them cool. Shred the lettuce, whip the cream, and mix it into the mayonnaise. Cut the fillets into pieces, not too small, season, and sprinkle a little oil and vinegar over them. Arrange the lettuce on a dish, put over this some mayonnaise; then pile up the fish in a pyramidal form, mask the whole with the mayonnaise, and sprinkle the chopped herbs over. Cut the hard-boiled eggs in slices, and arrange tastefully round the base of the dish. This dish should be served as soon as possible after making.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 persons.

720. TURBAN DE FILETS DE SOLES À LA MONTPELLIER.

2 soles.	lemon-juice.	3 hard-boiled eggs.	2 tablespoonfuls cream.	1 tablespoonful cooked
aspic jelly.	1 truffle.	3 boned anchovies.	1 oz. anchovy paste.	spinach.
seasoning.	1 oz. butter.	½ gill white wine.	1 teaspoonful tarragon.	½ lb. cooked whiting
1 shallot.	salad.	spinach greening.	1 dessertspoonful parsley.	meat.

Mask a border mould with a thin layer of aspic jelly; when this is set decorate it with hard-boiled white of egg and truffles, cut out with a fancy cutter, sprinkle some aspic over the decoration, in order to set it. Chop finely one hard-boiled egg-yolk, the shallot, and anchovies; put them into a mortar with the butter, spinach, parsley, and tarragon. When well pounded, add 1 tablespoonful of cream, and season to taste. Rub this mixture through a fine wire sieve; dilute the purée with about 1 gill of aspic jelly; add some spinach greening, in order to make it a nice colour. Put a thin layer of this mixture all over the mould, bottom and sides; let it set on ice. In the meanwhile, chop the whiting meat finely, put it into a mortar and pound well, add the yolks of two hard-boiled eggs, the anchovy paste, 1 tablespoonful of cream, and seasoning. When this has been thoroughly pounded, pass it through a wire sieve. Line the mould with this purée, inside the green. Fillet the soles, cut each fillet in half, put these pieces on a buttered tin, season with salt, pepper, and lemon-juice; add the wine, cover with buttered paper, and cook in the oven for ten minutes. When done, take up, drain the fillets, and let them get cold. Set these fillets in a row in the border, fill up nearly to the top with the whiting purée, then cover with the green mixture; let it set on ice until quite firm. When ready to serve, dip the mould in warm water, and turn it out on to an entrée-dish; fill the centre with a nicely-prepared salad, garnish with chopped aspic round the base, and serve.

Average cost, 4s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

721. FILETS DE SOLES EN ASPIC À LA TRIANON.

3 soles.	salt.	6 ozs. rice.	1 pint white chaudfroid	1 gill shrimps.	1 glass white
butter.	truffle.	seasoning.	sauce (No. 124).	lobster spawn.	wine.
lettuce.	chervil.	1 lobster.	spinach greening.	lemon-juice.	1½ pints fish
pepper.	1 clove.	1 onion.	mayonnaise (No. 134).	aspic jelly.	stock.

Fillet the soles, fold each fillet in half, place them on a baking-sheet, season with salt, pepper, and lemon-juice, add the wine, and poach in a moderate oven for ten minutes. Take up when cooked, drain, and let them get cold. Break up the bones of the soles, put them into a saucepan, cover with cold water, add the onion, stuck with one clove, and put over the fire to simmer for twenty minutes.

Strain, and make the amount up to $1\frac{1}{2}$ pints with milk and water. Put this stock into a clean saucepan, bring to the boil, sprinkle in the rice, and boil until the rice is tender and has absorbed the stock. The rice must be well stirred while cooking. When done, press into a border mould, and let it get cold. Have ready the chaud-froid sauce; divide it into three parts; leave one part white, and colour the other two parts respectively pink with the spawn and green with spinach greening. Coat the fillets with these sauces, four green, four pink, and four white. When this coating is set, decorate the green and pink fillets with truffle, and the white ones with chervil leaves; then mask the fillets with half-set aspic jelly. Turn out the rice border on to a round dish, mix the shredded lettuce, shrimps, and lobster, cut in dice, with the mayonnaise; mix all well together, and fill the centre of the mould with it; pile up as high as possible, and dress the fillets of sole on the border, leaning against the salad. Garnish with chopped aspic, and serve.

Average cost, 4s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

722. PAUPIETTES DE SOLES À LA RÉGENCE.

2 soles.	2 yolks of eggs.	aspic jelly.	2 anchovy fillets.	truffie.
1 whiting.	butter.	salad.	Montpellier butter (No. 181).	1 onion.
$\frac{1}{2}$ lemon.	$\frac{1}{2}$ gill cream.	seasoning.	$\frac{1}{2}$ gill white wine.	1 clove.

Fillet the soles, bone the whiting, chop the meat finely, put it into a mortar, with the anchovy fillets, the two raw yolks, and seasoning; pound well, and rub through a wire sieve. Put the bones and trimmings of the soles and whiting into a saucepan, add the onion and clove, cover with water, and simmer for twenty minutes. Put a layer of the forcemeat on each fillet of sole, roll up, season them with salt, pepper, and lemon-juice; place the rolls on a buttered baking-sheet, packing them close together, so that they may keep their shape. Add the wine and a gill of fish stock, cover with buttered paper, and cook for about fifteen minutes in a moderate oven. As soon as they are done, take up the fillets, drain, and put aside to get cold. Mix the cream with $1\frac{1}{4}$ gills of liquid aspic jelly; stir this mixture over ice until it begins to slightly set, then coat the fillets with it. Continue to do this until the fillets are thoroughly coated. Dish the paupiettes in a circle on a round dish, put the Montpellier butter in a forcing-bag with a rose-pipe attached, and decorate the top of each fillet with it. Fill the centre of the dish with salad, and garnish round with chopped aspic jelly.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

723. FILETS DE SOLES À LA ROYALE.

2 soles.	butter.	seasoning.	3 gills tomato sauce (No. 77).
aspic jelly.	1 gill cream.	1 glass white wine.	1 tablespoonful grated horse-
$\frac{1}{2}$ oz. gelatine.	truffles.	lemon-juice.	radish.

Fillet the soles, fold each fillet in half; butter a baking-sheet, arrange the fillets on it, season them with pepper, salt, and lemon-juice, add the wine, cover with a buttered paper, and bake in a moderate oven for fifteen minutes. Care must be taken not to let them discolour. When cooked, take up the fillets, drain, and put them on a dish to get cold. In the meanwhile stir the cream into $\frac{1}{2}$ pint of aspic jelly, grate or chop the horseradish very finely, add this to the aspic cream, season to taste, and pour into a silver entrée-dish. Let this set. Now mix the tomato sauce with 1 gill of aspic jelly, in which $\frac{1}{2}$ ounce of gelatine has been melted, stir on ice until just beginning to set. Coat the fillets of sole with it; continue to do this until the sauce sets on them. Decorate each fillet with truffles, cut out with a fancy cutter, and then glaze with half-set aspic jelly. Dish the fillets on the aspic cream in a circle, garnish the centre with a little salad or chopped aspic, and serve.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

724. FILETS DE SOLES À LA MAYONNAISE (FILLETTS OF SOLES WITH MAYONNAISE).

2 soles.	$\frac{1}{2}$ gill white wine.	1 pint aspic jelly.	salad.
$\frac{1}{2}$ oz. butter.	1 gill mayonnaise	truffles.	$\frac{1}{2}$ gill cream.
$\frac{1}{2}$ lemon.	(No. 134).	$\frac{1}{4}$ oz. gelatine.	seasoning.

Fillet the soles, trim them, and fold each in half ; butter a baking-tin, lay the filleted soles on it, sprinkle with lemon-juice and salt, add the wine, cover with a buttered paper, and put them into the oven for about ten minutes. When done, take them off the tin they were cooked in, place on a plate, and let them get cold. Melt the gelatine in a little water over the fire, strain it into a gill of melted aspic jelly ; let this cool, then stir it into the mayonnaise. Whip the cream, and mix with the aspic mayonnaise. When the fillets of soles are quite cold, coat them with this mixture ; let it set, and then do them a second time. After the soles are well coated, decorate them with truffles, cut out with a small fancy cutter. As soon as they are all decorated, coat them with half-set aspic jelly, in order to give them a glossy appearance. Arrange a salad in the centre of a dish, dress the fillets standing up against it, garnish with chopped aspic between each fillet and round the dish, place an hâtelet in the centre, and serve.

Average cost, 4s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

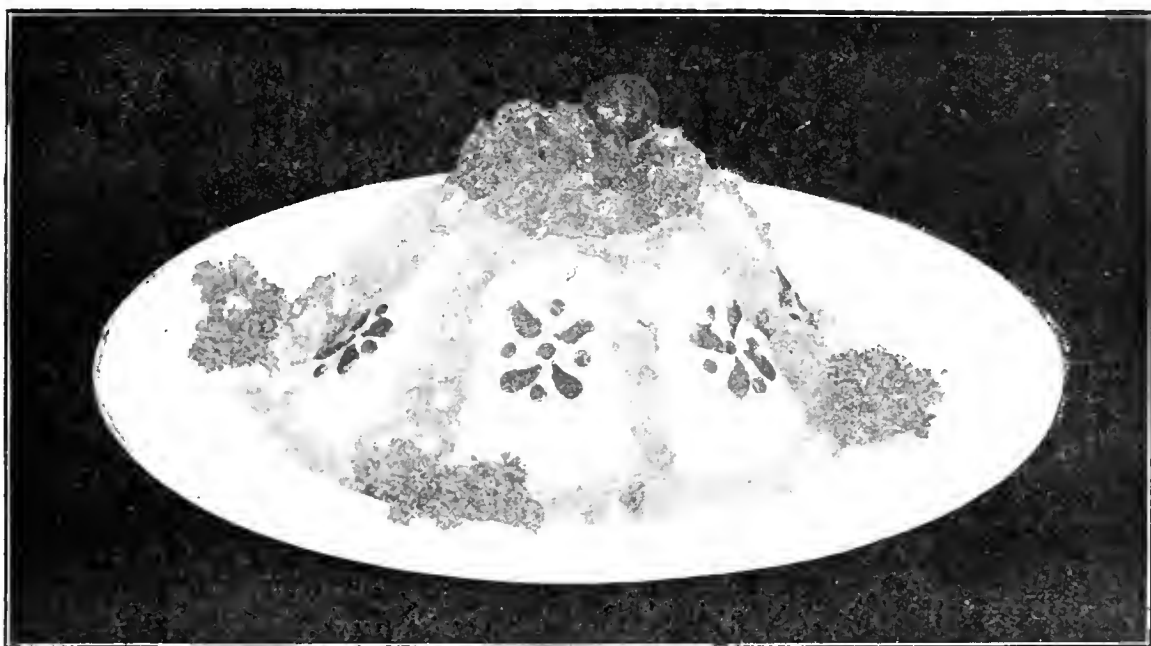


FIG. 26.—FILETS DE SOLES À LA MAYONNAISE.

725. FILETS DE SOLES À LA RUSSE.

2 soles. | 1 gill fish stock. | 1 lemon. | 8 tomatoes. | butter. | caviar. | aspic jelly. | seasoning.

Fillet the soles, have ready buttered some small wooden rollers, roll one fillet round each, put them on a buttered baking-sheet, with the sides that join next the tin, in order to keep them in shape, sprinkle with salt and lemon-juice, add the fish stock, and poach in the oven for ten minutes. When done, take them up, drain, and let them get cold. Remove the rollers, and fill the cavity with caviar. Cut the tomatoes (which should be small) a third part down from the top, squeeze out the inside, and peel them. Place one of the stuffed fillets in each tomato ; dish them in a circle, fill the centre of the dish and garnish round the tomatoes with chopped aspic jelly, and serve.

Average cost, 6s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons

726. DOMINOS DE FILETS DE SOLES.

1 sole.	$\frac{1}{2}$ pint white chaudfroid	aspic jelly.	caviar.	seasoning.
truffle.	sauce (No. 124).	$\frac{1}{2}$ gill white wine.	butter.	lemon-juice.

Fillet the sole (a large one), put the fillets on a buttered baking-sheet, season with salt and lemon-juice, add the wine, cover with a buttered paper, and cook in the oven for ten to fifteen minutes. When done, drain them, put them on a dish with another one on the top, and place on it a light weight. Let the fish remain until cold. When the fillets are quite cold, cut them into pieces the size and shape of dominoes; cut the truffle in slices, and stamp out some small dots with a column cutter. Coat the pieces of fish with white chaudfroid sauce. When this is set, decorate them with the dots of truffle in imitation of dominoes, and then mask them with half-set aspic jelly. Pound the remains of the fish in a mortar, add to it the same quantity of caviar, and rub this mixture through a fine sieve. Add to this purée sufficient aspic jelly to set the mixture, put it into a slightly greased or oiled tin; the thickness of this should be the same as the dominoes. When this preparation is set, turn it out of the tin, and cut it into pieces the same shape and size as the prepared dominoes; coat these with aspic jelly, and fix the sole dominoes to them. Chop some aspic jelly, arrange it in the centre of a dish, and place the dominoes on it. Serve cold.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 3 or 4 persons.

727. FILETS DE SOLES À LA MOUSSE DE TOMATES (FILLETS OF SOLES WITH TOMATO MOUSSE).

2 soles.	$\frac{1}{2}$ pint tomato sauce (No. 77).	1 gill cream.	salt.
aspic jelly.	$\frac{1}{2}$ pint white chaudfroid sauce	$\frac{1}{2}$ oz. gelatine.	cayenne.
$\frac{1}{2}$ oz. gelatine.	(No. 124).	lemon-juice.	truffle.

Fillet the soles, fold each fillet in half; butter a baking-sheet; arrange the fillets on it; season with salt, pepper, and lemon-juice. Cover them with a buttered paper, and bake in a moderate oven for ten to fifteen minutes; care must be taken not to let them discolour. When cooked, take up the fillets, drain, and let them get cold. In the meanwhile, prepare the tomato sauce; dissolve in it the gelatine: let it get nearly cold, strain, and mix in the cream slightly whipped; season with salt and cayenne. Pour this preparation into a silver entrée dish, and let it set. As soon as the fillets of sole are cold, lay them on a wire tray, and coat with the white chaudfroid sauce. As soon as this is set, decorate each fillet with truffle, cut out in fancy patterns, and then mask the fillets with half-set aspic jelly. Dish the fillets on the tomato mousse, in a circle; garnish the centre with chopped aspic jelly, and serve.

Average cost, 4s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

728. PETITES TIMBALES DE FILETS DE SOLES (LITTLE MOULDS OF FILLETS OF SOLES).

2 small soles.	$\frac{1}{2}$ teaspoonful anchovy paste.	1 gill mayonnaise	$\frac{1}{2}$ gill shrimps or
$\frac{1}{2}$ gill white wine.	$\frac{1}{2}$ gill well reduced Bechamel	sauce (No. 134).	prawns.
1 truffle.	sauce (No. 4).	aspic jelly (No.	seasoning.
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ lemon.	251).	salad.

Fillet the soles, flatten and trim them. Chop the shrimps or prawns finely; put them into a mortar, add the anchovy paste and the Bechamel sauce, season to taste; pound all well together to a paste. Lay the fillets of sole out flat on a board; season them with salt, pepper, and lemon-juice; cover with a layer of the shrimp mixture; roll up, put them on a buttered baking-tin, place them close together to prevent them unrolling; season again, add the wine, cover with a buttered paper, and cook in a moderate oven for fifteen minutes. When done, take them up, drain, and

let them get cold. Coat eight dariole moulds with a thin layer of aspic jelly ; when set, decorate the bottom of each mould with truffle cut out in fancy shapes ; set this in with a little more aspic. Whip the cream, mix it into the mayonnaise ; add about 1 gill of aspic jelly, and as soon as it begins to set, coat the little moulds all over with it. As soon as this is set, place in each mould one of the rolled and stuffed fillets ; cover over with the mayonnaise mixture. Place the timbales on ice to set. When quite firm, dip them into warm water, and turn out on to a cold dish. Arrange in a circle, place a nicely-prepared salad in the centre, and garnish with chopped aspic. The dish is then ready to serve.

Average cost, 3s. Time required, 2 hours. Seasonable at all times. Sufficient for 4 or 5 persons.

729. FILETS DE TRUITE À LA MOUSSE DE HOMARD (FILLETS OF TROUT WITH LOBSTER MOUSSE).

1 trout.	stock.	chervil.
1 lobster ($\frac{1}{2}$ lb. meat).	aspic jelly (No. 251).	seasoning.
1 gill cream.	lobster coral.	1 gill Bechamel sauce (No. 4).

Cook the trout in sufficient stock to cover ; let it cool, then take it up and drain ; take off the fillets, and skin them carefully. Chop the lobster finely, put it into a mortar with the Bechamel sauce, and pound well ; season to taste with salt, pepper, and cayenne, then rub it through a wire sieve. Whip the cream slightly, add it to the lobster mixture ; stir in sufficient cold liquid aspic jelly to set the mixture. Turn this preparation into a silver entrée dish, and let it set. Arrange the fillets of trout on this back to back ; decorate them with lobster coral and chervil-leaves. Coat them with aspic jelly, and place on ice until ready to serve.

Average cost of trout, about 1s. 2d. per pound. Time required, $1\frac{1}{2}$ hours. Seasonable from February to September. Sufficient for 2 persons.

730. TRUITE SAUMONÉE À LA MODERNE (SALMON TROUT, MODERN STYLE).

1 salmon trout.	$\frac{1}{2}$ gill cream.	cucumber.	1 clove.
1 gill mayonnaise (No. 134).	$\frac{1}{2}$ pint aspic jelly. truffles.	cooked rice. 1 onion.	salt. parsley.

Wash the trout, put it into a fish-kettle with the onion and clove, cover with hot water, add some salt, and bring to the boil ; simmer gently until the fish is cooked. Take up the trout carefully, and let it get cold. Skin it, and place on a bed of cooked rice in the centre of a dish. Mix the mayonnaise with the whipped cream and a gill of aspic jelly ; stir until it begins to set, then coat the trout all over with it ; decorate with truffle, cut out with a fancy cutter in a pretty design, mask with half-set aspic, and put aside to get quite set. Garnish the dish before sending it to table with chopped aspic, thin slices of cucumber, and sprigs of fresh parsley.

Average cost, uncertain. Time required, 1 hour. Seasonable February to September. Sufficient for 6 persons.

731. BORDURE DE FILETS DE SOLES EN ASPIC (BORDER OF FILLETS OF SOLES IN ASPIC).

2 soles.	$\frac{1}{2}$ pint mayonnaise (No. 134).	1 glass white wine. lemon-juice.	seasoning. butter.	truffles. salad.
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Fillet the soles, fold each in half, lay them on a buttered baking-sheet ; season with salt and lemon-juice, add the wine ; cover with a buttered paper, and cook in the oven for ten minutes. Take them up, drain, and cool. Line a border mould, sides and bottom, with aspic jelly ; when set, decorate tastefully with truffles, cut out in fancy patterns, sprinkle a little liquid aspic jelly over the decoration in order to set it. Mix a gill of aspic jelly with the mayonnaise ; stir on ice until it begins to stiffen, then coat the mould all over with it ; this must be done on ice, first letting the mixture on the bottom of the mould set, then turning the mould on the ice in

order to set the sides. When this is finished, put in the fillets of sole, overlapping each other all round the mould ; pour over these a layer of truffle slices, then a layer of the aspic mayonnaise, and lastly, when this is set, fill up with aspic jelly. Put the mould on ice until thoroughly set. To serve, dip the mould into warm water, turn out on to a round dish, put in the centre a nicely-prepared salad, and garnish round the base with chopped aspic jelly. The dish is now ready to serve.

Average cost, 3s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

732. BORDURE DE TURBOT À L'ITALIENNE (BORDER OF TURBOT, ITALIAN STYLE).

1 lettuce.	2 turnips.	$\frac{1}{2}$ lb. cooked turbot.	2 hard-boiled eggs.
aspic jelly.	2 potatoes.	6 anchovy fillets.	a few French beans and peas.
2 carrots.	2 tomatoes.	a few capers.	mayonnaise sauce (No. 134).

Coat a border mould all over with a thin layer of aspic jelly. Cut the cooked turbot into strips, and shred the lettuce. When the aspic jelly in the mould is set, arrange in it a layer of shredded lettuce, sprinkle over some liquid aspic jelly, then put in a layer of the fish, sprinkle over a little salt and pepper, then add some aspic ; continue in this way until the mould is full, then put on ice to set. In the meanwhile, cook the vegetables, cut them all into dice, also the anchovy fillets and the tomatoes ; mix all these together, add the capers and sufficient mayonnaise to bind. Turn out the mould when set, put the vegetable salad in the centre, sprinkle a little chopped parsley on the top. Garnish round the base of the border with the hard-boiled eggs, cut in quarters, chopped aspic jelly, and a few sprigs of parsley. Serve as a cold fish entrée for dinner or luncheon.

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 5 persons.

733. BORDURE D'HUÎTRES EN SURPRISE.

12 oysters.	$\frac{1}{2}$ gill cream.	salad.	$1\frac{1}{2}$ pints white	$\frac{1}{2}$ pint pink chaudfroid
lemon-juice.	6 ozs. rice.	aspic jelly (No 251).	stock.	sauce (No. 128).

Beard the oysters, put them into a saucepan, add their liquor, and bring to the boil slowly, but do not let them actually boil. Take up the oysters, drain, and let them get cold. Coat twelve oyster-moulds with a thin coating of aspic jelly. Mix the cream with a gill of aspic jelly, and put a layer of this over the moulds ; let it set, then put an oyster in each mould ; season with pepper and salt and a few drops of lemon-juice ; fill up the moulds with the aspic cream, and place on ice to set. Boil the rice in the stock, and when the rice is tender and has absorbed the stock, season to taste, and pack into a border mould which has been rinsed out in cold water ; let this get cold. When ready to serve, turn out the rice border, and coat it carefully all over with red chaudfroid sauce. Place this border on a round dish ; turn out the oyster moulds, and arrange them on the prepared border. Fill the centre with salad, garnish round the border with chopped aspic jelly, and the dish is ready to serve.

Average cost, 3s. Time required, 45 minutes. Seasonable September to April. Sufficient for 12 persons.

734. CHAUDFROID D'HUÎTRES À LA MONTPELLIER.

12 oysters.	$\frac{1}{2}$ gill cream.	1 tablespoonful spinach purée.	lemon-juice.
1 pint aspic jelly.	$\frac{1}{4}$ oz. gelatine.	1 gill Bechamel sauce (No. 4).	seasoning.

Beard the oysters, and put them into a stewpan with the liquor, and bring to the boil ; then take them off the fire, drain the oysters, and let them get cold. Melt the gelatine in the oyster liquor, add the spinach purée, season to taste, mix with the sauce, and stir over the fire ; when well mixed, take it off the fire, and stir in the

cream ; then add $\frac{1}{2}$ gill of aspic jelly. Take twelve oyster moulds, coat them with a thin layer of aspic jelly ; when this is set, cover with a layer of the green sauce, put an oyster in each mould, sprinkle them with lemon-juice, season with pepper and salt, and fill up the moulds with the sauce. Put the moulds on ice, and let them set. Chop some aspic, pile it up in the centre of a dish ; turn out the oyster moulds, and dress them round the aspic in a circle ; garnish with chopped aspic between each shape. Place a hôtelet and a truffle in the centre, and serve.

Average cost, 3s. Time required, 45 minutes. Seasonable September to March. Sufficient for 12 persons.

735. PETITES TIMBALES D'ÉCRIVISSES À LA RÉFORME (LITTLE TIMBALES OF PRAWNS, REFORM STYLE).

3 dozen prawns.	1 gill mayonnaise sauce	salt.
1 pint aspic jelly (No. 251).	(No. 134).	cayenne.

Line six small timbale moulds with a thin coating of aspic jelly ; when set, decorate each with some of the prawns, allowing four prawns to each mould ; sprinkle a few drops of jelly over the prawns in order to set them firmly. Whip some aspic jelly until it is white and frothy ; coat the moulds all over with this ; place on ice. Cut the remainder of the prawns into dice ; put these into a basin, and season them with salt and cayenne ; mix with mayonnaise sauce and aspic jelly ; fill up the moulds with this, and let them set. When ready to serve, turn out the moulds by dipping them into warm water, dish them in a circle on an entrée dish, garnish with chopped aspic and sprigs of parsley, and serve.

Average cost, uncertain. Time required, 45 minutes. Seasonable April to August. Sufficient for 6 persons.

736. MOUSSE DE SAUMON À L'INDIENNE (MOUSSE OF SALMON, INDIAN STYLE).

1 lb. cooked salmon.	1 dessertspoonful curry-	2 onions.	cochineal.
aspic jelly (No. 251).	powder.	1 oz. butter.	$\frac{1}{2}$ oz. flour.
1 gill fish stock.	anchovy butter (No. 174).	1 gill cream.	seasoning.

Chop the salmon finely. Melt the butter in a saucepan ; chop the onions, and fry in the butter without browning ; mix the curry-powder and flour together, stir them into the onions, and fry for a few minutes ; then add the stock, and stir until it boils. Boil and reduce, then pass this sauce through a strainer or fine sieve. Pound the salmon, add the sauce, mix well, and rub through a sieve ; put this purée into a basin, whip the cream slightly, and stir into the mixture ; add some aspic jelly, about $\frac{1}{2}$ pint ; mix all well together, and season to taste. Fasten a band of paper round a soufflé case, so that it stands up two inches above the brim. Colour the salmon mixture with a few drops of cochineal, and fill up the soufflé case with the preparation ; put it on ice to set. Before serving, take off the band of paper, put the anchovy butter into a piping bag, and decorate the top of the soufflé with it. Dish up and serve.

Average cost, 2s. 9d. Time required, 1 hour. Seasonable February to August. Sufficient for 4 or 5 persons.

737. CRÈME DE HOMARD.

1 lobster.	truffle.	$\frac{1}{2}$ pint white chaufroid	2 gills cream.	2 tablespoonfuls
aspic jelly.	chervil.	sauce (No. 124).	cayenne.	mayonnaise.

Split the lobster down the back, crack the claws, take out the meat, keep some nice pieces for decoration, and chop the remainder. Coat the inside of a plain charlotte mould with a thin layer of aspic jelly. Mix with the white chaufroid sauce

$\frac{1}{2}$ gill of cream. As soon as the aspic is set, decorate the mould with the pieces of lobster reserved for that purpose, truffle, and chervil-leaves; sprinkle over a few drops of aspic jelly in order to set the decoration. As soon as it is set, coat the mould all over with the chaudfroid sauce; this operation is best done by inserting a tin a size smaller, and filling the sauce round it; when this is set, pour some hot water into the tin in order to remove it. Fill the centre with the following mixture: Whip $1\frac{1}{2}$ gills of cream slightly, mix into it the chopped lobster, add the mayonnaise, a little cayenne, and about $1\frac{1}{2}$ gills of aspic jelly; blend well together; let the mixture get half set, then use as directed. Put the mould on ice, and when firm, turn out on to a round silver entrée dish; garnish with chopped aspic and sprigs of parsley. A dish of nicely dressed salad served with this cream is a great improvement.

Average cost, 4s. 6d. Time required, 2 hours. Seasonable April to October. Sufficient for 4 or 5 persons.



FIG. 27.—PETITES MOUSSES DE HOMARD.

738. PETITES MOUSSES DE HOMARD (LITTLE MOUSSES OF LOBSTER).

1 lobster ($\frac{1}{2}$ lb. meat).	$\frac{1}{2}$ gill velouté sauce	1 gill cream.	salt.
aspic jelly (No. 251).	(No. 82).	truffle.	cayenne.

Split the lobster down the back, and crack the claws; take out the meat, and chop it finely. Make the velouté sauce with fish stock, and reduce well; put the lobster meat and the sauce into a mortar, pound well together, and rub the mixture through a wire sieve. Put this purée into a basin, season with salt and cayenne, add to it the cream, slightly whipped, and a gill of aspic jelly. For these mousses little ramaquin cases are required; silver or china are the best. Tie round each case a band of stiff white paper (writing-paper is best), so that the paper comes 1 inch above the top of the case. Put at the bottom of each ramaquin a thin layer of aspic jelly; fill up with the lobster mixture, so that it comes to the top of the paper. Put the little cases on ice to set; when ready, decorate each with patterns cut out of truffle, using an ornamental cutter to do so; cover over the top with a layer of half-set aspic jelly. To serve, take the paper bands off carefully, dish in a circle, and garnish the dish with sprigs of parsley or cress.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable all the year, but best in the summer. Sufficient for 8 cases.

739. MOUSSE DE CRABE EN ASPIC.

1 large crab.	salt.	1 gill velouté sauce (No. 82).	1 hard-boiled white of egg.	truffle.
1½ gills cream.	pepper.	1 pint aspic jelly (No. 251).	cayenne.	parsley.

Open the crab, crack the claws, and take out the meat. Make the velouté sauce with fish stock, if possible, put the meat of the crab into a mortar, pound it well, then add the sauce to it; rub through a wire sieve. Put this purée into a basin, and place on ice or in a cool place. Meanwhile, line a charlotte mould with aspic jelly all over, decorate it with truffle, cut out in fancy patterns, also the hard-boiled white of egg; sprinkle a few drops of liquid aspic over in order to set the decorations. Add to the crab purée about 1½ gills of liquid aspic jelly and the cream, slightly whipped. Mix all together, season to taste, and fill the mould with the mixture. Put on ice to set. When ready to serve, dip the mould into warm water, turn out the mousse on to an entrée dish, garnish round with chopped aspic and a few sprigs of parsley, and serve.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable August to April. Sufficient for 5 persons.



FIG. 28.—MOUSSE DE CRABE.

740. CHAUDFROID DE HOMARD.

1 lobster.	aspic jelly (No. 251).	oysters.	parsley.
truffles.	½ gill Bechamel sauce (No. 4).	½ gill cream.	mayonnaise (No. 134).

Split the lobster down the back, crack the claws, and take out the meat carefully. Cut the meat from the tail into slices. Coat these with aspic jelly; this must be done several times in order that there may be a thick coating on the slices; decorate each with a slice of truffle cut out with a star-cutter. Blanch as many oysters as there are slices of lobster; coat these with aspic in the same way. Pound the remainder of the lobster meat with the Bechamel sauce, rub through a sieve; whip the cream slightly, stir this to the lobster purée, and then add sufficient cold liquid jelly to set the mixture. Fill the shells of the lobster with this mousse, and let it set. When ready to serve, arrange the slices of lobster and oysters alternately on the mousse. Dish on a napkin, and garnish with fresh parsley. Serve with mayonnaise sauce sent to table separately.

Average cost, 4s. Time required, 1½ hours. Seasonable September to April. Sufficient for 3 or 4 persons.

741. TURBAN DE HOMARD (TURBAN OF LOBSTER).

1 large lobster.	$\frac{1}{2}$ pint aspic.	$\frac{1}{2}$ gill mayonnaise sauce (No. 134).	oil.
1 lettuce.	1 gill cream.	1 gill tomato sauce (No. 77).	vinegar.
$\frac{1}{2}$ oz. gelatine.	seasoning.	lobster coral.	truffles.

Split the lobster down the back, crack the claws, take out the meat. Put the best pieces of lobster on one side, chop the rest of the meat finely. Coat a border mould with aspic jelly, sprinkle it all over with chopped truffle and lobster coral ; set these in with a few drops of aspic jelly sprinkled over. Melt the gelatine in the tomato sauce, add the chopped lobster to it. Whip the cream slightly, mix in the mayonnaise and a gill of liquid aspic jelly, stir into this the chopped lobster, and season to taste with salt and cayenne. Half fill the decorated border mould with this mixture, then place a layer of the reserved pieces of lobster round the mould, cover with the mixture, and fill up to the top ; put on ice to set. Wash the lettuce, drain, and tear it into small pieces, put it in a basin, season with salt, pepper, oil, and vinegar. When the turban is set, turn it out on to a round dish, and fill the centre with the prepared salad. Serve cold.

Average cost, 4s. 6d. Time required, 1½ hours. Seasonable April to October. Sufficient for 4 or 5 persons.

CHAPTER VII

ENTRÉES (HOT MEAT DISHES, ETC.)

AGNEAU (LAMB)

742. CÔTELETTES D'AGNEAU AU CONCOMBRE (LAMB CUTLETS WITH CUCUMBER.)

8 lamb cutlets. | 1 large cucumber. | 3 ozs. butter. | seasoning. | chopped parsley.

Trim the cutlets, melt 2 ozs. of butter in a frying-pan, put in the cutlets, and fry them quickly in order to brown them. Peel the cucumber, cut it into inch-lengths ; then each piece into quarters, then each quarter into dice. Put the pieces of cucumber into a saucepan of boiling water, add some salt, and simmer until nearly cooked. Drain the cucumber, put the dice into a saucepan with 1 oz. of melted butter, and toss over the fire until quite tender. Season to taste, and stir in some finely chopped parsley. Dish the cutlets in a circle on a hot dish, arrange the cucumber in the centre, and serve with a suitable sauce separately.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable December to August. Sufficient for 4 persons.

743. CÔTELETTES D'AGNEAU AU BEURRE NOIR (LAMB CUTLETS WITH BLACK BUTTER).

8 lamb cutlets. | 3 ozs. butter. | $\frac{1}{2}$ teaspoonful chopped parsley. | pepper. | meat-glaze. | salt.

Cut the cutlets from the best end of a neck of lamb, trim them neatly, and scrape the end of each bone quite clean. Put 1 oz. of butter in a frying-pan. As soon as it is hot, put in the cutlets, and fry quickly over a brisk fire. When cooked, brush them over with meat-glaze, and dish up on a hot dish. Put the remainder of the butter (2 ozs.) into a small pan, heat it over the fire until a nut-brown colour ; then add the parsley to it, and pour it over the cutlets. Put a frill on each cutlet, and serve.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable December to August. Sufficient for 4 persons.

744. CÔTELETTES D'AGNEAU AUX FINES HERBES (CUTLETS OF LAMB WITH FINE HERBS).

6 lamb cutlets. | 1 tablespoonful white wine. | $\frac{1}{2}$ teaspoonful parsley, chervil, | lemon-juice.
2 ozs. butter. | 1 tablespoonful meat-glaze. | and tarragon. | salt and pepper.

Cut the cutlets from the best end of a neck of lamb, trim neatly, season with salt and pepper, and fry them quickly over a brisk fire in $1\frac{1}{2}$ ozs. of butter. When done, strain off the butter, and add the wine and glaze, the chopped herbs, a little lemon-juice, and $\frac{1}{2}$ oz. of butter. Dish the cutlets in a circle on a hot dish, pour over the sauce, and serve.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable December to August. Sufficient for 3 persons.

745. CÔTELETTES D'AGNEAU À LA MALTAISE (LAMB CUTLETS, MALTESE STYLE).

8 lamb cutlets.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	pepper.	egg.
breadcrumbs.	1 glass white wine.	2 ozs. butter.	lemon.
$\frac{1}{2}$ an orange.	a green vegetable.	mashed potato.	salt.

Trim the cutlets nicely, take away the greater part of the fat, dip them in beaten egg, and then into breadcrumbs. Melt the butter in a frying-pan, and clarify it (No. 199); then put in the cutlets, and fry them a golden brown on both sides. Prepare the Bechamel sauce, add to it the wine, the orange-juice, and a squeeze of lemon; season to taste with salt and pepper. Cut the orange-rind in very fine strips, and add to the sauce. Let all simmer together for ten to fifteen minutes, in order to blend the flavours. If too thick, add a little milk or stock until it is of the right consistency. Make a circular border of mashed potato on a hot dish, dress the cutlets on it overlapping each other, put a frill on the end of each bone, arrange a green vegetable—*i.e.*, peas, beans, or spinach—in the centre, and pour some of the sauce round the base of the dish. Serve the rest of the sauce separately.

Average cost, 2s. 6d. Time required, 35 minutes. Seasonable December to August. Sufficient for 4 persons.

746. CÔTELETTES D'AGNEAU À LA MASSENA (CUTLETS OF LAMB, MASSENA STYLE).

8 lamb cutlets.	$\frac{1}{4}$ lb. chicken forcemeat (No. 202).	1 tablespoonful cream.
2 ozs. butter.	8 fried croûtes of bread.	mashed potato.
cooked peas.	Madeira sauce (No. 50).	foie-gras.

Fry the cutlets in the butter on one side only for one minute; let them cool. Cut the croûtes the same size as the cutlets. Cut out the middle of the bread with an oval cutter, fry them a golden brown in hot butter, place one of these croûtes on each cutlet on the cooked side, fill the centre with foie-gras. Mix the cream with the chicken forcemeat. Put this into a forcing-bag with a piping-tube attached, garnish all round the edge of the croûte with this, place on a buttered baking-sheet, and put in a slow oven for seven or eight minutes. Make a circular border of mashed potato on a hot dish, dress the cutlets round this, put a cutlet frill on each bone, arrange the cooked peas in the centre of the dish, pour some of the sauce round, and send the remainder to table separately.

Average cost, 5s. Time required, 20 minutes. Seasonable December to August. Sufficient for 4 persons.

747. CÔTELETTES D'AGNEAU À LA SAINTE-MÉNEHOULD (CUTLETS OF LAMB, SAINTE-MÉNEHOULD STYLE).

2 breasts of lamb.	2 large carrots.	egg and breadcrumbs.	12 peppercorns.	stock.
small piece mace.	2 large onions.	Italian sauce (No. 41).	1 bay-leaf.	butter.

Place enough stock in a saucepan to cover the breasts of lamb. Let it come to the boil. Clean the vegetables, cut them into thick slices, and add to the stock when boiling; also the spice and breasts of lamb. Let all this stew very gently for about thirty minutes. Take up the breasts, remove all the bones, and then press between two tins until quite cold; then cut into cutlet shapes, dip each into beaten egg, and then into breadcrumbs. Melt some butter, pour it on to a plate, and brush each cutlet over with it; then dip again into the breadcrumbs. Have ready some very hot fat; fry the cutlets in it until a golden-brown colour. Dish up in a circle, and serve with Italian sauce separately.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable December to August. Sufficient for 5 or 6 persons.

748. CÔTELETTES D'AGNEAU À LA NAVARRAISE.

8 lamb cutlets.	$\frac{1}{2}$ oz. red capsicums.	$\frac{1}{2}$ oz. grated Parmesan	butter.
3 ozs. ham.	Bechamel sauce (No. 4).	cheese.	salt.
8 mushrooms.	tomato sauce (No. 77).	4 tomatoes.	pepper.

Trim the cutlets, take away most of the fat, flatten slightly with a cutlet-bat, scrape the bone at the end of each cutlet clean. Minee the ham finely, peel the mushrooms, chop and cook them in butter. Mix with the ham in a stewpan. To these add the chopped capsicums, salt, and pepper. Bind with the Bechamel sauce well reduced. Melt 2 ozs. of butter in a sauté-pan, put in the cutlets, and fry on one side only. Take them up, drain, and cover the cooked side with the above preparation. Put the cutlets on a buttered tin, sprinkle with grated cheese and a little melted butter. Place them in the oven to finish the cooking and to form the gratin. Cut the tomatoes in halves, season them with salt and pepper, and toss them in butter. Dish the cutlets in a circle on a hot dish, put a frill on each bone, arrange the tomatoes in the centre, and pour some tomato sauce round.

Average cost, 3s. Time required, 30 minutes. Seasonable December to August. Sufficient for 4 persons.

749. CÔTELETTES D'AGNEAU FARCIES À LA PÉRIGUEUX.

8 lamb cutlets.	chicken forcemeat (No. 202).	cooked peas.
butter.	Périgueux sauce (No. 62).	salt and pepper.

Trim the cutlets, take away most of the fat, flatten slightly, scrape the bone at the end quite clean, season them with salt and pepper, and cook them in butter on one side only. On the cooked side put a tablespoonful of chicken forcemeat, shaping it into a dome shape. Put the cutlets on a buttered tin, place them in a cool oven to cook the forcemeat and to finish cooking the cutlets. They will take about eight or ten minutes to cook in the oven. Dish them in a circle on a hot dish, arrange some cooked peas in the centre, and pour the Périgueux sauce round. The dish is now ready to serve, and should be sent to table very hot.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable in the summer, when peas are in season, or from December to August if another vegetable is used. Sufficient for 4 persons.

750. CÔTELETTES D'AGNEAU À LA PRINCESSE (LAMB CUTLETS, PRINCESS STYLE).

12 lamb cutlets.	2 truffles.	1 pint Allemande sauce	butter.
a few mushrooms.	cooked peas.	(No. 1).	1 egg.
$\frac{1}{2}$ gill white wine.	breadcrumbs.	supreme sauce (No. 74).	seasoning.

Trim the cutlets, removing the fat and gristle, fry them in butter, put them between two baking-sheets, place some weights on the top, and press till cold. Chop the mushrooms and truffles, melt a little butter in a stewpan, put in the chopped ingredients, and cook a little; then add the wine, and reduce until nearly dry. Stir in the Allemande sauce, boil, and reduce until the sauce is very thick. Turn it out of the stewpan, and dip each cutlet into it. Place them on a baking-sheet, and put them aside to get cold and set. When the sauce is quite set and firm, dip the cutlets into egg, and then into breadcrumbs, and fry them in clarified butter a golden colour. Dish up in a circle on a hot dish, fill the centre with cooked peas or asparagus points, pour the sauce round, and serve.

Average cost, 5s. Time required, 1 hour. Seasonable December to August. Sufficient for 6 persons.

751. SAUTÉ D'AGNEAU À LA PRINTANIER.

2 lbs. breast of lamb.	8 new carrots.	8 new potatoes.	1 gill French beans.
4 ozs. butter.	2 turnips.	1 gill cooked peas.	$\frac{1}{2}$ pint demi-glaze sauce (No. 29).
8 button onions.	salt.	pepper.	4 tablespoonfuls meat-glaze.

Cut the breast of lamb into nice pieces. Melt 3 ozs. of butter in a large stewpan, put in the pieces of meat, and cook them in it until done. Cut the carrots and turnips to the shape of large olives; parboil the carrots, turnips, and potatoes, drain and toss them in butter until cooked. Have the peas and beans ready cooked also. Mix all these vegetables together. As soon as the lamb is ready, take it up, and place on a dish. Put the sauce and meat-glaze into the saucepan, heat it; then put in the meat and the vegetables, shake the saucepan so that all the ingredients are well mixed in the sauce. When quite hot serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable February to August. Sufficient for 6 persons.

752. CÔTELETTES D'AGNEAU AU RISOTTO (LAMB CUTLETS WITH RISOTTO).

8 lamb cutlets.	$\frac{1}{2}$ pint Beehamel sauce	eggs.	1 oz. grated cheese.
risotto (No. 543).	(No. 4).	butter.	breadcrumbs.

Reduce the sauce over the fire until it is very thick, then work into it 1 oz. of grated Parmesan cheese. Trim the cutlets neatly, melt some butter in a sauté-pan, and fry the cutlets until they are half cooked. Dry them, and coat each side with the sauce. As soon as this is done, dip them in beaten egg, and then into fine breadcrumbs, into which a little grated cheese has been mixed. Press the breadcrumbs on well with the blade of a knife. Make some butter very hot in a sauté-pan, put in the cutlets, and fry them on both sides a golden brown. Have the risotto ready, arrange it on a dish in a layer of oval shape, dish the cutlets in a circle on the rice, the cutlets overlapping each other, place a cutlet frill on the bone of each. Serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable January to August. Sufficient for 4 persons.

753. CÔTELETTES D'AGNEAU À LA JARDINIÈRE (LAMB CUTLETS WITH SPRING VEGETABLES).

12 lamb cutlets.	butter.	spring vegetables.	potatoes.
meat-glaze.	salt.	demi-glaze sauce (No. 29).	pepper.

Cut the lamb cutlets from a neck of lamb, trim neatly, and season them with pepper and salt. Melt some butter in a sauté-pan. As soon as it is hot, put in the cutlets, and fry them quickly on both sides over a brisk fire. When the meat is cooked, glaze the cutlets with some melted meat-glaze. Mash the potatoes, mix a little butter with them, and arrange a border on a hot dish. Dress the cutlets on the border of potato in a circle, fill the centre with spring vegetables that have been cooked, and then tossed in a little butter. Pour the sauce round, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable in the spring. Sufficient for 6 persons.

754. CÔTELETTES D'AGNEAU À LA DUCHESSE (LAMB CUTLETS, DUCHESS STYLE).

8 lamb cutlets.	1 teaspoonful chopped	$1\frac{1}{2}$ ozs. cooked ham.	$\frac{1}{2}$ lemon.	pepper.
6 mushrooms.	parsley.	2 yolks of eggs.	salt.	1 whole egg.
1 shallot.	suprême sauce (No. 74).	green vegetables.	butter.	breadcrumbs.

Cut the cutlets from a neck of lamb, trim them nicely, and season with salt and pepper. Chop the mushrooms, ham, parsley, and shallot. Melt 1 oz. of butter in a stewpan, put in the chopped shallot, and fry for a few minutes without browning;

then add the mushrooms, and cook a little longer. Stir in the ham and parsley, add a squeeze of lemon-juice, and sufficient white sauce to moisten. Stir over the fire until the mixture is quite thick, then add the two yolks of eggs. Let it bind, season to taste. Coat the cutlets with this preparation, and let them get cold : then dip each in beaten egg, and then into breadcrumbs, and fry them in butter until a light brown. Dish the cutlets in a circle on a hot dish, fill the centre with a green vegetable—i.e., peas, beans, or spinach. Serve with a sauce tureen of suprême sauce.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable December to August. Sufficient for 4 persons.

755. CÔTELETTES D'AGNEAU À LA PARMA (LAMB CUTLETS WITH PARMESAN).

8 lamb cutlets.	grated Parmesan cheese.	breadcrumbs.	mushrooms.
1 egg.	Parmesan sauce (No. 533).	pepper and salt.	butter.

Cut and trim the cutlets, season with salt and pepper. Mix breadcrumbs with grated cheese in the proportion of three parts of breadcrumbs to one of cheese ; dip the cutlets first in beaten egg, and then in the breadcrumbs and cheese. Melt some butter in a frying-pan, and as soon as it is hot, put in the cutlets, and fry them carefully a golden brown on each side. When done, arrange them in a circle on a hot dish, fill the centre with the mushrooms stewed in butter, and pour the sauce round. Serve very hot.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable December to August. Sufficient for 4 persons.

756. CÔTELETTES D'AGNEAU À LA VILLEROY.

8 lamb cutlets.	salt and pepper.	Villeroiy sauce (No. 84).	fried parsley.	1 egg.
2 ozs. butter.	breadcrumbs.	$\frac{1}{2}$ teaspoonful chopped parsley.	2 mushrooms.	1 shallot.

Trim the cutlets neatly, season with salt and pepper. Melt the butter in a sauté-pan, put in the cutlets, and fry them brown on each side. Drain, and press until cold between two baking-sheets. As soon as cold, trim them again, and dip into the Villeroiy sauce. Chop the mushrooms and shallot, mix them together with the chopped parsley, sprinkle a little of these herbs over the cutlets. Put them aside, and let the sauce set ; then egg and breadcrumb the cutlets, and fry in hot fat a golden colour. Dish them in a circle, garnish with fried parsley, and serve.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable December to August. Sufficient for 4 persons.

757. BLANQUETTE D'AGNEAU (BLANQUETTE OF LAMB).

1 shoulder of lamb.	1 tablespoonful flour.	1 onion.	bouquet-garni.	3 yolks eggs.
salt and pepper.	white stock.	2 cloves.	1 gill cream.	2 ozs. butter.

Bone the shoulder of lamb, cut the meat into square pieces 1 inch in size, put the pieces into lukewarm water, and leave for one hour. Drain, and put the meat into a stewpan, cover with water, and bring to the boil ; take up the meat, and wash it well in order to remove the scum. Heat some butter in a stewpan, put in the meat, and fry without browning ; then add the flour, pepper, and salt. Cook a few minutes. Then stir in some white stock, sufficient to cover the meat ; add the onion, cloves, and bouquet-garni. Put the pan on the side of the fire, and simmer gently for three-quarters of an hour, or until the meat is tender. When done, take up the meat, dish it, and keep hot. Strain the liquor the meat was cooked in into a clean saucepan ; beat the egg-yolks and cream together ; add to the sauce, and stir until it thickens, but care must be taken not to let it boil. Season to taste

with salt, pepper, and lemon-juice. Pour over the meat, sprinkle over a little chopped parsley, and serve.

Average cost, 4s. 6d. Time required, 2 hours. Seasonable December to August. Sufficient for 8 to 10 persons.

758. EPIGRAMMES D'AGNEAU.

These consist of boned breast of lamb, braised and pressed, cut in heart shapes, and lamb cutlets, allowing one piece of breast and one cutlet for each person. Epigrams should be dressed in a circle, cutlets and pieces of breast alternately.

759. EPIGRAMMES D'AGNEAU À LA MACÉDOINE (EPIGRAMMES OF LAMB WITH VEGETABLES).

lamb cutlets.	2 breasts of lamb.	1 pint stock.	vegetables.	1 carrot.	1 onion.
breadcrumbs.	salt and pepper.	bouquet garni.	1 bay-leaf.	1 turnip.	1 egg.

Cut each breast in half, blanch them, and put them into a saucepan with the vegetables; cut up the bay-leaf and herbs; add the stock, and cook gently until the meat is tender. Take up the breasts, bone them while hot, and place the meat on a tin, with another tin on the top; put on some weights, and press until cold. When cold, cut the meat into heart-shaped pieces, removing all fat and gristle. Beat up an egg, dip the pieces into it, and toss in breadcrumbs. Prepare also the same number of lamb cutlets as there are pieces of breast. Fry these in hot butter or fat a golden colour. Drain and dress the pieces of breast and the cutlets alternately in a circle. Place some mixed vegetables (cooked peas, beans, carrots, turnips, etc., the latter cut in dice) in the centre, and serve.

Average cost, 4s. Time required, 1½ hours. Seasonable December to August. Sufficient for 6 persons.

760. NOISETTES D'AGNEAU À LA MIREPOIX (NOISETTES OF LAMB, MIREPOIX STYLE).

8 noisettes.	2 shallots.	1 gill demi-glacé sauce	3 ozs. butter.	1 yolk of egg.
1 gill carrots.	½ gill cooked	(No. 29).	½ lb. cooked potato.	½ oz. butter.
1 gill mushrooms.	ham.	meat-glaze (No. 247).	egg and breadcrumbs.	seasoning.

Cut the noisettes from a loin of lamb, and trim them nicely. Cut the carrots, mushrooms, and shallots into small dice, the carrots and mushrooms to measure a gill each when cut. Melt 1 ounce of butter in a stewpan, put in the vegetables, stew a little; then add a little stock. Cook over the fire, stirring occasionally, until the vegetables are nearly done. Then add the ham, cut in dice. Cook ten minutes longer. Then add the sauce and glaze. Simmer a few minutes, then mix in by degrees 2 ounces of butter, stirring the sauce all the time with a wooden spoon. Pass the potato through a wire sieve. Melt ½ ounce of butter in a stewpan, stir in the potato, add the egg and seasoning; mix well, turn the mixture on to a plate; let cool. Then make it up into flat cakes the same size as the noisettes, egg and crumb them, and fry in very hot fat. Place a noisette on each potato croquette, after they have been fried in butter, pour the prepared sauce over, and serve.

Average cost, 2s. 9d. Time required, 45 minutes. Seasonable December to August. Sufficient for 4 persons.

761. NOISETTES D'AGNEAU AUX FINES HERBES (NOISETTES OF LAMB WITH FINE HERBS).

6 noisettes.	½ lb. mushrooms.	½ teaspoonful chopped shallot.	1 teaspoonful chopped parsley.
lemon-juice.	1 teaspoonful bovril.	1 teaspoonful chopped chervil.	6 artichoke bottoms (pre-
butter.	salt and pepper.	a pinch of chopped tarragon.	served).

Cut six nice noisettes from a loin of lamb, trim them nicely, removing fat and gristle. Melt 1 ounce of butter in a sauté-pan, and fry the noisettes over a brisk fire. Warm the artichoke bottoms in a little boiling stock or water, drain them,

and place a noisette on each. Chop the mushrooms, fry them in butter, then add to them the bovril, the chopped parsley, shallot, chervil, and tarragon. Cook all together for a few minutes. Season with pepper, salt, and lemon-juice. Dish the noisettes on a hot dish, pour over them the herbs, and serve.

Average cost, 2s. 9d. Time required, 25 minutes. Seasonable December to August. Sufficient for 3 persons.

762. NOISETTES D'AGNEAU À LA VALOIS (NOISETTES OF LAMB, VALOIS STYLE).

2 lbs. loin of lamb.	$\frac{1}{4}$ lb. chicken forcemeat	2 ozs. chopped tongue.	2 ozs. butter.
4 chopped truffles.	(No. 202).	4 chopped mushrooms.	Valois sauce (No. 81).

Bone the loin of lamb, and cut the fillet into slices about $\frac{1}{2}$ inch thick; trim them, and take away all fat and gristle. Melt the butter in a sauté-pan; fry the noisettes on one side only, put them on to a tin, and press lightly until cold. Cook the mushrooms in the butter that the lamb was cooked in; add to them an equal quantity of chopped truffles, and a little pepper and salt. Put a teaspoonful of this mixture on each noisette on the cooked side, cover with the chicken forcemeat, smooth over the surface with a wet knife, and sprinkle half the noisette with chopped tongue and the other half with chopped truffle. Butter a sauté-pan or baking-tin, lay the noisettes in it, cover with paper, and cook in a cool oven for ten minutes. Dress them on a hot dish, and serve with Valois sauce.

Average cost, 5s. Time required, 1 hour. Seasonable December to August. Sufficient for 6 persons.

763. LANGUES D'AGNEAU À LA DUXELLE (LAMB'S TONGUE WITH DUXELLE SAUCE).

3 lambs' tongues.	salt and pepper.	1 teaspoonful chopped parsley.	2 shallots.	1 oz. butter.
6 mushrooms.	Duxelle sauce (No. 30).	2 tablespoonfuls breadcrumbs.	$\frac{1}{2}$ lemon.	2 egg-yolks.

Put the tongues into a saucepan, cover them with water, add some salt and the juice of half a lemon; put the pan on the fire, and cook until the tongues are tender—about two hours. When done enough, drain, skin, and cut each tongue in halves. Chop the shallots and mushrooms. Melt 1 ounce of butter in a stewpan, put in the shallots, and fry them for a minute or two; then add the mushrooms, and cook a little longer. Stir in the parsley and the breadcrumbs, mix in the two egg-yolks, and cook without boiling. Season with pepper and salt. Spread this mixture on the six halves of tongue. Dish them on a hot dish, and pour Duxelle sauce over. Sprinkle them with brown breadcrumbs, put a few bits of butter on them, and bake in the oven for about ten minutes. Serve hot.

Average cost uncertain. Time required, $2\frac{1}{2}$ hours. Seasonable December to August. Sufficient for 6 persons.

MOUTON (MUTTON)

764. CÔTELETTES DE MOUTON À LA BRETONNE.

6 mutton cutlets.	brown sauce.	$1\frac{1}{2}$ ozs. butter.
$\frac{1}{2}$ pint haricot beans.	2 onions.	1 gill Bechamel sauce (No. 4).

Trim the cutlets, season them with pepper and salt, and fry in butter. Soak the haricots in water for several hours, then boil them in a stewpan until tender. Drain, and pass them through a sieve. Melt the butter in a saucepan, stir in the sieved beans, add to them the onions, previously boiled and sieved, season, and stir over the fire until hot. Then add the Bechamel sauce. Dish the cutlets in a circle on a hot dish, and put the purée of beans and onions in the centre. Pour some brown sauce round, and serve.

Average cost, 2s. Time required, 20 minutes after the beans are cooked. Seasonable at all times. Sufficient for 3 persons.

765. CÔTELETTES DE MOUTON À LA MILANAISE (MUTTON CUTLETS, MILAN STYLE).

8 mutton cutlets.	breadcrumbs.	1 gill white sauce (No. 74).	1 egg.	1 truffle.
2 ozs. macaroni.	1 oz. tongue.	1 gill tomato sauce (No. 77).	butter.	seasoning.

Trim the cutlets ; beat the egg on a plate, brush over the cutlets with it, and toss in breadcrumbs. Fry them a golden colour. Dish them on a border of mashed potato in a circle. Boil the macaroni until tender ; cut it up in strips about 1 inch long. Cut up the tongue and truffles into strips. Put these with the macaroni into a saucepan, add the white sauce, season with pepper and salt ; make hot, and place this garnish in the centre of the cutlets. Pour the tomato sauce round, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

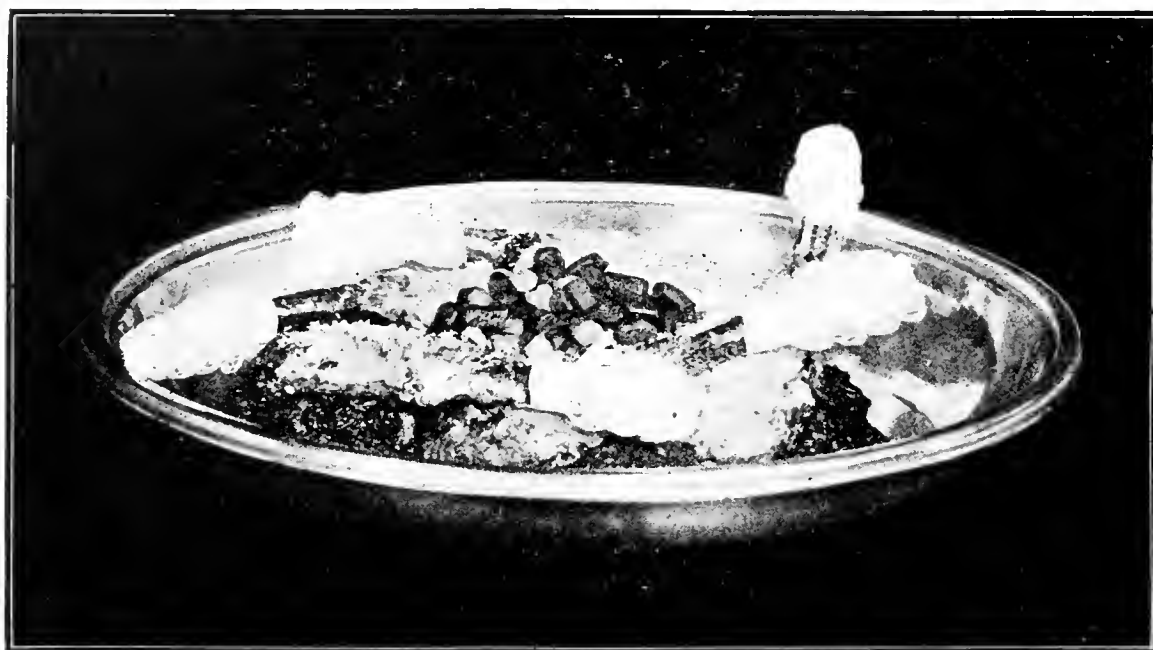


FIG. 29.—CÔTELETTES DE MOUTON À LA PRINCIÈRE.

766. CÔTELETTES DE MOUTON À LA PRINCIÈRE.

8 mutton cutlets.	2 ozs. ham.	breadcrumbs.
2 pairs lambs' sweetbreads.	butter.	seasoning.
2 preserved mushrooms.	1 yolk of egg.	$\frac{1}{2}$ pint suprême sauce (No. 74).

Trim the cutlets neatly, season, and fry them on a bright fire, but see that they are underdone. Blanch and braise the sweetbreads. When cooked, mince them very finely ; also the cooked ham and mushrooms. Put these ingredients into a saucepan, season to taste, bind with the yolk and enough sauce to moisten ; turn the mixture out on to a plate to cool. When the cutlets are cooked, press them lightly between two tins until cold. Spread the cutlets on one side with the prepared mixture, smooth over with a wet knife, and sauce over each carefully with cold suprême sauce. Sprinkle with breadcrumbs, place a few bits of butter on each, and place on a greased tin in a hot oven for five or six minutes. Pour the remainder of the sauce on a hot dish, dress the cutlets on this, and serve.

Average cost, 2s. 6d. Time to prepare, 1 hour. Seasonable all the year. Sufficient for 4 persons.

767. CÔTELETTES DE MOUTON À LA PROVENÇALE (MUTTON CUTLETS, PROVENÇAL STYLE).

8 mutton cutlets.	brown breadcrumbs.	3 egg-yolks.	chopped parsley.
3 large onions.	tomato sauce (No. 77) or brown	butter.	2 gills Bechamel sauce
Parmesan cheese.	sauce (No. 6).	seasoning.	(No. 4).

Trim the cutlets, fry them in butter on one side only, then press them lightly until cold. Slice the onions very finely. Put some butter into a saucepan, add the onions, and cook over a moderate fire without browning. When the onions are cooked, add the Bechamel sauce, and bind with the egg-yolks. Season with salt, pepper, and parsley, and let the mixture get cold. Trim the cutlets again, and cover the cooked side of the cutlets with the prepared mixture. Smooth the surface with a knife. Lay them on a buttered baking-sheet; sprinkle over some grated Parmesan cheese and a few brown crumbs; put a few drops of melted butter on each. Place in a brisk oven for five or six minutes. Serve with tomato or brown sauce.

Average cost, 2s. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

768. CÔTELETTES DE MOUTON À LA RÉFORME (MUTTON CUTLETS, REFORM STYLE).

best end of a neck of mutton.	breadcrumbs.	ox-tongue.	2 hard-boiled whites of
2 ozs. lean ham.	2 truffles.	seasoning.	eggs.
1 egg.	4 gherkins.	butter.	reform sauce (No. 67).

Take the neck of mutton, saw off the chine-bone at the back of the cutlets; chop the rib-bones, leaving the bones which form the cutlets about 3 inches long. Cut off the cutlets; trim them neatly. Chop the ham finely, mix it with the breadcrumbs, also pepper and salt. Beat the egg on a plate, dip the cutlets into it, and then toss in the breadcrumbs. Fry them a nice golden brown in butter. Dish in a circle on a hot dish, and keep hot. Cut the truffles, gherkins, hard-boiled whites, and ox-tongue, in strips. Warm them in a little of the sauce, thinned down, or in some gravy. Place this garnish in the centre of the cutlets, and pour the sauce round.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

769. CÔTELETTES DE MOUTON À LA SOUBISE (MUTTON CUTLETS, WITH ONION PURÉE).

best end of a neck of mutton.	2 ozs. butter.	$\frac{1}{2}$ pint demi-glace sauce	1 egg.
soubise sauce (No. 75).	breadcrumbs.	(No. 29).	seasoning.

Cut the mutton into cutlets, trim them neatly, dip each one in beaten egg, and then in breadcrumbs. Fry them a golden brown in the butter. Dish in a circle on a border of mashed potato. Put the onion purée in the centre, and pour the sauce round.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

770. CÔTELETTES DE MOUTON À L'INDIENNE (MUTTON CUTLETS INDIAN STYLE).

8 mutton cutlets.	breadcrumbs.	$\frac{1}{2}$ pint curry sauce	butter.
1 egg.	boiled rice.	(No. 23).	seasoning.

Trim the cutlets; season the breadcrumbs with a little pepper and salt; beat up the egg, dip the cutlets in it, and then toss in the breadcrumbs. Fry them in butter a golden brown. Dish them on a circular border of mashed potato, pour the sauce round, and put some nicely boiled rice in the centre.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

771. CÔTELETTES DE MOUTON À LA POMPADOUR (MUTTON CUTLETS, POMPADOUR STYLE).

8 cutlets. foie-gras.	seasoning. 1 egg.	$\frac{1}{2}$ pint macédoine vegetables. Béarnaise sauce (No. 7).	breadcrumbs. butter.
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Trim the cutlets, make a horizontal incision in the meaty part of each cutlet, place in each incision thus formed a slice of foie-gras ; season the cutlets, egg and breadcrumb them, and fry in clarified butter a golden brown. Dress the cutlets in a circle, put the macédoine of vegetables in the centre, and serve the sauce separately.

Average cost, 3s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 perons.

772. CÔTELETTES DE MOUTON À LA VÉNÉTIENNE (MUTTON CUTLETS, VENETIAN STYLE).

6 mutton cutlets. 4 ozs. quenelle meat (No. 201).	2 ozs. chopped ham. $\frac{1}{4}$ lb. mushrooms (fresh).	$\frac{1}{2}$ pint brown sauce (No. 6). $\frac{1}{2}$ pint cooked peas.
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Trim the cutlets, fry them in butter, leaving them underdone. Chop the ham very finely, also the mushrooms. Cook these in butter over the fire until the moisture has evaporated. As soon as the cutlets are cold, cover one side of each with a layer of quenelle meat, and then dip three of the cutlets in the chopped ham, and the other three in the mushrooms. Put the brown sauce in a sauté-pan, lay the cutlets carefully in it, cover with a buttered paper, and cook slowly over the fire for ten to fifteen minutes. Dress the cutlets on a border of mashed potato, alternating the colours, first one with ham, next with mushrooms, and so on. Arrange the peas in the centre, and pour the sauce round.

Average cost, 2s. 9d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

773. CÔTELETTES DE MOUTON À LA RUSSE (RUSSIAN CUTLETS).

2 lbs. best neck of mutton. 3 ozs. breadcrumbs. 1 small tablespoonful shallot.	1 large tablespoonful of horse- radish. demi-glaze sauce (No. 29).	2 eggs. seasoning. 4 ozs. butter.
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Trim and shape the cutlets nicely. Melt 2 ounces of butter, brush the cutlets over with this, and put them aside to cool. Grate the horseradish, and chop the shallot finely. Put the breadcrumbs into a basin, add to them the chopped shallot, grated horseradish, pepper, and salt. Brush the cutlets over with the yolk of an egg. Mix the rest of the eggs, well beaten, with the dry ingredients ; make this into a paste ; lay it evenly all over the cutlets. Melt the remaining 2 ounces of butter in a frying-pan, lay the cutlets in it, and fry carefully for about fifteen minutes. Dish up on a border of mashed potato, place a suitable vegetable in the centre, and pour the sauce round.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

774. CÔTELETTES DE MOUTON À LA COMTESSE.

8 mutton cutlets. 4 mushrooms. 2 shallots. 2 ozs. lean ham.	1 teaspoonful chopped parsley. $\frac{1}{2}$ pint demi-glaze sauce (No. 29). pepper and salt. 2 raw yolks of eggs.	1 oz. meat-glaze. mixed vegetables. lemon-juice. 1 oz. flour.	$\frac{1}{2}$ pint stock. 1 whole egg. breadcrumbs. 2 ozs. butter.
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Trim the cutlets. Melt 2 ounces of butter in a stewpan, put in the cutlets, and fry them on both sides. When cooked, take them up, and press under a light weight until cold. Chop the mushrooms, shallots, and ham finely, put these into the butter that the cutlets were fried in ; cook a little, then add the flour, chopped parsley, pepper, and salt. Dilute with the stock, stir until it boils, then add the glaze. Boil this sauce for about fifteen minutes, until it has reduced to a right

consistency. Stir in the yolks of the eggs, and bind over the fire. Season with lemon-juice. Cover each cutlet with this sauce, smooth with a knife, place them on a dish to get cold and set. When the cutlets are ready, egg and breadcrumb them, and fry them a light brown. Dish the cutlets in a circle, on a border of mashed potato. Place a frill on each cutlet-bone. Arrange the vegetables in the centre, and pour some of the sauce round.

Average cost, 2s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 to 8 persons.

775. CÔTELETTES DE MOUTON À LA MAINTENON (MUTTON CUTLETS, MAINTENON STYLE).

6 mutton cutlets.	1 tablespoonful parsley.	2 ozs. streaky bacon.	a few breadcrumbs.
6 mushrooms.	Italian sauce (No. 41).	1 oz. butter.	2 shallots.

Trim the cutlets. Chop the mushrooms, shallots, and parsley. Cut the bacon into small dice. Melt the butter, add to it the bacon, shallots, mushrooms, and parsley. Arrange the cutlets on the herbs, and let them cook a short time, without



FIG. 30.—CÔTELETTES DE MOUTON À LA MAINTENON.

allowing them to be quite done. Then take up and let them cool. Mix a few breadcrumbs with the herbs and bacon, enough to bind the mixture; spread some of this over each cutlet, fold each up in a buttered paper, and broil over a slow fire; or place them on a buttered baking-sheet, with a piece of greased paper over, and put them in the oven to finish cooking. Dish the cutlets on a circular border of mashed potato, fill the centre with a suitable vegetable, and pour the sauce round the base of the dish. Serve hot.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

776. CÔTELETTES DE MOUTON À LA NELSON (MUTTON CUTLETS, NELSON STYLE).

8 mutton cutlets.	1 oz. butter.	2 eggs.	½ pint demi-glace sauce
¼ lb. chicken forcemeat.	½ oz. flour.	cayenne.	(No. 29).
3 ozs. Parmesan cheese.	1 gill milk.	salt.	asparagus heads or peas.

Skin the cutlets, season, and grill them until half done; press until cold. Then cover one side of each with the chicken forcemeat, smooth with a wet knife, place on a buttered baking-sheet, cover with a greased paper, and cook in the oven for

five minutes. In the meantime prepare a soufflé mixture. Melt 1 ounce of butter in a saucepan, stir in the flour, add the milk, and boil quickly until the sauce is thick and leaves the bottom and sides of the saucepan. Take the pan off the fire, and let the mixture cool a minute. Then beat in the yolks of the eggs, one at a time, stir in the cheese, a pinch of salt and cayenne. Beat the two whites of eggs very stiffly, and fold them into the mixture ; stir quickly and lightly. Spread this preparation over the coated side of the cutlets, place them on a buttered baking-sheet, and put it in the oven for five minutes to cook and brown the soufflé. When sufficiently cooked, dish the cutlets in a circle on a hot dish, garnish the centre with asparagus heads or peas tossed in butter, and pour the sauce round the dish.

Average cost, 5s. Time required, 30 minutes. Seasonable in the summer months. Sufficient for 4 to 8 persons.

777. CÔTELETTES DE MOUTON À LA SUÉDOISE.

8 mutton cutlets.	1 teaspoonful chopped parsley.	salt.	½ wineglassful white wine.
2 shallots.	1 tablespoonful oil.	butter.	2 tablespoonfuls grated horse-
juice of 1 lemon.	a pinch of savoury herbs.	1 egg.	radish.
breadcrumbs.	½ lb. apples.	pepper.	½ pint demi-glaze sauce (No. 29).

Trim the cutlets, put them on a plate, season them with pepper and salt. Chop the shallots, sprinkle them over the cutlets ; also the chopped parsley and the savoury herbs ; add the oil and lemon-juice. Leave the cutlets in this marinade for thirty minutes ; turn them over occasionally during that time. After this has been done, dry the cutlets on a cloth, beat up an egg on a plate, dip the cutlets into it ; toss in breadcrumbs, and fry them in clarified butter a golden brown. Keep the cutlets hot until ready to dish up. Peel and slice the apples, take out the cores. Put them into a saucepan, add the wine and a little water, stew until they form a purée ; then add to it the horseradish, grated and then finely chopped. Mix well. Dish the cutlets in a circle on a hot dish, arrange the garnish in the centre, sprinkle over a little chopped parsley, and serve with the sauce separately.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

778. NOISETTES DE MOUTON À LA SOUVAROFF.

1½ lbs. best end of neck of mutton.	truffle. seasoning.	Béarnaise sauce (No. 7).	julienne potatoes. butter.
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Bone the neck of mutton, trim away the fat, and cut the meat into fillets, about ½ inch thick ; bat them out, season, and fry them in butter over a quick fire. Cover each noisette with Béarnaise sauce, put on each a slice of truffle. Dish up, and garnish round the noisettes with julienne potatoes. Serve with brown or demi-glaze sauce separately.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

779. CÔTELETTES DE MOUTON À LA BONNE FEMME (MUTTON CUTLETS, HOUSEWIFE'S STYLE).

8 mutton cutlets.	pepper.	½ pint stock.	2 potatoes.
2 ozs. butter.	12 button onions.	salt.	1 teaspoonful bovril.

Cut the cutlets from the best end of a neck of mutton, trim them nicely, removing the greater part of the fat ; pare the end of each bone quite clean. Season the cutlets with salt and pepper. Melt the butter in a sauté-pan, put in the cutlets, and fry them a light brown ; then add the onions, and fry these brown. Pour off the butter and add the stock. Wash and peel the potatoes, scoop them out with a vegetable-scoop into round balls ; put these in with the meat, cover with the lid of the pan, and finish the cooking in the oven for about thirty minutes. When the meat is cooked, dish the cutlets in a circle on a hot dish, and put the onions

and potatoes in the centre. Remove the fat from the gravy, add a little bovril to it, and pour it over the cutlets. Put a frill on each cutlet-bone, and serve.

Average cost, 1s. 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

780. NOISETTES DE MOUTON AUX TOMATES.

1 lb. best end of neck of mutton.	3 or 4 tomatoes.	3 ozs. mushrooms.	seasoning.
Madeira sauce (No. 50).	fried croûtes.	2 ozs. butter.	parsley.

Bone the neck of mutton, trim away the fat and gristle, and cut the meat into fillets about $\frac{1}{2}$ inch thick; bat them out, season, and fry them in butter over a brisk fire. Set each noisette on a croûte of fried bread. Cut the tomatoes in slices, and fry in butter, taking care not to let the slices go to pieces. Chop the mushrooms, and sauté also in a little butter. When ready to serve, place a slice of tomato on each noisette, and on that a little heap of cooked mushroom. Sprinkle on the top of each a little chopped parsley, pour some sauce round, and serve.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

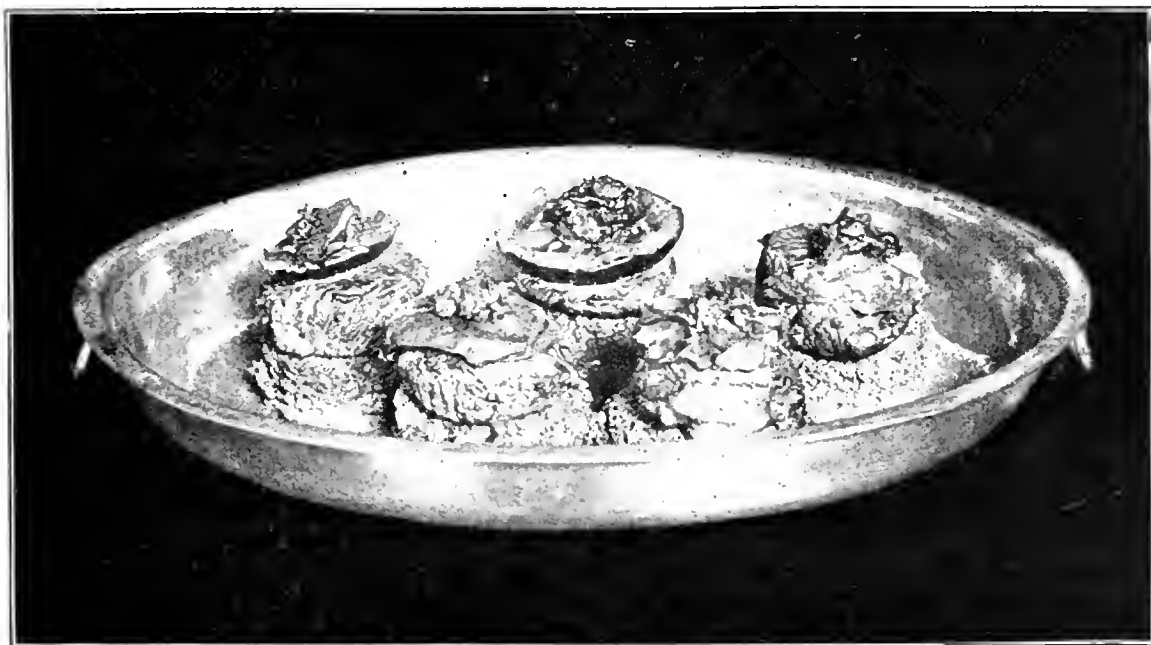


FIG. 31.—NOISETTES DE MOUTON AUX TOMATES.

781. NOISETTES DE MOUTON À LA CHORON.

$1\frac{1}{2}$ lbs. neck of mutton.	butter.	cooked peas.
8 artichoke bottoms (small).	seasoning.	sauce Béarnaise, rouge (No. 9).

Bone the mutton, and cut the meat into fillets, $\frac{1}{2}$ inch thick; trim, season, and fry them quickly in butter. Toss the artichoke bottoms in butter until hot. Fill them with the cooked peas. Place one of these on each noisette. Dish the noisettes on a hot dish, and put the red Béarnaise sauce in the centre.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

782. NOISETTES DE MOUTON MONTGOMERY.

$1\frac{1}{2}$ lbs. best end of neck of mutton.	3 lbs. spinach.	1 gill soubise sauce (No. 75).	2 ozs. butter.	1 truffle.
	2 yolks of eggs.	julienne potatoes or peas.	$\frac{1}{2}$ gill cream.	seasoning.

Bone the mutton, trim away the fat, and cut the meat into slices about $\frac{1}{2}$ inch thick. Bat them out with a cutlet-bat, season with pepper and salt, and fry them in a frying-pan, with 1 oz. of butter, over a quick fire. Cook the spinach, drain,

and pass it through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the spinach, stir it over the fire until hot ; then add the cream and the yolks of the eggs, season to taste with salt and pepper. Butter an oval timbale mould, turn the spinach into it, press well down, and place on a baking-tin containing water, and put it in a moderate oven for twenty minutes. Turn the spinach shape on to a hot dish. Dress the noisettes on the top in a circle overlapping each other. In the centre of the noisettes arrange the julienne potatoes. Reduce some soubise sauce until very thick, put it into a forcing-bag with a rose-pipe, and make a rosette on each noisette. On each rosette put a small slice of truffle. Surround the base of the shape with tomato sauce, and serve. (See coloured plate.)

Average cost, 2s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

783. NOISETTES À LA SEVIGNÉ.

2 lbs. best end of neck of mutton.	tomato sauce (No. 77).	3 ozs. butter.	1 yolk of egg.
8 artichoke bottoms.	breadcrumbs.	8 large mushrooms.	seasoning.
		8 fried croûtes.	1 egg.

Bone the mutton, trim away the fat, and cut the meat into slices about $\frac{1}{2}$ inch thick ; bat them out with a cutlet-bat or large knife. Season each fillet with salt and pepper. Fry them in 1 oz. of butter on one side only. Chop the mushrooms and artichokes. Melt 2 ozs. of butter in a stewpan, put in the chopped vegetables, and sauté them. Mix in sufficient breadcrumbs to make a nice consistency, add the yolk and seasoning. Cook a little over the fire, turn on to a plate, and divide into eight portions. Cover the fried side of each noisette with this mixture, shape it to a dome shape. Beat up an egg, brush over the shapes with it, then sprinkle with breadcrumbs and melted butter. Place in the oven to finish cooking and to brown. Stand each noisette on a fried croûte of bread the same size. Dish in a circle on a hot dish, pour the sauce round, and fill the centre with a suitable vegetable.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

ROGNONS (KIDNEYS)

784. ROGNONS À LA FRANÇAISE (SHEEP'S KIDNEYS, FRENCH STYLE).

6 sheep's kidneys.	fried bread croûtes.	1 glass port wine.
2 ozs. butter.	2 teaspoonfuls chopped parsley.	1 gill good stock.
salt.	$\frac{1}{2}$ teaspoonful chopped thyme.	cayenne.
2 shallots.	1 dessertspoonful flour.	$\frac{1}{2}$ lemon.

Skin the kidneys, remove the fat, slice them thinly. Melt the butter in a sauté-pan, and when very hot put in the sliced kidneys ; sprinkle over the herbs, the chopped shallots, salt, and a pinch of cayenne ; fry the kidneys quickly on both sides. When the kidneys are cooked, take them out of the pan, and dish them on a hot dish. Strain off some of the fat in the pan, add the wine, and reduce a little ; then add the flour, stir in the stock, and bring to the boil ; simmer for a few minutes, season to taste, add lemon-juice, then pour it over the kidneys. Surround the dish with fried bread croûtons, which should be cut in the shape of small triangles. Serve the kidneys very hot.

Average cost, 2s. Time required, 20 minutes. Seasonable always. Sufficient for 3 persons.

N.B.—Kidneys should always be cooked very quickly ; if not, they become hard.



Noisettes de Mouton à la Montgomery

785. ROGNONS À LA CONNAUGHT.

4 kidneys.	2 or 3 tomatoes.	1½ ozs. butter.	seasoning.	½ pint Espagnole sauce (No. 33).
1 shallot.	mashed potato.	8 mushrooms.	meat-glaze.	½ gill white wine.

Chop the shallot, melt the butter in a sauté-pan, put in the shallot, and fry it a little without browning. Cut the kidneys in halves, skin them, and take out the muscle; put the kidneys into the pan with the onions, cut side down, fry quickly, add the wine, and simmer gently for ten minutes, but do not boil quickly, or they will harden. Take out the kidneys, and keep hot; put the sauce into the sauté-pan with the wine, boil up and skim; brush the kidneys over with meat-glaze. Make a circular border of mashed potato on a hot dish. Have ready cooked the mushrooms and eight slices of tomato. Dish the kidneys on the border of potato alternately with the mushrooms and tomato slices—first, a kidney, then a mushroom, then a slice of tomato, and so on, until the circle is complete. Strain the sauce round the outside of the border, and serve.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.



FIG. 32.—ROGNONS À LA CONNAUGHT.

786. ROGNONS SAUTÉ AU CHAMPAGNE (KIDNEYS SAUTED WITH CHAMPAGNE).

6 sheep's kidneys.	1½ gills demi-glace sauce (No. 29).	8 preserved mushrooms.
2 shallots.	½ gill champagne or white wine.	croûtons of fried bread.
2 ozs. butter.	seasoning.	parsley.

Skin the kidneys, cut each in half, and remove the hard centre; slice each half into three or four thin slices, sprinkle with pepper and salt. Chop the shallots finely, and the mushrooms. Melt the butter, put in the shallots, and fry them a light brown; then add the kidneys, and cook over a brisk fire for five or six minutes. Add the wine, cover the pan, and let cook a few minutes. Stir in the sauce and the mushrooms; let all get hot, but do not boil, or the kidneys will harden. Dish up on a hot dish; place a border of croûtons of fried bread, cut in three-cornered pieces, round the dish, sprinkle over a little chopped parsley, and serve very hot.

Average cost, 3s. 6d. Time required, 20 minutes. Seasonable always. Sufficient for 3 persons.

787. ROGNONS SUR CROÛTES.

6 kidneys.	1 dessertspoonful chopped	bacon.	$\frac{1}{2}$ pint demi-glace sauce (No. 29)
2 ozs. butter.	parsley.	salt.	fried croûtes.

Skin the kidneys, cut them through without quite dividing them, take out the hard part. Melt the butter in a stewpan, fry the kidneys quickly, then add the parsley and the sauce ; let all cook together gently for five minutes, but do not let the sauce boil. The croûtes of bread should be round, and fried a golden colour ; dish the kidneys on these, and keep hot. Reduce the sauce, strain it, and pour over the kidneys. Garnish the dish with nice pieces of fried bacon.

Average cost, 2s. 3d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

788. ROGNONS À L'ÉPICURE.

3 sheep's kidneys.	$\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ gill stock.	1 truffle.
salt and pepper.	1 oz. butter.	1 oz. flour.	$\frac{1}{2}$ small onion.
$\frac{1}{2}$ pint Madeira sauce (No. 50).	1 egg.	2 ozs. butter.	2 or 3 mushrooms.

Mince the veal finely. Melt the 1 oz. of butter in a small stewpan, stir in the flour, add the stock, and boil until very thick. Put this panada into a mortar with the minced veal ; pound well together, then add the egg, pepper, and salt ; pound again, until all is thoroughly mixed, then rub through a wire sieve. Butter eight small dariole moulds, and line them with this forcemeat. Skin the kidneys, cut each in half, and take out the hard part. Chop the onion and mushrooms, melt 2 ozs. of butter in a sauté-pan, put in the onion and mushrooms, place the kidneys on the top, and cook quickly until done, season them with pepper and salt. Place half a kidney in each of the lined dariole moulds, cover the top with some of the forcemeat ; smooth with a knife, making it quite level. Place the moulds in a steamer, cover with a buttered paper, and steam slowly for fifteen minutes. When done, turn out on to a hot dish, pour the sauce over, and decorate each with a slice of truffle, cut out with a star-cutter. Serve hot.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

789. QUENELLES DE ROGNONS AU RISOTTO (QUENELLES OF KIDNEYS WITH RISOTTO).

3 kidneys.	2 ozs. butter.	$\frac{1}{2}$ lb. veal forcemeat.	3 or 4 mushrooms.	salt.
1 shallot.	$1\frac{1}{2}$ pints stock.	1 oz. Parmesan cheese.	$\frac{1}{2}$ gill tomato purée.	pepper.
6 ozs. rice.	$\frac{1}{2}$ glass sherry.	tomato sauce (No. 77).	$\frac{1}{2}$ gill brown sauce.	1 onion.

Skin the kidneys, cut each one in fine slices ; chop the mushrooms and shallot. Fry these all together in 1 oz. of butter quickly for a few minutes, then add the wine and the brown sauce, season to taste, and cook for a few minutes. Prepare the veal forcemeat as in previous recipe. Butter eight small quenelle moulds, line them with the forcemeat, fill the centres with the stewed kidney, cover them with more of the forcemeat, level with a knife ; place them in a baking-tin with a little boiling water, cover with a buttered paper, and steam in the oven for about ten to fifteen minutes. Prepare the risotto : Peel and chop the onion, melt 1 oz. of butter in a stewpan, put in the onion, and fry a little without browning too much ; then stir in the raw rice, and fry it a light brown. Add the stock, and boil until the rice is tender and has absorbed the stock ; if necessary, add more stock. When the rice is cooked, stir in the $\frac{1}{2}$ gill of tomato purée and the cheese ; season to taste with salt and pepper. Press this mixture into a border mould, and keep hot until required. When ready to serve, turn out the risotto on to a hot dish, dress the quenelles in the centre of the border, pour a little of the tomato sauce over the quenelles, and some more round the base of the border. Sprinkle over the quenelles a little chopped truffle or parsley. Serve hot.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

790. ROGNONS DE MOUTON GRILLÉS (GRILLED MUTTON KIDNEYS).

6 kidneys. | cayenne. | maître d'hôtel butter (No. 180). | melted butter. | salt.

Split the kidneys, but do not divide them quite ; take off the skin and fat ; run a skewer through the back of the kidneys to keep them flat ; season them with salt and a pinch of cayenne ; pour a little melted butter over each, grill over a clear and brisk fire, cut side down first, then turn them in four or five minutes, and grill the other side about the same time. Dish them, place a pat of maître-d'hôtel butter on each, and serve quickly.

Average cost, 1s. 9d. Time required, 15 minutes. Seasonable always. Sufficient for 3 persons.

791. ROGNONS SAUTÉS AU MADÈRE (KIDNEYS SAUTED, MADEIRA SAUCE).

6 kidneys. | 2 ozs. butter. | 1½ gills Madeira sauce (No. 50). | seasoning.

Skin the kidneys, and cut each in half lengthways ; take away the muscle part, and slice each half-kidney into three or four slices. Heat the butter in a frying-pan, and as soon as it is very hot put in the kidneys, season them, and cook quickly until done ; then drain, and put them on a hot dish. Heat up the sauce, pour this over the kidneys, and serve.

Average cost, 2s. 3d. Time required, 15 minutes. Seasonable always. Sufficient for 3 persons.

792. TURBAN DE ROGNONS À LA PARMENTIER (BORDER WITH KIDNEYS AND POTATO).

4 sheep's kidneys. | 2 ozs. butter. | 6 preserved mushrooms. | 2 shallots. | 1 lb. potato (cooked).
2 or 3 tomatoes. | 2 yolks of eggs. | demi-glaze sauce (No. 29). | seasoning. | brown breadcrumbs.

Pass the potato through a sieve ; melt 1 oz. of butter in a stewpan, stir the potato into it, season with pepper and salt, and add the yolks of the eggs. Grease a border mould, sprinkle it all over with brown breadcrumbs, press the potato mixture well into it, and keep the mould hot until required. Skin the kidneys, cut each in half, season them with pepper and salt. Chop the shallots and mushrooms, melt 1 oz. of butter in a frying-pan, put in the chopped shallot and mushrooms and the kidneys ; fry all together quickly. Slice the tomatoes, allowing one slice for each half-kidney ; arrange these slices on a buttered tin, season with salt and pepper, and put them into the oven to bake ; do not cook them too much. When ready to serve, turn out the border of potato on to a hot dish, dress the kidneys round the top of the border, putting between each kidney a slice of tomato ; sprinkle a little chopped parsley over, pour the sauce round and in the centre. Serve at once.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

793. ROGNONS À LA TURBIGO.

6 sheep's kidneys. | 2 shallots. | Chipolata sausages.
2 ozs. butter. | small mushrooms. | tomato sauce (No. 77).

Skin the kidneys, cut them in halves, season them ; chop the shallots. Melt the butter in a frying-pan, put in the chopped shallots and the kidneys, and cook them quickly. Prepare the mushrooms, and cook them in butter ; cut the sausages in small pieces, and grill them. Dish the kidneys in a circle on a hot dish ; arrange the mushrooms and sausages in the centre, and pour the sauce round and over the garnish. Serve very hot.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

794. ROGNONS SAUTÉS HONGROISE (KIDNEYS SAUTED, HUNGARIAN STYLE).

6 sheep's kidneys. | 2 ozs. butter. | 1 onion. | ½ gill cream. | 1 gill velouté sauce (No. 82). | seasoning.

Skin the kidneys, cut them into slices, season them with salt and pepper, and fry quickly in 1 oz. of butter. Take them out of the pan, and drain ; put into the same

pan the other ounce of butter ; chop the onion, and fry it in the butter, add the cream, let it get hot, then stir in the sauce ; boil up, and then rub through a fine sieve. Put this sauce into a stewpan, add the kidneys to it, heat them in it without boiling. Dish them on a hot dish, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

795. ROGNONS SAUTÉS À LA CARVALHO (KIDNEYS SAUTED, CARVALHO STYLE).

4 kidneys.	$\frac{1}{2}$ pint Madeira sauce	8 fried croûtes of bread.	truffles.
2 ozs. butter.	(No. 50).	seasoning.	mushrooms.

Skin the kidneys, cut them in halves, and season with pepper and salt. Fry the kidneys in the butter quickly. Dish each half-kidney on a fried bread croûte. Place on each kidney a small cooked mushroom and a slice of truffle. Dish up, and pour the Madeira sauce over the kidneys.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

VEAU (VEAL)

796. FILETS DE VEAU À LA MAINTENON (VEAL CUTLETS, MAINTENON STYLE).

$1\frac{1}{2}$ lbs. fillet of veal.	1 tablespoonful parsley.	2 ozs. fat bacon.	piquant sauce (No. 59).
6 mushrooms.	2 shallots.	1 oz. butter.	seasoning.

Cut the veal into neat slices, flatten them with a wet cutlet-bat or large knife, trim, and season with pepper and salt. Chop the mushrooms, shallots, and parsley separately ; mince the bacon. Melt the butter, put into it the bacon and shallots ; on these place the cutlets of veal. Let them cook on both sides, but do not allow them to get quite done. Let them cool ; add to the other ingredients in the pan the chopped mushrooms and parsley, season to taste, and stir over the fire until the mushrooms are cooked. Add a few breadcrumbs in order to bind the mixture. Now season each piece of veal with pepper and salt, spread one side of each with a coating of the mixture, place them on a buttered baking-sheet, and cover with a greased paper. Put into the oven for six or eight minutes. When done, dish up on a hot dish in a circle, put some cooked vegetable in the centre, and pour the sauce round.

Average cost, 2s. 6d. Time required, 25 minutes. Seasonable at all times. Sufficient for 4 persons.

797. FILETS DE VEAU À LA TALLYRAND (FILLETS OF VEAL, TALLEYRAND STYLE).

1 lb. veal (fillet).	2 gills white sauce (No. 82).	2 shallots.	4 mushrooms (preserved).
$1\frac{1}{2}$ ozs. butter.	1 tablespoonful chopped	$\frac{1}{2}$ lemon.	3 yolks of eggs.
cooked peas.	parsley.	seasoning.	mashed potato.

Cut the meat into rounds, after removing all skin and gristle ; flatten them with a cutlet-bat. Chop the shallots and mushrooms. Melt the butter in a frying-pan, put in the chopped herbs, place the fillets on the top, and fry them until half cooked, but do not let them brown. Warm the white sauce in a stewpan. When hot, put in the fillets, and let them simmer gently in it for about twenty minutes. Prepare a circle of mashed potato on a hot dish, dress the fillets on this, letting the slices overlap each other ; keep hot. Strain the sauce into a clean saucepan, work in the yolks of the eggs, let them cook, but do not allow the sauce to boil, or it will curdle. Add the lemon-juice and the greater part of the chopped parsley, season to taste,

pour over the fillets and round the dish, garnish each fillet with a pinch of parsley. Put the cooked peas or any other kind of green vegetable in the centre, and serve.

Average cost, 2s. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

798. FILETS DE VEAU (VEAL CUTLETS).

1 lb. veal cutlet.	parsley.	1 egg.	thin slices of bacon.
2 ozs. butter.	pepper.	breadcrumbs.	brown sauce (No. 6).
lemon rind.	salt.	mashed potato.	flour.

Cut the veal into rounds, and flatten them with a cutlet-bat or knife. Chop the parsley and a little lemon-rind. Mix these with the breadcrumbs and seasoning, dredge the fillets with a little flour, dip them in beaten egg, then into the breadcrumbs, press with a knife. Fry the fillets in clarified butter for about ten minutes. Cut the bacon into very thin slices, roll each up, and put on a skewer. Place this in the oven on a baking-sheet, and cook the bacon until crisp. Shape a bed of mashed potato into a circle on a hot dish, dress the fillets on this, overlapping each other, place the rolled bacon in the centre, pour the brown sauce round, and serve hot.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

799. FILETS DE VEAU À LA DREUX.

1½ lbs. veal cutlet.	tongue.	larding bacon.	seasoning.	8 olives.
demi-glaze sauce (No. 29).	truffle.	8 mushrooms.	8 quenelles.	butter.

Cut the veal in nice pieces, trim them into round or oval shapes, lard one side of each fillet with larding bacon, tongue, and truffle. Melt some butter in a frying-pan, and fry the fillets. When cooked, arrange them on a dish in a circle, and keep hot. Slice the mushrooms, and cook them in butter. Add the quenelles to them, and the stoned and blanched olives. Moisten them with a little thin sauce. Make thoroughly hot, and place this garnish in the centre of the fillets. Pour a little sauce round the base of the fillets, and serve.

Average cost, 4s. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 persons.

800. FILETS DE VEAU À LA MADÉLEINE.

1½ lbs. fillet of veal.	3 ozs. meat-glaze.	4 ozs. butter.	1 shallot.	1 sprig each of thyme, chevril,
julienne potatoes.	8 fried croûtes.	lemon-juice.	seasoning.	parsley, and tarragon.

Cut the fillet of veal into eight round even-sized pieces, trim neatly, removing skin and fat; flatten them with a cutlet-bat. Cut the croûtes of bread the same size as the veal, and fry them a golden brown. Warm the meat-glaze in a stewpan, add by degrees 3 ozs. of butter, stirring quickly until it resembles a light creamy substance. Add lemon-juice, and the herbs all finely chopped, season with pepper and salt. Peel and cut some potatoes into julienne strips, fry them a golden brown. Fry the fillets in the remainder of the butter, season them, and put one fillet on each croûte of bread. Dish them in a circle, arrange the potatoes in the centre and round the fillets, put a dessertspoonful of the glaze and butter mixture on each fillet, and serve quickly, very hot.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

801. FILETS DE VEAU À LA COLBERT.

1½ lbs. fillet of veal.	6 slices ham.	½ gill sherry.	1 teaspoonful chopped parsley.
2 ozs. butter.	3 shallots.	1 gill Madeira sauce (No. 50).	pommes de terre à la Parisienne
pepper.	salt.	lemon-juice.	(No. 802).

Trim the veal, free it from skin and gristle, cut it into six slices, flatten, and season with salt and pepper. Melt the butter in a sauté-pan, put in the fillets, and

fry them quickly on both sides. Drain, and keep hot. Chop the shallots, put them into the butter the fillets were cooked in, and fry slightly. Moisten with the wine and sauce, boil up, simmer for ten minutes gently, season to taste with salt, pepper, and lemon-juice ; add the parsley. Place the fillets in this sauce, warm up, but do not boil. Have ready six pieces of ham the same size and shape as the fillets, cook them in butter. Dish the fillets on a hot dish in a circle, place one of the pieces of ham between each fillet. Sauce over the fillets with the prepared (sauce, and fill the centre with pommes de terre à la Parisienne (No. 802), and serve.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

802. POMMES DE TERRE À LA PARISIENNE (PARISIAN POTATOES).

Washed and peeled potatoes, scooped out with a vegetable-cutter to the shape of round balls. These are put into a saucepan of cold water, and brought quickly to the boil. They are then drained, and baked in the oven for ten minutes.

803. FILETS DE VEAU À LA ZINGARA (VEAL CUTLETS, GIPSY STYLE).

1½ lbs. veal cutlet.	mushrooms.	2 gills brown sauce.	lemon-juice.
raw ham.	truffle.	½ gill tomato sauce (No. 77).	½ gill veal stock.
2 ozs. butter.	½ gill white wine.	1 tablespoonful meat-glaze.	seasoning.

Cut the veal into thin slices, trim them into oval or round shapes, flatten them with a knife or cutlet-bat, season with salt and pepper, and fry in the butter a golden brown. When the cutlets are cooked, put them aside, and keep hot. Cut some slices of raw ham the same shape as the cutlets and the same number, fry these in the same butter the veal was cooked in. Next prepare the sauce. Put the wine into a small stewpan, and reduce to half ; then add to it the tomato sauce, veal stock, brown sauce, and meat-glaze. Bring to the boil, and simmer gently for ten minutes. Add the lemon-juice, and season to taste. Cut the mushrooms in strips, and cook them in butter. Add the trimmings of the ham and the truffle also cut in the same way. Mix all together. Now dish the cutlets and ham in a circle on a hot dish in the following manner : First a veal cutlet, on that a slice of ham, then a cutlet, then ham. Continue in this way until the circle is complete. Put the garnish in the centre of the dish, and pour a little of the sauce round. The remainder of sauce should be sent to table separately.

Average cost, 4s. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

804. CÔTELETTES DE VEAU À L'ITALIENNE.

1½ lbs. veal cutlet.	mashed potatoes.	Italian sauce (No. 41).
salt and pepper.	½ gill salad-oil.	spinach.

Cut the veal into nice pieces, trim them to a cutlet shape, put in a baking-tin, pour over them the oil, season with pepper and salt, cover with a piece of paper, and put into a moderate oven until cooked. When the cutlets are done, drain them from the oil, shape a circular border of mashed potato on a hot dish, dress the cutlets on it, put the cooked spinach in the centre, and pour the sauce round.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable always. Sufficient for 4 persons.

805. CÔTELETTES DE VEAU À LA LYONNAISE.

8 veal cutlets.	½ gill meat-glaze.	½ gill white wine.	1 dessertspoonful chopped
3 ozs. butter.	½ pint Espagnole sauce (No. 33).	6 gherkins.	parsley.

Cut the cutlets from a neck of veal, beat them with a cutlet-bat, and trim nicely. Season them with salt and pepper. Melt 2 ozs. of butter in a frying-pan, put in the cutlets, and fry them quickly on both sides until done. Take up the cutlets, glaze them, and arrange in a circle on a hot dish. Drain the fat from the pan in

which the cutlets were cooked, add the $\frac{1}{2}$ pint of Espagnole sauce and the wine, boil for ten minutes ; then add the chopped gherkins and parsley, and the remainder of the butter. As soon as the butter has melted, pour the sauce over the cutlets and serve.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 to 8 persons.

806. CÔTELETTES DE VEAU À LA NAPOLITAINE (VEAL CUTLETS, NEAPOLITAN STYLE).

8 veal cutlets.	salt and pepper.	1 egg.	2 ozs. spaghetti.
breadcrumbs.	Parmesan cheese.	tomato sauce (No. 77).	3 ozs. butter.

Cut the cutlets from a neck of veal, flatten them with a cutlet-bat, and trim nicely. Mix together some breadcrumbs and grated Parmesan cheese, sprinkle the cutlets with salt and pepper. Beat up the egg on a plate, dip the cutlets into it, then into the breadcrumbs and cheese. Melt 2 ozs. of butter in a frying-pan, put in the cutlets, and fry them on both sides until cooked through. Break the spaghetti into pieces, and drop it into fast-boiling salted water. Boil for twenty minutes, then drain. Melt 1 oz. of butter in a saucepan, put in the spaghetti, add some tomato sauce and about $\frac{1}{2}$ oz. of Parmesan cheese, season to taste. Stir all together over the fire until thoroughly mixed. Arrange the cutlets on a hot dish in a circle, fill the centre with the prepared spaghetti, pour some tomato sauce round the base, and serve.

Average cost, 3s. Time required, 40 minutes. In season all the year. Sufficient for 4 to 8 persons.

807. CÔTELETTES DE VEAU À LA POLONAISE.

$\frac{1}{2}$ lb. veal forcemeat.	1 egg.	1 cauliflower.
$\frac{1}{2}$ gill cream.	breadcrumbs.	$\frac{1}{2}$ pint Béarnaise sauce (No. 7).

Whip the cream slightly, and mix it into the veal forcemeat. Butter some cutlet moulds, fill them with the forcemeat, and poach in a moderate oven for ten minutes. Turn out the moulds when cooked, and let them get cold ; then dip in egg and breadcrumbs, and fry them a golden brown in hot fat. Boil the cauliflower, divide it into sprigs, toss these in melted butter. Dress the cutlets on a hot dish in a circle, arrange the cauliflower in the centre, and send to table with the Béarnaise sauce separately.

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 cutlets.

808. CÔTELETTES DE VEAU À LA POJARSKI (CUTLETS OF VEAL, POJARSKI STYLE).

1 lb. veal.	1 gill tomato sauce (No. 77).	seasoning.
2 ozs. butter.	$\frac{1}{2}$ gill demi-glace sauce (No. 29).	1 egg.
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ pint cooked peas or beans.	breadcrumbs.

Take away all skin and gristle from the veal, chop the meat finely, or pass it through a mincing machine. Mix with the minced veal the $\frac{1}{2}$ gill of cream and the butter, put all together into a mortar, and pound lightly ; season to taste with salt and pepper. Turn this mixture on to a plate, and put into a cool place until ready to use. Cook the peas or beans, strain, and toss them in butter over the fire ; keep hot. Mix together the two sauces, bring to the boil, and simmer for ten minutes. Now shape the minced meat into cutlet shapes, dip each into beaten egg, then into breadcrumbs, and fry them in clarified butter. When cooked, dish the cutlets in a circle on a hot dish, put the vegetable in the centre, and pour some of the sauce round.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

809. ESCALOPES DE VEAU À LA MILANAISE (VEAL CUTLETS, MILANAISE STYLE).

1 lb. fillet of veal.	egg.	3 ozs. grated Parmesan cheese.	breadcrumbs.	cayenne.
2 ozs. macaroni.	butter.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	seasoning.	potato.

Cut the veal into rounds $2\frac{1}{2}$ inches in diameter and $\frac{1}{4}$ inch thick, trim, and season with pepper and salt. Melt some butter, pour it on to a plate, dip the fillets into it, then into beaten egg and breadcrumbs. The latter should have 1 oz. of grated cheese mixed with it. Fry the cutlets a golden brown in clarified butter or lard. Boil the macaroni in salted water, drain, and cut it up in inch lengths. Put it into a saucepan with the sauce, the remainder of the grated cheese, a pinch of cayenne, a little butter and seasoning. Mix all well together, and make thoroughly hot. Make a circular border of mashed potato on a hot dish, dress the cutlets on it, put the garnish in the centre, and pour brown or tomato sauce round the base. Serve hot.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.



FIG. 33.—ESCALOPES DE VEAU À LA MILANAISE.

810. GRENADINS DE VEAU AUX PETITS POIS.

1 lb. fillet of veal.	larding bacon.	1 carrot.	1 onion.	$\frac{1}{2}$ pint stock.
bouquet of herbs.	mashed potato.	1 turnip.	celery.	cooked peas.

Take away all skin and gristle from the meat, cut it into neat pieces, and lard one side of each cutlet with the larding bacon cut in strips. Cut the vegetables in slices, put them into a stewpan with the stock, put the grenadines on the vegetables, cover with a buttered paper, put on the lid of the stewpan, and braise over the fire or in the oven for twenty to thirty minutes. When cooked, take up, put them on a baking-sheet, and place in the oven to brown the bacon. Strain the cooking-liquor from the braise into a small saucepan, reduce it to half-glaze. Make a circular border with the mashed potato, dress the fillets on it, pour the glaze over, and fill the centre with the cooked peas. Serve hot.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 persons.

811. SAUTÉ DE VEAU À LA CHASSEUR.

$1\frac{1}{2}$ lbs. veal.	$1\frac{1}{2}$ pints brown stock.	1 gill demi-glaze sauce (No. 29).	1 shallot.
4 ozs. butter.	$\frac{1}{2}$ gill tomato purée.	1 bouquet garni (No. 194).	1 gill white wine.
6 mushrooms.	1 tablespoonful meat-glaze.	$\frac{1}{2}$ gill tomato sauce (No. 77).	chopped parsley.
pepper.			salt.

Cut the veal into pieces, each piece weighing about 2 ozs. Melt 2 ozs. of butter in a stewpan, put in the veal, and fry brown. Drain off the butter, and add 1 pint

of brown stock, $\frac{1}{2}$ gill of tomato purée, and the bouquet garni ; bring to the boil, then put the pan in the oven, and cook gently for one hour and a half. When done, put the veal into another saucepan ; boil the cooking liquor until reduced to a quarter of the quantity, add this to the veal. Into a clean saucepan put 2 ozs. of butter, melt it, and fry in it the chopped shallot ; peel and chop the mushrooms, add them to the fried shallot, and cook quickly. Pour in the wine, boil until it is reduced to half, then add the demi-glaze and tomato sauces, the meat-glaze, and seasoning. Boil for five minutes more, then add a teaspoonful of chopped parsley. Add this sauce to the veal, and cook again for twenty minutes. Dish up, and sprinkle with chopped parsley.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

812. VEAU SAUTÉ À LA MARENGO.

$1\frac{1}{2}$ lbs. fillet of veal.
 $\frac{1}{2}$ pint brown sauce
(No. 6).

4 shallots.
1 gill white wine.
12 mushrooms.

1 gill tomato sauce (No.
77).
croûtons of fried bread.

1 gill salad-oil.
chopped parsley.
seasoning.

Cut the veal into slices ; heat the oil in a frying-pan, put in the meat, and fry brown ; add the chopped shallots, and cook a few moments longer. Pour away the oil, then add the wine, and reduce to half ; stir in the brown and tomato sauces, and cook over the fire again for half an hour. When cooked, dish in a pile on a hot dish, pour the sauce over, and garnish the dish with the mushrooms, which have been previously cooked in butter, and the fried bread croûtes cut in the shape of crescents, and fried. Sprinkle over a little chopped parsley, and serve.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.



FIG. 34.—OLIVES DE VEAU.

813. OLIVES DE VEAU.

1 lb. $\frac{1}{2}$ fillet of veal.
 $\frac{1}{2}$ lemon-rind.
2 ozs. butter.

2 tablespoonfuls breadcrumbs.
1 pint brown sauce (No. 6).
 $\frac{1}{2}$ tablespoonful mixed herbs.

1 egg.
pepper.
salt.

2 tablespoonfuls beef suet.
1 tablespoonful chopped
parsley.

Cut the meat into thin slices, bat them with a wet outlet-bat. Chop the suet ; mix it in a basin with the breadcrumbs, parsley, herbs, grated lemon-rind, and seasoning ; beat the egg, and mix into the dry ingredients, just enough to moisten them. Season each slice of meat with pepper and salt, and spread a layer of the stuffing over them ; roll up, and tie with string. Melt the butter in a stewpan, put in the olives, and fry a golden brown ; strain off the fat, add the brown sauce, and cook gently for about three-quarters of an hour, or until the meat is tender. When

ready to serve, lift the olives on to a plate, take off the string, dress the olives in a hot dish, strain the sauce over, and serve.

Average cost, 2s. 3d. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 persons.

814. BLANQUETTE DE VEAU (WHITE STEW OF VEAL).

2 lbs. fillet of veal.	1 oz. flour.	seasoning.
1 oz. butter.	1 large onion.	12 preserved mushrooms.
½ gill cream.	1 carrot.	12 peppercorns.

Cut the veal into square pieces, put them into a stewpan with enough cold water to cover, bring it to the boil, and skim well; add some salt, the onion peeled and cut in quarters, the carrot, and the peppercorns; cook gently for about an hour. Take up the meat, strain the stock, and measure off 1 pint. Melt the butter in a stewpan, stir in the flour, add the stock; boil and skim; cook for a few minutes. Add the mushrooms, cut in slices, and the cream; put in the pieces of veal; make hot, but do not boil again; season nicely, dish up, sprinkle a little chopped parsley over, and serve.

Average cost, 3s. 6d. Time to prepare, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

815. SOUFFLÉ DE VEAU.

1 lb. lean veal.	1 oz. butter.	½ gill Bechamel sauce (No. 4).	½ gill stock.	2 eggs.
salt and pepper.	1 oz. flour.	suprême sauce (No. 74).	½ gill cream.	1 truffle.

Cut up the meat, remove all skin and gristle, mince it finely. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until very thick; add this to the veal, put them together into a mortar, and pound well together; then mix in the Bechamel sauce and the yolks of eggs, one at a time; season to taste with pepper and salt, mix all well together, and then rub through a wire sieve. Whip the cream slightly, and mix it with the purée; lastly, whip the two whites of eggs stiffly, and stir it lightly into the mixture. Well butter a charlotte mould, turn the preparation into it, shake it down well, place in a steamer, and steam gently for one hour. When cooked, turn the shape out on to a hot dish, decorate the top with chopped truffle, and serve with suprême sauce.

Average cost, 2s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

816. CRÈME DE VEAU À LA FINANCIÈRE (CREAM OF VEAL, FINANCIÈRE STYLE).

1 lb. veal.	2 ozs. butter.	1 gill stock.	2 eggs.	suprême sauce (No. 74).
salt.	2 ozs. flour.	1 gill cream.	pepper.	financière garnish (No. 223).

Remove all skin and gristle from the veal, cut it into small pieces, and put into a mortar. Melt the butter in a saucepan, stir in the flour, add the stock, and boil until very thick; put this sauce to the veal, and pound them together until thoroughly mixed, then add the eggs one at a time, season to taste with salt and pepper, mix all well together, then rub through a wire sieve. Whip the cream lightly, and add to the preparation. Well butter a plain charlotte mould, line this all over with the veal mixture, fill the centre with the financière garnish, and cover with the veal forcemeat. Put the cream into a steamer, and steam slowly for forty-five minutes or one hour. When cooked, turn out on to a hot dish, pour the suprême sauce over, and serve very hot.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

817. PAUPIETTES DE VEAU À LA JARDINIÈRE (FILLETS OF VEAL, STUFFED AND ROLLED).

2 lbs. fillet of veal.	1 egg.	2 ozs. butter.	½ pint suprême sauce	½ pint mixed vegetables
1 onion.	parsley.	1 oz. flour.	(No. 74).	(peas, beans, carrots,
4 ozs. fat bacon.	2 shallots.	seasoning.	1 pint white stock.	and turnips).

Cut six or eight thin slices from the fillet of veal, flatten and trim them with a cutlet-bat, and put on one side. With the remainder of the veal and the trimmings,

which should weigh $\frac{1}{2}$ pound, make a forcemeat in the following manner: Pass the veal through a fine mincer. Melt $1\frac{1}{2}$ ozs. of butter in a stewpan, put in the finely chopped shallots, and fry them a pale colour; then stir in the flour, add $\frac{1}{2}$ gill of stock and bring to the boil. Cook until the mixture leaves the sides of the saucepan. Put the minced meat and this panada into a mortar, and pound well together; season highly with salt and pepper, add half a teaspoonful of chopped parsley and one egg; pound again until all is thoroughly mixed, then rub through a wire sieve. Lay the slices of veal out flat on a board, season them with salt and pepper, spread one side of each with the prepared forcemeat, roll up neatly, and tie a piece of fat bacon round each. Butter a sauté-pan, put in the rolls, season them with salt and pepper; slice the onion, add it to the rolls, also a few sprigs of parsley and the remainder of the stock. Put the pan on the fire, bring to the boil, cover with a buttered paper, and cook in the oven for about thirty to forty minutes. While these are cooking, prepare the vegetables. Peel the turnip, scrape the carrot, cut each in dice, and cook them separately in salted water; have ready cooked also an equal quantity of peas and beans, the four vegetables together making $\frac{1}{2}$ pint. When these vegetables are cooked, melt the remaining $\frac{1}{2}$ oz. of butter in a stewpan, toss the vegetables in it, mixing them all together. When the paupiettes are cooked, take them up, drain, and remove the string and bacon. Make a circular border of mashed potato on a hot dish, dress the paupiettes on this. Heat the sauce, and pour it over; fill the centre with the prepared vegetables, and serve.

Average cost, 3s. 6d. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 6 persons.

818. TIMBALE DE GNOCCHI.

$\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ gill stock.	$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. butter.	milk.
1 oz. butter.	1 egg.	1 yolk of egg.	1 oz. grated	$1\frac{1}{2}$ gills Bechamel sauce
1 oz. flour.	seasoning.	salt.	cheese.	(No. 4).

Mince the veal finely; melt 1 oz. of butter in a small stewpan, mix in 1 oz. of flour, add the stock, stir until it boils; cook until it leaves the sides of the pan. Put the veal and this panada into a mortar, pound well together; when smooth, add the egg, and season highly with salt and pepper. Mix all well together, and then rub it through a wire sieve. With this farce make some quenelles (No. 324); poach them in boiling water for ten minutes. When cooked, drain them, and put aside. With the flour and butter, yolk of egg, and a pinch of salt, make a paste, using a little milk to mix. Roll out this paste $\frac{1}{4}$ inch thick. Line a plain timbale mould with it, prick the sides and bottom with a fork, fill with rice, and bake a golden colour. When cooked, take out the rice carefully. Have ready the Bechamel sauce; when hot, stir into it the grated Parmesan cheese. Fill the baked crust with quenelles, covering each layer with the prepared sauce. Place a piece of paste over to form the lid, decorate nicely, brush over with the yolk of the egg, and put into a moderately hot oven to bake for about fifteen to twenty minutes. When done, unmould, dish it up, and serve very hot.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 6 persons.

819. PAUPIETTES DE VEAU AUX TOMATES (FILLETTS OF VEAL ROLLED).

2 lbs. fillet of veal.	4 tomatoes.	$\frac{1}{2}$ pint cooked spinach.	1 carrot.	2 ozs. butter.
2 ozs. fat bacon.	$\frac{1}{2}$ pint stock.	1 bouquet garni (No. 194).	1 onion.	$\frac{1}{4}$ lb. panada.
2 ozs. cooked ham.	2 eggs.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	$\frac{1}{2}$ turnip.	6 mushrooms.
pepper and salt.	parsley.	a few breadcrumbs.	cayenne.	6 peppercorns.

Cut the veal into thin slices, flatten and trim them all to the same size. Chop the bacon and the trimmings of veal, put into a mortar, and pound well; add seasoning of salt, pepper, and a pinch of cayenne. When fine, add the panada, eggs, and about one teaspoonful of chopped parsley. When all are thoroughly mixed, rub,

through a wire sieve. Spread the slices of veal with a layer of this farce, roll up, and tie each round with a piece of buttered paper. Melt 1 oz. of butter in a stewpan, put in the rolls, add the bouquet garni, peppercorns, onion, carrot, and turnip cut in slices; dilute with the stock, cover with the lid, and put the pan on a slow fire to braise the contents for about forty-five minutes. Chop the cooked ham and the mushrooms; melt 1 oz. of butter in a stewpan, put the chopped ingredients into it, and cook for a few minutes; add seasoning, a little chopped parsley, and a few breadcrumbs; moisten with a little of the Espagnole sauce. Cut the tomatoes in halves, scoop out some of the centre of each, season with pepper and salt, and fill them with the prepared mixture. Place the tomatoes on a buttered tin, and bake in the oven for about ten minutes. As soon as the paupiettes are cooked, take them up and remove the paper; brush them over quickly with liquid meat-glaze, and place each paupiette in the centre of a stuffed tomato. Dish in a circle on a hot dish; arrange the cooked spinach in the centre, and pour the sauce round. The braising liquor in which the paupiettes were cooked should be added to the sauce, and then reduced to a proper consistency.

Average cost, 3s. 9d. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

820. TENDRONS DE VEAU À LA MACÉDOINE.

2 lbs. breast of veal.	1 onion.	bouquet-garni.	pepper.
1 glass white wine.	1 carrot.	½ pint stock.	1 oz. meat-glaze.
macédoine of vegetables.	1 bay-leaf.	salt.	mashed potatoes.

Braise the veal with the vegetables, herbs, and stock. When cooked, take out the bones, and press it until cold; then trim it into cutlet-shaped pieces. Strain the liquor from the braise, add the wine to it and the meat-glaze, reduce a little, then put in the pieces of meat, and allow them to get thoroughly hot. Make a border of mashed potato on a hot dish, dress the tendrons on this in a circle, and fill the centre with a macédoine of vegetables (*i.e.*, peas, beans, carrots, turnips, etc.), which have been first cooked separately in salted water, and then tossed together in a little melted butter over the fire. Reduce the liquor from the tendrons to half glaze, and pour it round the dish.

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

821. QUENELLES EN SURPRISE.

8 ozs. veal.	½ gill cream.	1 tablespoonful cooked	1 truffle.	mashed potatoes.
¼ lb. panada.	½ cucumber.	spinach.	salt.	1 gill Bechamel sauce
2 eggs.	1 oz. butter.	1 gill cooked peas.	pepper.	(No. 4).

Remove all skin and gristle from the raw veal (chicken or rabbit can be used instead), cut it up into small pieces, put into a mortar with the panada, pound well until it is a smooth paste, then add the eggs one at a time; season with pepper and salt, add the cooked spinach, pound all together until thoroughly mixed, then rub through a wire sieve. Whip the cream lightly, and mix it into the purée. Have ready greased some pea-shaped moulds; fill them with the above mixture, place them in a baking-tin with a little water, and cook in the oven for about fifteen minutes. With a vegetable scoop, cut out some round shapes the size of peas from the cucumber; cut the truffle in the same way. Cook the cucumber in salted water, drain, and mix with the cooked peas and truffle. Melt 1 oz. of butter in a stewpan, put in the vegetables and truffle, toss over the fire until hot, season with salt and pepper. Make a circular border of mashed potato on a hot dish, turn out the little moulds, dress them on the border, fill the centre with the garnish of vegetables, pour some Bechamel sauce round the base, and serve.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable in the summer. Sufficient for 8 or 10 moulds.

822. QUENELLES DE VEAU (QUENELLES OF VEAL).

1 lb. fillet of veal.	2 ozs. flour.	pepper.	mashed potato.
2 ozs. butter.	2 eggs.	1 pint white sauce	$\frac{1}{2}$ gill cream.
1 gill white stock.	salt.	(No. 82).	$\frac{1}{2}$ pint cooked peas.

Melt 2 ozs. of butter in a small stewpan, stir in the flour, add the stock, and boil until thick and the mixture leaves the sides of the stewpan clean. Mince the veal, first removing all skin and gristle ; put this into a mortar, add the panada to it, and pound well together. Add the eggs one at a time, mix well, season highly with salt and pepper, rub the mixture through a wire sieve ; put this quenelle meat into a basin, and mix in the cream lightly whipped. Butter a sauté-pan, shape the quenelles in the following manner : Dip a dessertspoon into hot water, take up some of the mixture with it, shape it with a wet knife into an oval shape ; with another dessertspoon dipped in hot water take out the quenelle, and place it in the sauté-pan. Pour some boiling water round them, cover with a greased paper and a lid, and poach for ten minutes. When the quenelles are cooked, take them up, drain on a cloth, arrange them in a circle on a border of mashed potato, pour the sauce over them, garnish each with a little chopped parsley, ham, or truffle, and fill the centre of the dish with the peas.

Average cost, 2s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.



FIG. 35.—QUENELLES DE VEAU.

823. FRICADELLES DE VEAU.

1 lb. lean raw veal.	6 ozs. bread.	2 shallots.	2 eggs.	milk.
piquante sauce (No. 59).	4 ozs. butter.	$\frac{1}{2}$ gill cream.	salt.	flour.

Remove all fat and gristle from the veal, chop the meat finely. Put the crumb of bread into a basin, pour over enough milk to soak it ; let it stand for a short time, then press out all moisture from it ; put this with the meat into a basin. Melt 2 ozs. of butter, and stir it into the meat and bread ; add the two eggs, well beaten, salt, and pepper. Chop the shallots, cook them in butter without letting them colour ; add this to the rest of the ingredients, whip the cream slightly, and stir in. Mix all well together, then divide the mixture into equal portions. Shape each part into round flat shapes, dust them lightly with flour. Melt 2 ozs. of butter in a sauté-pan, put in the fricadelles and brown them on both sides, then cook slowly until done.

Dish them in a circle on a hot dish, and pour the sauce round. A well-cooked vegetable, such as peas, beans, or spinach, can be served in the centre of the fricadelles.

Average cost, 2s. 3d. Time required, 40 minutes. Seasonable at all times. Sufficient for 10 fricadelles.

824. QUENELLES DE VEAU À LA VILLEROI.

1 lb. veal.	2 ozs. butter.	1 pint veloutée sauce (No. 82).	2 ozs. flour.	1 gill cream.
3 eggs.	breadcrumbs.	salt and pepper.	1 gill stock.	cooked peas.

Trim the meat, remove all skin and gristle, cut it up in small pieces. Melt the butter in a stewpan, put in the flour, add the stock, stir until it boils, cook until it is very thick, and leaves the side of the saucepan. Put this panada into a mortar; add the meat to it, and pound until it is a smooth paste; season well with salt and pepper, add the two eggs, and mix thoroughly, then rub the mixture through a wire sieve. Whip the cream slightly, and add it to the preparation. Take half this mixture, and put it in a buttered border mould; steam for twenty minutes. With the remainder of the forcemeat, shape some quenelles with two dessertspoons dipped in boiling water, then poach in boiling water for ten minutes. When cooked, drain them, and let cool. Coat them all over with well-reduced velouté sauce, and let them cool and set. When ready, egg and breadcrumb, and fry them in very hot fat a golden colour. Have the peas ready cooked, put them into a little melted butter, and toss in it over the fire. Turn out the forcemeat border on to a hot dish, dress the quenelles round the top of the border, arrange the peas in the centre. Heat up the remainder of the sauce, and pour it round the base of the dish.

Average cost, 3s. Time required, 1 hour. Seasonable all the year, if bottled peas are used. Sufficient for 6 persons.

825. QUENELLES DE VEAU À LA MARENGO (VEAL QUENELLES, MARENGO STYLE).

$\frac{3}{4}$ lb. veal.	$\frac{1}{2}$ gill stock.	12 fresh mushrooms.	$\frac{1}{2}$ gill white wine.
1 oz. butter.	1 egg.	1 gill brown sauce (No. 6).	salt and pepper.
1 oz. flour.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ gill tomato sauce (No. 77).	chopped parsley.

Take away all fat, skin, and gristle from the meat, cut it up in small pieces, and put it into a mortar. Make a panada, with the butter, flour, and stock as in previous recipes, add it to the meat, and pound well together; work in the egg, and season to taste with salt and pepper. Rub through a wire sieve. Whip the cream a little, and stir it into the forcemeat. Shape this mixture into quenelles by means of two dessertspoons; transfer them as soon as made to a buttered sauté-pan, pour in some boiling water, cover them closely, and poach for ten minutes. Warm up the brown and tomato sauces together, add the wine to them, bring to the boil, and simmer gently for ten minutes. When the quenelles are cooked, lift them out of the sauté-pan, drain them on a cloth, and dish on a hot dish in the form of a pyramid; pour the sauce over, and garnish with the cooked mushrooms, placed round in groups. Sprinkle over some chopped parsley, and serve hot.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 quenelles.

826. QUENELLES DE VEAU À L'INDIENNE (QUENELLES OF VEAL, INDIAN STYLE).

$\frac{3}{4}$ lb. veal.	$\frac{1}{2}$ gill stock.	1 gill boiled rice.	salt.
$1\frac{1}{2}$ ozs. butter.	1 egg.	1 teaspoonful curry-powder.	pepper.
1 oz. flour.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ pint curry sauce (No. 23).	1 shallot.

Take away all fat, skin, and gristle from the veal, cut it up into small pieces. Chop the shallot very finely, melt the butter in a stewpan, put in the shallot, and fry

it until a light colour, then add the curry-powder, stir it for a few seconds in the butter, add the flour; mix to a smooth paste, then stir in the stock, and boil until a thick sauce. Put this mixture with the meat into a mortar, pound well, then add the egg, salt, and pepper. Rub this preparation through a wire sieve. Whip the cream a little, stir it into the forcemeat, and shape into quenelles by means of two dessertspoons first dipped in boiling water. Put each quenelle, as soon as it is shaped, into a buttered sauté-pan, pour in some boiling stock or water, cover over closely, and simmer gently for ten to fifteen minutes. When cooked, take them up, drain on a cloth. Shape a circular border of mashed potato on an entrée dish, dress the quenelles on this, pour the curry sauce over and round the base of the dish, sprinkle a little paprika on each quenelle. Fill the centre with some plain boiled rice. Serve hot.

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 quenelles.



FIG. 36.—QUENELLES DE VEAU FRITES.

827. QUENELLES DE VEAU FRIT (FRIED VEAL QUENELLES).

$\frac{1}{2}$ lb. lean veal.	1 oz. butter.	1 oz. flour.	2 eggs.	peas or beans.	Madeira sauce
breadcrumbs.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ gill stock.	seasoning.	mashed potato.	(No. 50).

Mince the veal finely, taking away all skin and sinew. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until thick. Put the meat into a mortar, add the panada just made to it. Pound well, then break in one egg, mix well, season with pepper and salt, and rub the mixture through a wire sieve. Whip the cream slightly, stir it into the sieved meat. Shape the quenelles in two dessertspoons, arrange them in a sauté-pan, pour in some hot water until the pan is half full, cover over with a buttered piece of paper and the lid, and poach the quenelles for ten minutes over the fire. When cooked, take them up, and drain. Let them get cold, then egg and breadcrumb each, and fry them in hot fat a golden-brown colour. Make a bed of mashed potato straight down a dish, dress the quenelles on this, and garnish with groups of peas, beans, or mixed vegetables down each side. Send the sauce to table separately.

Average cost, 2s. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 quenelles.

828. GULLASCH DE VEAU.

2 lbs. lean veal.	2 ozs. butter.	$\frac{1}{2}$ onion.	1 dessertspoonful flour.	{ pepper.
1 lb. new potatoes.	1 gill cream.	1 gill milk.	salt.	

Take away all skin and gristle from the meat, cut it into small squares. Cut the potatoes into good-sized dice. Melt the butter in a saucepan, put in the meat, and the finely chopped onion, stir over the fire for a few minutes until they have browned a little, season with salt and pepper, sprinkle the flour over, add the milk, cream, and the chopped apple. Partly cook the potatoes, then add them to the stew. Cook gently for thirty minutes. Dish, and serve very hot. Care must be taken not to break the potatoes.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable spring and early summer. Sufficient for 6 persons.

RIS DE VEAU (SWEETBREAD)

829. RIS DE VEAU À LA FINANCIÈRE.

2 heart sweetbreads.	larding bacon.	3 gills Madeira sauce (No. 50).	1 carrot.	{ meat-glaze.
2 ozs. streaky bacon.	8 peppercorns.	$\frac{1}{2}$ pint stock.	1 onion.	

FOR GARNISH.

small chicken or veal quenelles. | a few cockscombs. | mushrooms. | truffles.

Soak the sweetbreads in cold water for one hour or longer, then place them in a stewpan with sufficient cold water to cover them. Bring quickly to the boil, then drain, put them on a plate, cover with another, and put a light weight on the top, and press till cold. When cold, take away the sinew and fat, cut the larding bacon into strips, and lard the sweetbreads with it. Cut the carrot and onion into slices and the bacon into dice, put a little butter into a saucepan, add the sliced vegetables, peppercorns, and stock. Place the sweetbread on these, cover with buttered paper, put the lid on the stewpan, and braise for twenty to thirty minutes. When cooked, take up the sweetbreads and glaze them. Dish on a croûte of fried bread. Heat the garnish in a little thin sauce, and arrange neatly round the sweetbreads. Pour some of the sauce round the base of the dish, and serve the remainder separately.

Average cost, 8s. 6d. Time required after soaking, 1 hour. Seasonable, full season, May to August. Sufficient for 6 persons.

830. RIS DE VEAU À LA TOULOUSE (SWEETBREAD, TOULOUSE STYLE).

2 sweetbreads.	$\frac{1}{2}$ pint Allemande sauce	1 onion.	bouquet garni.	{ celery.
larding bacon.	(No. 1).	1 carrot.	2 ozs. streaky bacon.	

TOULOUSE GARNISH.

a few cockscombs. | quenelles. | truffles. | button mushrooms. | fried bread croûtons.

Soak the sweetbreads in cold water for one hour or longer, then place them in a stewpan, cover with cold water, put them on the fire, and bring to the boil. Put again into cold water, then press under a light weight until cold. Take away all gristle and fat, cut the larding bacon into thin strips, and lard the sweetbreads with it. Cut the vegetables into pieces, lay them in a saucepan, add $\frac{1}{2}$ pint of stock, the herbs, and the streaky bacon cut in dice. Place the sweetbreads on this, cover with a buttered paper and the lid of the stewpan, and braise over the fire or in the oven for twenty to thirty minutes. When cooked, take up the sweetbread, reduce the cooking-liquor quickly to glaze, and coat the sweetbreads with it. Warm the garnish in some of the sauce. Dish the sweetbreads on a hot dish, pour the sauce round, and arrange the prepared garnish in groups. Ornament the dish with some fried bread croûtons cut in fancy shapes.

Average cost, 8s. 6d. Time required after soaking, 1 hour. Seasonable at all times. Sufficient for 6 persons.

831. RIS DE VEAU À LA DEMIDOFF.

2 sweetbreads. | larding bacon. | 1 carrot. | 1 onion. | 1 turnip. | $\frac{1}{2}$ pint stock.

FOR GARNISH.

carrots.	8 mushrooms.	celery.	Madeira sauce (No. 50).	pinch of tarragon.
turnips.	1 truffle.	butter.	seasoning.	croûte of fried bread.

Blanch the sweetbreads after they have soaked for an hour or two, press till cold, remove the sinew and fat. Cut the larding bacon into strips, and lard the sweetbreads with it. Slice the carrot, onion, and turnip, put them into a stewpan with a little butter, cook a little; then add the stock. Place the sweetbread on this cover with a buttered paper and the saucepan-lid, and braise gently either over the fire or in a moderate oven for thirty minutes. Prepare the garnish while the sweetbreads are cooking. Cut the carrots and turnips into olive shapes, cook them separately in salted water. When they are nearly done, drain them, finish the cooking in half-glaze. Cut the mushrooms, celery, and truffle into strips, melt some butter in a stewpan, put in the strips, and toss them over the fire for ten



FIG. 37.—RIS DE VEAU À LA DEMIDOFF.

minutes. Warm up the Madeira sauce, add to it a small pinch of chopped tarragon. When the sweetbreads are cooked, strain the cooking-liquor into a small stewpan, reduce it to glaze, pour it over the sweetbreads. Now dish the sweetbreads on the croûte on a hot dish, pour some of the sauce round, and arrange the garnish round the sweetbreads, groups of the olive shapes of carrots and turnips alternately with the strips of mushrooms, celery, truffle, etc. Serve with the remainder of the sauce, served separately.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

832. ESCALOPES DE RIS DE VEAU À LA FAVORITE (CUTLETS OF SWEETBREAD, FAVOURITE STYLE).

2 sweetbreads.	$\frac{1}{2}$ pint asparagus heads.	sauce périgueux	1 truffle.
1 terrine foie-gras.	3 ozs. butter.	(No. 62).	potato.

Soak and blanch the sweetbreads, press until cold, then cut them in slices. Melt 2 ozs. of butter in a sauté-pan, put in the slices of sweetbread, and cook until done. Take them up, and keep hot. Cut the foie-gras in slices, season them with

pepper and salt, and dredge with a little flour. Toss these in the same butter that the sweetbreads were cooked in. Have ready some mashed potato, make a circle with it on a hot dish, arrange the slices of sweetbread and foie-gras on this alternately in a circle, the slices overlapping each other. Put a piece of truffle on each round of sweetbread. Melt the remaining 1 oz. of butter in a stewpan, put in the asparagus heads, and sauté them in it. Place these in the centre of the dish, pour some of the sauce round, and send some more to table separately.

Average cost, 10s. 6d. Time required, 30 minutes. Seasonable from February to July. Sufficient for 6 to 8 persons.

833. RIS DE VEAU À LA VILLEROI (FRIED SWEETBREAD).

1 sweetbread. frying batter.	Villeroi sauce (No. 84).	pepper. salt.	fried parsley. tomato sauce.
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Blanch, press and braise, and trim the sweetbread, cut it into slices $\frac{1}{4}$ inch thick. Have ready some stiff Villeroi sauce, coat the slices with it, dip them into frying batter, and fry a golden brown in hot fat. Drain them when done, sprinkle with pepper and salt, and dish on a hot dish. Garnish with fried parsley, and serve with tomato sauce separately.

Average cost, 4s. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

834. ESCALOPES DE RIS DE VEAU À LA MARÉCHALE (CUTLETS OF SWEETBREAD, MARSHAL STYLE).

2 sweetbreads. breadcrumbs.	1 egg. 1 carrot.	$\frac{1}{2}$ pint white stock. maréchale sauce (No. 46).	1 onion. seasoning.	$\frac{1}{2}$ pint peas. 3 ozs. butter.
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Soak the sweetbreads in cold water for one or two hours, put them into a saucepan with cold water sufficient to cover, bring to the boil, and simmer for five minutes; then take up the sweetbread, and press under a light weight until cold. Slice the vegetables, put them into a stewpan with a little butter, fry a little, then add the stock. Place the sweetbread on this, cover with a buttered paper and the lid of the stewpan, cook gently for thirty minutes. When done, take them up, cut each into slices, trim, and egg and breadcrumb them. Melt about 2 ozs. of butter in a frying-pan, put in the slices, and fry them a golden colour. Cook the peas, and, when done, mix them in a saucepan with some butter. Dish the sweetbread in a circle on a hot dish, arrange the peas in the centre, and pour some of the sauce round. The remainder of the sauce can be sent to table separately.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

835. ESCALOPES DE RIS DE VEAU À LA REINE (CUTLETS OF SWEETBREAD, QUEEN STYLE).

2 sweetbreads. 1 bouquet garni. $\frac{1}{2}$ pint stock.	$\frac{1}{2}$ gill cream. seasoning. 1 truffle.	$\frac{1}{2}$ lb. chicken forcemeat (No. 202). $\frac{1}{2}$ pint périgueux sauce (No. 62). 1 gill tomato purée (No. 77).	1 carrot. 1 onion. butter.	$\frac{1}{2}$ pint cooked peas. croûtes of fried bread.
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Soak the sweetbreads in cold water for one or two hours, then put them into a stewpan with enough water to cover, bring to the boil, drain, and press until cold under a light weight. Slice the onion and carrot, put them into a saucepan with 1 oz. of butter, fry a little, add the bouquet garni and the stock. Place the sweetbreads on the vegetables, cover with buttered paper, also the lid of the stewpan, and braise over the fire or in the oven for thirty minutes. Mix the chicken forcemeat with the whipped cream, keep the mixture as white as possible. When the sweetbreads are ready, take them up, cut each into half horizontally, and with an oval cutter cut into shapes. Put the forcemeat into a piping-bag fitted with a rose-pipe, force with this a border round each slice of sweetbread. Put these slices on a baking-sheet, cover them with a buttered paper, so that the forcemeat may

not discolour, place in the oven for about ten minutes to cook the forcemeat. With another piping-bag fitted with a rose-pipe garnish the centre of each slice with a rosette of thick, well-reduced tomato purée, which should be as red as possible. In the centre of each rosette of tomato purée place a small slice of black truffle. Put each slice on a fried croûte of bread the same size and shape as the slices of sweetbread. Arrange on a hot dish in the form of a rosette, place some peas, sautéed in butter in the centre, and send the sauce up separately.

Average cost, 10s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 persons.

836. RIS DE VEAU À LA NESSELRODE (SWEETBREAD WITH CHESTNUT PURÉE).

1 pair sweetbreads.	slices of onion, carrot,	cooked peas or beans.	1 oz. butter.
larding bacon.	and turnip.	1 gill Madeira sauce	seasoning.
½ pint stock.	1½ lbs. large chestnuts.	(No. 50).	1 gill brown sauce.

Soak and blanch the sweetbreads, press lightly until cold, remove the fat and gristle. Put the butter into a saucepan; when melted, put in the sliced vegetables, fry a little, and then add the stock. Lard the sweetbreads, put them into the saucepan with the vegetables, and braise for thirty minutes. Boil the chestnuts until the shell and under-skin can be easily removed, boil again in stock until they can be rubbed through a fine wire sieve. Return to the saucepan, season nicely, mix with it a little butter and enough brown sauce to bind. Take up the sweetbreads as soon as they are cooked, strain the liquor, and reduce it to half-glaze. Coat the sweetbreads with this. Press the chestnut purée into a border mould, then turn it out on to a hot dish. Cut the sweetbreads in slices, and mount them on the border. Pour the sauce over, and garnish with the cooked peas in the centre. Serve hot.

Average cost, 7s. 6d. Time required, 1 hour. In season always. Sufficient for 6 persons.

837. RIS DE VEAU À LA SOUBISE (SWEETBREAD WITH SOUBISE SAUCE).

1 large sweetbread.	½ lb. veal forcemeat (No. 201).	6 slices of ox-tongue.	truffles.
½ lb. short paste.	½ pint Soubise sauce (No. 75).	6 mushrooms.	butter.

Soak the sweetbread for one hour. Put it into a saucepan, cover with cold water, and bring to the boil. Drain, press, and trim. Cut the sweetbread into six slices, melt some butter in a sauté-pan, and fry the slices of sweetbread. Prepare a short crust, using 6 ozs. of flour and 3 ozs. of butter. Line a flan-ring with the paste, fill with raw rice, and bake in the oven without browning. When cooked, take out the rice carefully, line the bottom and sides of the paste-crust with a thin layer of veal forcemeat. Upon this arrange the slices of sweetbread alternately with the tongue; cover with the sauce. Garnish with slices of truffle and cooked heads of mushrooms. Place the dish in the oven for ten minutes, and serve.

Average cost, 5s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

838. RIS DE VEAU À LA RÉGENCE.

2 sweetbreads.	½ turnip.	6 peppercorns.	Allomande sauce (No. 1).
1 onion.	1 bouquet garni.	Régence garnish (No.	meat-glaze (No. 247).
1 carrot.	½ pint stock.	235).	larding bacon.

Soak the sweetbreads for one hour, blanch them by covering with cold water and bringing them to the boil, press until cold. Trim away all gristle and fat, then lard them on one side with thin strips of larding bacon. Cut the vegetables into large pieces, put them into a stewpan, add the herbs, peppercorns, and stock. Place the

sweetbreads on the top, cover with a buttered paper and the lid of the stewpan, put the pan on the stove, and simmer gently for half an hour. When the sweetbreads are cooked, take them up, drain, and place on a hot dish. Brush them over quickly with liquid meat-glaze, and surround them with the garnish arranged in small heaps. Serve the Allemande sauce separately.

Average cost, 10s. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

839. RIS DE VEAU À LA GENÈVE.

1 throat sweetbread.	8 mushrooms.	6 olives.	$\frac{1}{2}$ turnip.	salt.
fried croûte of bread.	2 ozs. ham.	1 onion.	$\frac{1}{2}$ pint stock.	6 peppercorns.
suprême sauce (No. 74).	truffle.	1 carrot.	bouquet garni.	butter.

Soak, blanch, press, and trim the sweetbreads. Cut some of the ham and truffle into thin strips, $\frac{1}{8}$ inch thick and $\frac{1}{2}$ inch long. Take a small knife, and with it make some little holes on the top of the sweetbread, and into these stick the strips of ham and truffle alternately. Tie the sweetbread up in a piece of buttered paper. Cut the vegetables in slices. Melt some butter in a saucepan, put in the vegetables, and fry a few minutes without browning. Then add the herbs, peppercorns, and a little salt. Lastly, pour in the stock. Place the sweetbread on the top of the vegetables, cover with the lid, and braise slowly for half an hour. When cooked, take it up, remove the paper, and dish the sweetbread on the croûte of fried bread. Cut the remainder of the ham and truffle into strips. Stone the olives, and cook the mushrooms. Heat the olives, ham, and truffle in a little boiling stock. Arrange this garnish tastefully round the sweetbread in alternate heaps, and serve with the sauce separately.

Average cost, 5s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

840. RIS DE VEAU À LA CHASSEUR.

1 large sweetbread.	1 pheasant (old).	truffle.	pepper.
6 preserved mushrooms.	1 glass white wine.	1 oz. flour.	salt.
$\frac{1}{2}$ pint brown sauce (No. 6).	1 oz. butter.	$\frac{1}{2}$ gill stock.	1 onion.
bouquet garni (No. 194).	$\frac{1}{2}$ gill cream.	1 egg.	1 carrot.

Soak, blanch, press, and trim the sweetbread. Slice the onion and carrot, and fry them in about 1 oz. of butter in a stewpan for a few minutes. Then add the bouquet garni and the stock. Place the sweetbread on the top of the vegetables, cover with buttered paper and the lid of the pan, and braise gently for half an hour. Take the meat off the pheasant, mince it finely. Melt the butter in a small stewpan, stir in the flour, add the stock, boil until it is very thick and leaves the sides of the saucepan clean. Put the minced pheasant and this panada into a mortar, pound well, and then add the egg and seasoning. Mix well, and as soon as it is smooth, rub through a wire sieve. Put this purée into a basin, and mix into it the cream, half whipped. Butter a plain border mould, decorate the bottom with the mushrooms and slices of truffle, fill up with the pheasant mixture. Stand the mould in a baking-tin, pour some water round, cover the mould with a piece of buttered paper, and steam in a moderate oven for twenty to thirty minutes. As soon as the sweetbread is cooked, cut it into nice slices. Heat the sauce, add the wine to it, put in the slices of sweetbread, and cook for ten minutes. To serve, turn out the border of pheasant on to a hot dish. Arrange the slices of sweetbread in the centre. Strain the sauce, and add to it the reduced liquor from the braise. Sauce over the sweetbread carefully, and pour the remainder round the base of the border. Serve at once.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable October to February. Sufficient for 6 persons.

841. RIS DE VEAU À LA CÉVENOLE.

1 large sweetbread.	meat-glaze (No. 247).	1 oz. butter.	stock.	18 button onions.
12 large chestnuts.	1 tablespoonful cream.	pepper.	salt.	$\frac{1}{2}$ pint brown sauce (No. 6).

Blanch, press, trim, and braise the sweetbread, as directed in former recipes. Slit the chestnuts, put them into the oven for ten minutes, then take off the shell and the inner skin; put them into a stewpan with sufficient stock to cover, and cook them until tender. Pass them through a wire sieve. Put this purée into a saucepan containing 1 oz. of melted butter, add the cream, and season to taste with salt and pepper. Skin the onions, and boil them in salted water until tender. Then melt some meat-glaze in a stewpan, put in the onions, and toss them about in it until they are nicely glazed. Reduce the braising liquor from the sweetbread, and add it to the brown sauce. Reduce again until of a right consistency. Turn the chestnut purée on to a hot dish, make it into an oval shape, place the sweetbread on it, and brush over quickly with meat-glaze. Place a heap of glazed onions at each end, and serve with the sauce in a tureen.

Average cost, 4s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable October to February. Sufficient for 5 persons.

842. RIS DE VEAU À LA DU BARRY (SWEETBREAD WITH CAULIFLOWER).

2 sweetbreads.	1 carrot.	Hollandaise sauce (No.	bouquet garni.
1 large cauliflower.	1 onion.	101).	$\frac{1}{2}$ pint stock.
cooked ox-tongue.	salt.	Madeira sauce (No. 50).	pepper.

Soak the sweetbread for one hour. Then put them into a stewpan, and cover with cold water; bring to the boil. Drain, place them on a baking-sheet, put another tin on the top, place a weight on this, and press until cold. Trim the sweetbreads, removing all the fat and gristle. Cut the carrot and onion in large pieces; put them in a stewpan with the bouquet garni, pepper, salt, and stock. Place the sweetbreads on the top of the vegetables, cover with a buttered paper, and the lid of the saucepan, and cook slowly for half an hour. While the sweetbreads are braising, cook the cauliflower in boiling salted water, drain it, and divide it into flowerets. Heat some Hollandaise sauce, put into it the flowerets of cauliflower, and keep hot on the side of the fire, but do not let it boil. When the sweetbreads are cooked, take up and cut them in slices, dress them on a border of mashed potato alternately with slices of cooked ox-tongue. Arrange the cauliflower in the centre of the dish. Warm up the Madeira sauce, add the well-reduced liquor from the sweetbreads to it, and strain it over them, and serve hot.

Average cost, 10s. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 persons.

843. RIS DE VEAU À LA JARDINIÈRE (SWEETBREADS WITH MIXED VEGETABLES).

2 sweetbreads.	6 chicken or veal quenelles	truffle.	1 carrot.
mixed vegetables (peas, beans,	(Nos. 201 and 324).	celery.	1 onion.
carrots, asparagus, etc.).	$\frac{1}{2}$ pint demi-glaze sauce	$\frac{1}{2}$ pint good	bouquet garni.
croûte of fried bread.	(No. 29).	stock.	seasoning.

Soak the sweetbreads in cold water for one or two hours, put them into a saucepan with enough cold water to cover them, put on the fire, and bring to the boil. Then take them up and press until cold; trim them, and remove the fat and gristle. Make a bed at the bottom of a saucepan with the onion, carrot, celery, and herbs, add the stock, lay the sweetbread on this, cover with a buttered paper, put on the lid of the saucepan, and braise slowly for thirty minutes. Cook the mixed vegetables separately—the beans (a few) to be cut in dice, the carrots scooped out with a vegetable-cutter the shape and size of peas. When cooked, mix these vegetables together with the asparagus-tips, and keep hot. Put the fried croûte of bread

on a hot dish, dress the sweetbreads on it. Reduce the liquor from the braise to glaze, and coat the sweetbreads with it. Garnish round the sweetbreads with the mixed vegetables ; also put groups of the same round the dish. Place the quenelles, three on each side, round the croûte. Sauce over with the demi-glaze sauce. Garnish the quenelles and sweetbreads with truffle, cut with a fancy cutter, or chopped, and serve hot. (See coloured plate.)

Average cost, 8s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 to 8 persons.

844. RIS DE VEAU À LA MILANAISE (SWEETBREAD, MILANESE STYLE).

1 pair sweetbreads.	1 turnip.	bouquet garni.	seasoning.
larding bacon.	1 onion.	fried bread croûte.	$\frac{1}{2}$ pint demi-glaze sauce
1 carrot.	2 ozs. bacon.	$\frac{1}{2}$ pint good stock.	(No. 29).

FOR GARNISH.

2 ozs. spaghetti.	1 oz. grated Parmesan cheese.	2 ozs. ox-tongue.
1 oz. butter.	1 gill Bechamel sauce (No. 4).	6 mushrooms.

Soak the sweetbreads in cold water for one or two hours, blanch them, and press till cold ; trim and remove all fat and gristle. Lard the sweetbreads with strips of larding bacon. Make a bed with the vegetables in a stewpan, add the herbs and stock ; lay the sweetbreads on this, cover with buttered paper, put on the lid, and braise slowly over the fire or in the oven for twenty to thirty minutes. To prepare the Milanaisè garnish, cook the spaghetti, first breaking it up small, in water to which a little salt has been added. When tender, drain and cool. Melt half the butter in a saucepan, put in the spaghetti, add the Bechamel and the cheese ; mix all well together. Cut the mushrooms in strips, also the tongue. Melt the remainder of the butter in a saucepan, put in the mushrooms, cook a little, and then add the tongue, and season with salt and cayenne. When the sweetbreads are cooked, dish them on the fried croûte of bread, placed in the centre of a hot dish. Reduce the braising liquor to half-glaze, and glaze the sweetbreads with it. Arrange the garnish in groups round the dish, the spaghetti, the mushrooms, and tongue in alternate groups. Serve hot, and send the demi-glaze sauce to table separately.

Average cost, 8s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

845. RIS DE VEAU À L'ITALIENNE (SWEETBREAD WITH ITALIAN SAUCE).

1 sweetbread.	$\frac{1}{2}$ pint stock.	1 carrot.	$\frac{1}{2}$ pint Italian sauce (No. 41).
stick of celery.	larding bacon.	1 onion.	fried croûte of bread.
bouquet garni.	8 small quenelles.	1 truffle.	8 button mushrooms.

Soak the sweetbread for one or two hours, then put it into a saucepan with enough water to cover, and bring it to the boil ; drain it, and press till cold under a light weight. Cut the vegetables in pieces, arrange them in a stewpan, add the bouquet garni and the stock. When the sweetbread is cold, take away the fat and gristle, and lard it with thin strips of larding bacon. Put the sweetbreads on the vegetables in the stewpan, cover with a buttered paper, also with the lid of the saucepan, and braise over the fire or in the oven for twenty to thirty minutes. Fry a croûte of bread about 1 inch thick, place it on a hot dish, dress the sweetbread on it, and keep hot. Reduce the braising liquor until it becomes glaze, pour this over the sweetbread. Warm the quenelles and mushrooms up in some of the sauce, thinned down. When ready to serve, pour the sauce round the dish, and garnish with the quenelles, etc. Chop the truffle, and decorate the sweetbread with it.

Average cost, 6s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.



Ris de Veau a la Jardinière.

846. RIS DE VEAU FRIT (FRIED SWEETBREAD).

1 throat sweetbread.	seasoning.	breadcrumbs.
1 egg.	tomato sauce (No. 77).	fried parsley (No. 195).

Soak and blanch the sweetbread, press lightly until cold, cut it into slices about $\frac{1}{2}$ inch thick, season them with pepper and salt. Beat up an egg on a plate, dip each slice in it; toss in breadcrumbs. Repeat this, then fry them in boiling fat a golden brown. Dish up on a hot dish in a pile, and garnish with fried parsley. Send some tomato sauce to table with them separately.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

847. ESCALOPES DE RIS DE VEAU À L'INDIENNE (CUTLETS OF SWEETBREAD, INDIAN STYLE).

1 pair sweetbreads.	boiled rice.	mashed potato.	vegetables for braising (see
curry sauce (No. 23).	seasoning.	chopped parsley.	previous recipes).

Soak the sweetbreads for one or two hours in cold water, blanch, press till cold; then trim and braise them. When they are cooked, cut them in slices, and keep hot. With the mashed potato, make a circular border on a hot dish. Arrange the slices of sweetbread on this, overlapping each other. Pour the curry sauce over. Put a pinch of chopped parsley in the centre of each piece of sweetbread, and put some plain boiled rice in the centre of the dish, and serve.

Average cost, 6s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

848. ESCALOPES DE RIS DE VEAU À LA MORNAY (SLICES OF SWEETBREAD WITH MORNAY SAUCE).

2 sweetbreads.	$\frac{1}{2}$ pint Mornay sauce	asparagus heads.	salt.
truffle.	(No. 110).	3 ozs. butter.	pepper.

Soak the sweetbreads in cold water for one hour, drain, and place them in a saucepan; cover with cold water, and bring slowly to the boil. Then take them up and press between two dishes until cold. Trim them, taking away the gristle and fat, cut them into slices, and season with salt and pepper. Melt 2 ozs. of butter in a frying-pan, put in the slices of sweetbread, and cook them without allowing them to colour. Dish in a circle on a hot dish. Cut a slice of truffle for each fillet, and put them between the slices of sweetbread. Coat all over with the sauce, and put the dish in the oven for a few minutes to brown the surface. Melt 1 oz. of butter in a saucepan, toss the asparagus heads in it, fill the centre of the dish with them, and serve quickly.

Average cost, 7s. 6d. Time required, 2 hours. Seasonable March to June. Sufficient for 8 persons.

849. ESCALOPES DE RIS DE VEAU À LA JUSTINE.

2 sweetbreads.	$\frac{1}{2}$ lb. chicken or veal force-	butter.	salt.	chopped parsley.
8 mushrooms.	meat (No. 201).	pepper.	peas.	$\frac{1}{2}$ pint brown sauce (No. 6).

Soak the sweetbreads for one hour, take up, drain, and put them into a saucepan; cover with cold water, and bring to the boil. Lift them on to a tin, put another tin or plate on the top, a weight on that, and press until cold. Trim them, removing all fat and gristle, and cut each sweetbread into four slices, or, if large, into five. Prepare the forcemeat, and divide it into eight portions. Shape these to the same size as the sweetbread slices. Poach them in boiling water for about ten minutes. When sufficiently cooked, take up and drain. Melt some butter in a sauté-pan, and toss the slices of sweetbread in it. Place the mushrooms on a buttered tin, put a tiny bit of butter on each, season with pepper and salt, and

cook in the oven until done. Now proceed to dish up in the following manner : Arrange the pieces of poached forcemeat in a circle on a hot dish, place a slice of sweetbread on each, on that a mushroom-head, and in the centre of the mushroom a pinch of chopped parsley. Fill the centre of the dish with peas tossed in butter. Send to table with a tureen of rich brown sauce.

Average cost, 9s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

850. ESCALOPES DE RIS DE VEAU À LA SUPREME (SWEETBREAD CUTLETS, SUPRÊME SAUCE).

2 throat sweetbreads.	celery.	2 ozs. streaky bacon.	$\frac{1}{2}$ pint cooked peas.
$\frac{1}{2}$ pint suprême sauce (No. 74).	1 carrot.	$\frac{1}{2}$ pint good stock.	mashed potato.
1 onion.	seasoning.	bouquet garni.	1 truffle.

Soak the sweetbreads for one hour in cold water. Cut the vegetables in pieces, arrange these in a stewpan, add the bouquet garni, the bacon cut in dice, and the stock. Lay the sweetbreads on the top, cover with a buttered paper, put on the lid of the saucepan, set it on the fire or in the oven, and braise gently for twenty or thirty minutes. Warm up the sauce. Make a border of mashed potato on a hot dish. When the sweetbreads are cooked, take them up, and cut into slices : put these into the sauce, and cook very gently for ten minutes. Dish the slices of sweetbread on the border of potato, overlapping each other. Strain the sauce over. Have the peas ready cooked, toss them in butter, and place in the centre of the cutlets. Garnish the slices of sweetbread with chopped truffle, and serve.

Average cost, 7s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

851. TIMBALE DE RIS D'AGNEAU AUX PETITS POIS (MOULD OF LAMB'S SWEETBREADS WITH PEAS).

$\frac{1}{2}$ lb. lambs' sweetbreads.	1 gill Bechamel sauce (No. 4).	1 gill brown sauce.
1 pint green peas.	1 whole egg and 2 yolks.	1 truffle.
6 preserved mushrooms.	1 hard-boiled white of egg.	seasoning.
2 ozs. ox-tongue.	vegetables for braising.	stock.

Soak, blanch, press, and braise the sweetbreads. Boil the peas, strain them when done, and rub through a sieve. Melt some butter in a stewpan, put in the purée of peas, add the Bechamel sauce and the eggs, season with pepper and salt. Butter a $1\frac{1}{2}$ pint size timble mould, decorate the bottom and sides with stars of truffle, hard-boiled white of egg, and ox-tongue ; then line it with the pea purée at least an inch thick. Trim the sweetbreads, removing all fat and gristle, cut them up into good-sized pieces. Slice the mushrooms, the trimmings of the tongue and truffle, and mix these with the pieces of sweetbread ; moisten with the brown sauce. Season to taste. Fill the mould with this mixture ; cover the top with a layer of the pea purée. Place the mould on a baking-tin containing water, cover with a buttered paper, and poach in the oven for thirty to forty minutes. Unmould on to a hot dish, pour some brown or white sauce round, and serve.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable June and July. Sufficient for 6 persons.

852. ESCALOPES DE RIS DE VEAU AUX CONCOMBRES (CUTLETS OF SWEETBREAD WITH CUCUMBERS).

2 large sweetbreads.	3 ozs. butter.	mashed potato.	seasoning.
1 large cucumber.	$\frac{1}{2}$ pint velouté sauce (No. 82).	chopped parsley.	1 gill cream.

Soak the sweetbreads in cold water for one hour or longer, then blanch them by putting them in a stewpan, covering with cold water, and bringing to the boil. When the sweetbreads are blanched, press them lightly until cold ; then cut into

nice slices. Melt 2 ozs. of butter in a sauté-pan, and, when hot, put in the slices of sweetbread, and fry until nearly done. Drain off the butter, add the cream, and make hot ; then stir in the sauce, season to taste, and cook over the fire for a few minutes longer. Peel the cucumbers cut in quarters, take out the seeds, and cut up into large dice. Boil these in salted water until nearly cooked, then drain them. Melt the remaining 1 oz. of butter in a stewpan, put in the dice of cucumber, and toss over the fire for a few minutes. Add to them a little chopped parsley and seasoning. Make a border of mashed potato on a hot dish, dress the cutlets of sweetbread on it in a circle, strain the sauce over, and put the prepared cucumber in the centre. Garnish the cutlets with chopped parsley, and serve.

Average cost, 7s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 or 8 persons.

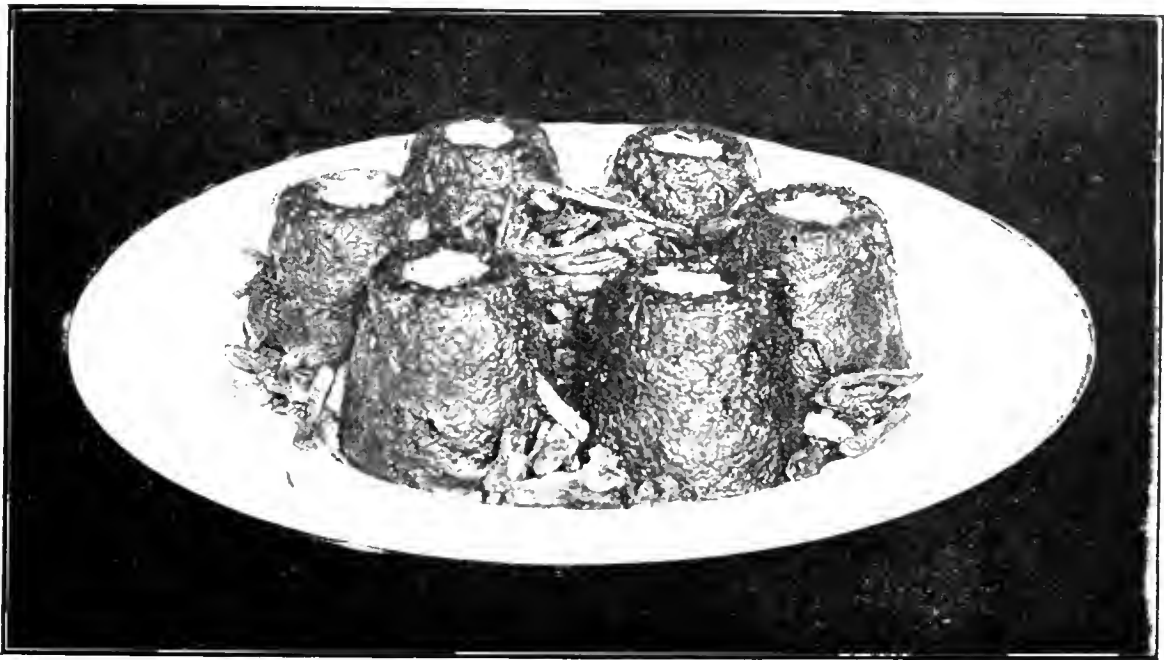


FIG. 38.—PETITES TIMBALES DE RIS DE VEAU AUX ÉPINARDS.

853. PETITES TIMBALES DE RIS DE VEAU AUX ÉPINARDS (LITTLE MOULDS OF SWEETBREAD WITH SPINACH).

1 pint spinach (cooked).	2 ozs. butter.	1 gill thick Bechamel	seasoning.
2 whole eggs and 2 yolks.	1 oz. butter.	sauce (No. 4).	1 shallot.
1 throat sweetbread.	6 mushrooms.	1½ gills Madeira sauce	1 hard-boiled white
¼ gill white wine.	1 oz. ham.	(No. 50.)	of egg.

As soon as the spinach is cooked, chop it finely. Melt 2 ozs. of butter in a saucepan, add the spinach to it, and the Bechamel sauce, mix well ; stir in the eggs and seasoning. When thoroughly mixed, turn out on to a plate to get cold. Grease some dariole moulds, decorate each with stars cut out of ham and the hard-boiled white of eggs. Soak and blanch the sweetbread ; cut it into large dice-shapes. Chop the shallot, peel the mushrooms, and cut them in quarters. Melt the butter in a sauté-pan, put in the chopped shallot, blend it in the butter without browning for a few minutes. Then add the sweetbread, and when it begins to brown, add the mushrooms. Dilute with the wine. Let this reduce, then mix in just sufficient sauce to bind the mixture. Season to taste, and put aside. Line the decorated moulds with the spinach mixture, taking care to have it at least $\frac{1}{2}$ inch thick. Fill the centre of each mould with the sweetbread mixture nearly to the top. Put a layer of the spinach over the top, smooth with a knife, and see that they are quite level, or they will not stand straight when turned out. Stand the little moulds in a deep baking-tin containing hot water to a third of their height,

put a piece of paper over them, and steam in the oven for fifteen to twenty minutes. When cooked, turn out the moulds on to a hot dish, pour a little of the sauce round, and send the remainder to table separately.

Average cost, 5s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 timbales.

854. ESCALOPES DE RIS DE VEAU AUX ASPERGES (SWEETBREAD CUTLETS WITH ASPARAGUS).

2 throat sweetbreads. slices of tongue.		$\frac{1}{2}$ pint Bechamel sauce (No. 4).		2 ozs. butter. asparagus tips.		$\frac{1}{2}$ gill of cream. seasoning.
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Soak and blanch the sweetbreads, press until cold; then cut them into nice slices, as large as possible. Put the butter into a frying-pan, melt it, and then arrange the slices in it. Season them with pepper and salt, and fry over a moderate fire. Cook them on both sides. Take up the sweetbread and keep hot. Put the slices of tongue, one for each slice of sweetbread, into the butter that the sweetbreads were cooked in, and heat them through. Have the asparagus ready boiled, sauté the tips in a little butter. Dish the cutlets in a circle on a hot dish, putting between each slice a piece of the tongue. Stir the cream into the hot Bechamel sauce, pour it over the sweetbread, and fill the centre with the asparagus. A little chopped truffle to garnish the cutlets is an improvement.

Average cost, 7s. 6d. Time required, 45 minutes. Seasonable February to July. Sufficient for 6 or 8 persons.

855. VOL-AU-VENT DE RIS DE VEAU À LA MILANAISE.

1 sweetbread.	2 ozs. maca-	$\frac{1}{2}$ oz. lean bacon.	2 gills stock.	1 shallot.	1 oz. flour.	1 yolk of egg.
2 ozs. tongue.	roni.	1 lb. puff pastry.	$\frac{1}{2}$ gill cream.	parsley.	seasoning.	1 oz. butter.

Make the puff pastry. To cut the vol-au-vent, take a round or oval-shaped mould the size desired, turn it on to the pastry, and press it so as to leave a faint mark. Remove the mould, dip a sharp knife into boiling water, and cut round where the mark is, slanting inwards a very little. Egg over the top, and with a plain cutter dipped in hot water make an incision partly through the paste, leaving a margin all round 1 inch wide. Bake in a moderate oven for about three-quarters of an hour. When cooked, lift up the top of the cut portion, and take out the soft inside. Boil the macaroni until tender in salted water. Blanch and braise the sweetbread, cut the macaroni into 1-inch lengths, and the sweetbread and tongue into large dice. Put 1 oz. of butter into a saucepan, and, when melted, fry the chopped shallot and the bacon cut up small. Colour a pale brown, then mix in the flour, add the stock, and stir until it boils. Simmer gently for ten minutes, then pass through a hair sieve or fine strainer. Return the sauce to the saucepan, stir in the cream, season to taste, mix in the yolk of an egg, and cook without letting it boil. Add to this sauce the macaroni, sweetbread, and tongue; let the mixture get thoroughly hot. Fill the pastry-case, dish on a napkin, and garnish with parsley.

Average cost, 5s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

856. TIMBALE DE RIS DE VEAU À LA NAPOLITAINE (TIMBALE OF SWEETBREAD, NAPLES STYLE).

4 ozs. macaroni.	2 truffles.	seasoning.
1 lb. veal forcemeat (No. 201).	12 preserved mushrooms.	$1\frac{1}{2}$ gills white sauce (No. 72).
1 calf's sweetbread.	2 ozs. cooked ham.	tomato sauce (No. 77).

Boil the macaroni in salted water. When cooked, drain, and wash under running water. Put the macaroni on a board, and cut it into small slices about $\frac{1}{8}$ inch in length. Grease a timbale mould with clarified butter, and arrange the pieces of macaroni all over the mould, bottom and sides, so that they are com-

pletely covered. Let it get quite set on ice. Cover the mould all over with the forcemeat. This must be done very carefully, so as not to disturb the macaroni. Blanch, press, and braise the sweetbread, let it cool, then cut it in small slices. Slice the truffles, mushrooms, and ham. Put these ingredients into a saucepan, dilute with the white sauce, season to taste, and place the mixture into the mould. Cover over the top with a thick layer of forcemeat. Place a buttered paper over the mould, put it in a deep tin containing water, and cook in the oven for about thirty minutes. When done, turn it out on to a hot dish, and pour tomato sauce round the base of the shape.

Average cost, 6s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 to 8 persons.

857. FOIE DE VEAU À L'ESPAGNOLE.

1 calf's liver.	salt.	flour.	thin slices of	onions.
mashed potato.	pepper.	tomatoes.	bacon.	butter.

Soak the calf's liver in cold water for ten to fifteen minutes, wipe it with a cloth, and cut it into slices. Season these with salt and pepper, and sprinkle with flour. Cut some bacon into thin slices, one for each piece of liver, roll the slices, and put them on to a skewer. Place this in the oven to cook the bacon. Melt about 2 ozs. of butter or dripping in a frying-pan, and fry the slices of liver. Cut the tomatoes in halves, place them on a greased baking-sheet, sprinkle with salt and pepper, and bake for ten minutes. Allow half a tomato for each slice of liver. Slice the onions into thin rounds, season them, dredge with flour, and fry in butter or dripping a nice brown. Arrange the slices on a flat bed of mashed potato down the centre of a dish, place a roll of cooked bacon on each slice, and arrange the tomatoes down one side and the onions on the other. Dredge some flour into the pan the liver was fried in, add some stock or water, and stir until it thickens. Season with pepper and salt, strain into a sauce-tureen, and serve it with the liver.

Average cost of liver, 10d. per lb. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

858. FOIE DE VEAU BRAISÉ (BRAISED CALF'S LIVER).

1 calf's liver.	1 carrot.	salt.	1 glass port wine.
larding bacon.	bouquet garni.	pepper.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).
1 onion.	2 ozs. butter.	juice of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ teaspoonful chopped parsley.

Soak the liver in cold water for ten minutes, then lift it into a cloth, and wipe it well. Cut some thin strips of the bacon, and lard one side of the liver with it. This is done by means of a larding-needle. Slice the vegetables thinly. Melt the butter in a saucepan, put in the vegetables, and fry them a golden brown. Add the liver, and brown it on each side. Pour away the fat, add the stock, sauce, and season with salt and pepper. Put on the lid, and simmer gently for about half an hour; then add the wine, and cook for ten minutes longer. Take up the liver, and dish it. Add to the liquor the juice of the lemon and the chopped parsley. Pour this sauce over the liver, and serve whole.

Average cost of liver, 10d. per lb. Time required, $1\frac{1}{4}$ hours. Seasonable at all times.

859. PIEDS DE VEAU FRITS (FRIED CALF'S FEET).

2 calf's feet.	1 onion.	vinegar.	salt.	oil.	breadcrumbs.
peppercorns.	1 carrot.	parsley.	flour.	1 egg.	tomato sauce (No. 77).

Wash the feet, scald, and soak for two hours. Bone the upper part, and take out the shank-bone. Put them in a saucepan with enough cold water to cover, and bring to the boil. Drain, and place them in a clean stewpan; cover with water or stock. Peel the onion, scrape the carrot; cut both in slices, and add to the feet with the peppercorns. Simmer until quite tender, then take up the feet, drain, and remove the bones, and press the meat lightly until cold. Cut into

small even-sized pieces. Mix together some vinegar and oil, add some chopped parsley, pepper, and salt. Put the pieces of meat into a basin or pie-dish, pour the dressing over them, and let them soak for half an hour. Mix together a little flour, salt, and pepper. Toss each piece in this, then into beaten egg and bread-crumbs. Fry in hot fat a golden brown. Drain, dish them up, and serve with the tomato sauce.

Average cost, 2s. Time required, 3½ to 4 hours. Seasonable at all times. Sufficient for 4 persons.

860. PIEDS DE VEAU EN FRICASSÉE.

2 calf's feet.	1 onion.	peppercorns.	1½ ozs. flour.	1 pint white
1 carrot.	salt.	2 ozs. butter.	1 gill cream.	stock.

Wash the feet, scald them, bone the upper part, and take out the shank-bone. Cut in half, and put them in soak for two hours; then blanch and drain, put the feet in a stewpan with half the onion peeled and half the carrot, add the peppercorns and salt. Simmer gently until quite tender. As soon as they are sufficiently cooked, take them up, drain, and remove the bones. Press lightly until cold. Take 1 pint of the liquor the feet were boiled in, put it into a clean saucepan, slice the remainder of the onion and carrot, add them to the stock, and bring slowly to the boil. Melt the butter in a small stewpan, stir in the flour, and mix to a smooth paste. Whisk this into the boiling stock as soon as it is smooth, remove the whisk, and stir with a wooden spoon for a few minutes. Cut up the feet into nice even-sized pieces, place them in the sauce, and simmer very gently for twenty minutes. Season to taste with salt. When ready to serve, add the cream, bring to the boil, but do not let it actually boil again. Dish up, and serve very hot.

Average cost, 2s. Time required, 3 to 4 hours. Seasonable at all times. Sufficient for 3 or 4 persons.

861. PIEDS DE VEAU À L'ORLY (FRITTERS OF CALF'S FEET).

2 calf's feet.	peppercorns.	tomato sauce (No. 77).	1 onion.	salt.	¼ gill milk.
2 ozs. flour.	fat for frying.	fried parsley (No. 195).	1 carrot.	2 eggs.	¼ gill oil.

Wash the feet thoroughly, then scald them, bone the upper part, and take out the shank-bone. Cut in half, and put them to soak in cold water for two hours. Blanch them, then drain, place them in a stewpan, cover with water. Peel the onion, scrape the carrot, slice and add them with the peppercorns to the feet. Simmer until quite tender. When cooked, take up and drain, remove the bones, and press the meat lightly until cold. Cut into small even-sized pieces. Sieve the flour with a little salt into a basin, add the yolks of the eggs, stir in the milk and oil by degrees, work into a smooth batter, beat well. At the last minute, when ready to fry, whisk the whites of the eggs very stiffly, and stir into the batter lightly. Have ready some frying-fat; let it get very hot. Dip each piece of meat into the batter, drop them one by one into the fat, and fry a golden colour. Dish them in a heap on a napkin or dish-paper arranged on a hot dish, garnish with fried parsley, and send to table with them a sauce tureen of tomato sauce.

Average cost, 1s. 9d. Time required, 3 to 4 hours. Seasonable all the year. Sufficient for 6 persons.

862. TETE DE VEAU À L'ITALIENNE (CALF'S HEAD WITH ITALIAN SAUCE).

½ calf's head.	2 onions.	1 teaspoonful vinegar.	2½ quarts cold water.	bouquet garni.
1 carrot.	2 cloves.	6 preserved mushrooms.	10 peppercorns.	1½ ozs. flour.
2 ozs. butter.	4 shallots.	½ pint tomato sauce (No. 77).	1 gill white wine.	seasoning.

Wash the head, bone it, and then soak it in cold water for one hour. Put the head into a saucepan, cover with cold water, and bring it to the boil. Take it up, put into cold water, drain, and wipe it in a cloth, and rub with lemon to prevent it

blackening. Cut the meat into nice pieces. put them into a saucepan, add the onions, carrot, cloves, bouquet garni, vinegar, salt, and peppercorns. Moisten with the cold water, bring to the boil, and simmer until the pieces of head are quite tender. When done, take up the meat, dress on a hot dish, and keep hot. Melt the butter in a stewpan, chop the shallots and mushrooms, put them into the butter, and fry a little without browning; then add the wine, and reduce until nearly dry. Stir in the flour, measure off 1 pint of the stock from the head, add it to the flour, stir until it boils, let it simmer for ten minutes, season to taste, add the tomato sauce, and cook for a few minutes longer. Pour the sauce over the pieces of head, sprinkle with a little chopped parsley, and serve.

Average cost, 4s. Time required, 2 to 3 hours. Seasonable at all times. Sufficient for 8 to 10 persons.

863. PETITES BOUCHÉES DE TÊTE DE VEAU (PATTIES OF CALF'S HEAD).

calf's head.	1 tablespoonful ham.	lemon-juice.	1 dessertspoonful
white sauce.	$\frac{1}{2}$ teaspoonful chutney.	cayenne.	parsley.
seasoning.	1 yolk of egg.	1 egg.	$\frac{1}{2}$ lb. puff paste.

Roll out the puff-pastry, fold it in three, let it stand in a cool place for fifteen minutes; then cut it out with a 2-inch cutter into rounds, lay them on a baking-sheet. Beat up an egg, and brush over the patties with it. Take a smaller cutter, dip it in hot water, and mark the top of each with it. Bake in a sharp oven for about fifteen minutes. Lift out the piece marked with the smaller cutter (this will form the lid), scoop out some of the inside, and fill with the following mixture: Cut some trimmings of cooked calf's head and the ham into small dice, put into a small stewpan, add the chutney, parsley, seasoning of salt, pepper, and cayenne, dilute with white sauce to a nice consistency, add the yolk of the egg, bind the mixture over the fire, but do not let it boil. When the cases are filled, put on the lids, dish up on a napkin or dish-paper, garnish with sprigs of fresh parsley, and serve.

Average cost of half calf's head, 2s. 6d. to 3s. Time required, 1 hour (exclusive of cooking the head). Seasonable all the year. Sufficient for 4 persons.

864. TÊTE DE VEAU À LA POULETTE.

$\frac{1}{2}$ calf's head. | 1 pint Allemande sauce (No. 1). | lemon-juice. | chopped parsley.

Bone and cook the calf's head as in the previous recipe. When done, take up the pieces of head, and put them into a clean saucepan. Heat the Allemande sauce, mix with it some finely chopped parsley, and season with lemon-juice. Pour this sauce over the pieces of head in the saucepan, simmer gently for twenty minutes. If the sauce at the end of that time is too thick, add some cream or milk. Dish on a hot dish, and pour the sauce over.

Average cost, 4s. Time required, 2 to 3 hours. Seasonable at all times. Sufficient for 8 to 10 persons.

865. TÊTE DE VEAU À LA VINAIGRETTE.

$\frac{1}{2}$ calf's head. | $\frac{1}{2}$ gill vinegar. | 1 gill oil. | parsley. | pepper. | salt. | capers. | shallot.

Bone and cook the calf's head, as in previous recipe. Dish the pieces of head very hot on a napkin, garnish them with parsley. Send to table separately a tureen of vinaigrette sauce made as follows: Mix the oil and vinegar together, chop the shallot, capers, and parsley, and add to the oil and vinegar with salt and pepper.

Average cost, 3s. Time required, 2 to 3 hours. Seasonable at all times. Sufficient for 8 to 10 persons.

866. TTÉE DE VEAU EN TORTUE (CALF'S HEAD, TURTLE STYLE).

$\frac{1}{2}$ calf's head.	2 ozs. beef suet.	$2\frac{1}{2}$ quarts cold water.	1 carrot.	2 cloves.
2 ozs. flour.	bouquet garni.	1 teaspoonful vinegar.	2 onions.	1 bay-leaf.

TORTUE GARNISH.

small quenelles of veal.	button mushrooms.	stuffed and poached olives.
cockscombs.	fried bread croûtons.	demi-glace sauce (No. 29).

Wash the head, bone it, and soak in water for one hour ; then put it into a saucepan, cover with cold water, and bring to the boil. Simmer for half an hour. Take it up, put into cold water, drain, and rub it with lemon to prevent it blackening. Chop the suet finely, melt it over the fire, add the flour, and stir in the $2\frac{1}{2}$ quarts of cold water. Add the onion, carrot, cloves, bouquet garni, and bay-leaf. Cut up the meat into nice pieces, put them into the stewpan, add the vinegar, and simmer until tender. When tender, take up the meat, dress on a hot dish, and pour over the sauce and the garnish. Place the fried croûtons round the dish. The dish may also be decorated with fried eggs, and trussed crayfish cooked in stock, and slices of calf's brain and tongue.

Average cost of calf's head (whole), 5s. to 6s. Time required, 2 to 3 hours. Seasonable all the year. Sufficient for 8 to 10 persons.

CERVELLES (BRAINS)**867. TO COOK BRAINS.**

Remove the skin from the brains, and soak them in cold water until quite white. Put them into a saucepan, and cover with good boiling stock. Boil up, skim well, and cook for half an hour.

868. CERVELLES AU BEURRE NOIR (BRAINS WITH BLACK BUTTER).

2 calves' brains.	salt.	$\frac{1}{2}$ teaspoonful vinegar.
pepper.	2 ozs. butter.	1 teaspoonful chopped parsley.

Prepare and cook the brains as above. Slice the brains, put them on a plate, and season with salt and pepper. Put the butter into a saucepan, and cook it until it is a nut-brown colour. Take the saucepan off the fire, and add the vinegar and parsley. Pour this over the brains, and serve at once.

Average cost : Sheep's brains, 8d. a set ; calf's head, 5s. to 6s. each. Time required, 35 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

869. CERVELLES DE VEAU À LA MORNAY (CALF'S BRAINS WITH MORNAY SAUCE).

calves' brains.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	butter.
duchesse potatoes (No. 556).	Parmesan cheese.	seasoning.

Fill a forcing-bag, with a rose-pipe attached, with duchesse potato, and make with it a border on a dish. Put a layer of Mornay sauce inside the border, cook the brains, and then slice them, not too thin. Lay these slices on the top of the Mornay sauce, cover with more of the sauce, sprinkle with grated Parmesan cheese, put some tiny pieces of butter here and there, and bake in the oven a nice colour.

Average cost of calf's head, 5s. to 6s. Time required, 45 minutes. Seasonable at all times. Sufficient for 2 or 3 persons.

870. MOCK SWEETBREADS.

brains (sheep's).	lemon-juice.	vinegar.	flour.	1 egg.	breadcrumbs.
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Soak the brains in cold, salted water until quite white ; remove the outer skin. Tie each half-brain in muslin, put them into a saucepan of cold water, add a little vinegar, and a squeeze of lemon-juice. Bring to the boil quickly, and cook fast for ten

minutes. When cooked, put them into cold water, untie the muslin, and press the brains until cold ; then flour them, egg and crumb them, and fry in boiling fat a golden colour. Dish up, and garnish with fried parsley ; or they can be rewarmed in the muslin, and served with white sauce. Calf's brains can be cooked in the same way.

Average cost of sheep's brains, 8d. Time required, 45 minutes after soaking. Seasonable at all times. Sufficient for 2 persons.

871. CERVELLES DE VEAU À LA POULETTE (CALF'S BRAINS WITH PARSLEY SAUCE).

2 calves' brains.	6 or 8 preserved mushrooms.	$\frac{1}{2}$ gill cream.	1 shallot.	seasoning.
chopped parsley.	$\frac{1}{2}$ pint white stock.	lemon-juice.	1 oz. flour.	1 oz. butter.

Soak the brains, and cook them as in previous recipes. Chop the shallots, melt the butter in a stewpan, put in the chopped shallot, and fry it a golden colour ; then add the flour, and stir in the stock. Bring to the boil, and simmer for ten to fifteen minutes. Season to taste with salt, pepper, and lemon-juice. Strain into a clean saucepan, and add the cream. Slice the mushrooms, and stir them into the sauce with some chopped parsley. Cut the brains in slices, and put them into the sauce. Toss them in it, taking care not to break the slices. Dish the brains on a hot dish, sprinkle some chopped parsley over, and serve.

Average cost of calf's head, 5s. to 6s. (Calves' brains are not bought separately.) Time required, 1 hour. Seasonable at all times. Sufficient for 3 or 4 persons.

872. CERVELLES AUX CHAMPIGNONS.

4 sheep's brains.	1 onion.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ oz. flour.	cayenne.	Espagnole sauce
button mushrooms.	2 eggs.	$\frac{1}{4}$ gill water.	1 oz. butter.	salt.	(No. 33).

Soak the brains in cold water until all the blood has been extracted ; remove the skin before putting them to soak. Peel the onion and cut it in slices ; put this, with the brains, into a saucepan of cold water, bring to the boil, and cook for five or six minutes ; drain, and rub them through a sieve. Melt $\frac{1}{2}$ oz. of butter in a stewpan, stir in $\frac{1}{2}$ oz. of flour, add the water, and boil until very thick. Add this panada to the brains, work in the eggs, season to taste with salt and a pinch of cayenne. Mix all thoroughly together. Butter some small timbale moulds, fill them with the prepared mixture. Put these into a steamer, cover with a piece of buttered paper, and steam for about fifteen minutes. Melt 1 oz. of butter in a stewpan, put in the button mushrooms, and toss them in the butter until cooked. When the little timbales are done, turn them out on to a hot dish, dress them in a circle, arrange the mushrooms in the centre, pour some Espagnole sauce over the timbales, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 timbales.

873. BEIGNETS DE CERVELLES (BRAIN FRITTERS).

calf's or sheep's brains.	vinegar.	1 dessertspoonful	frying-batter.
1 tablespoonful oil.	1 small onion.	vinegar.	tomato sauce
chopped parsley.	pepper and salt.	6 peppercorns.	(No. 77).

Wash and soak the brains in cold water ; remove the skin. Put them into a saucepan with the onion, peppercorns, and a little vinegar ; cover with cold water, bring to the boil, and cook for ten minutes. Then take up the brains and put them in cold water, drain, and cut into slices. Put the oil and vinegar on a plate ; add salt and pepper and some chopped parsley. Place the slices of brain in this, and let them remain in it for half an hour. Then drain the slices, dip each one into frying-batter, and fry in hot fat a golden brown. Take them up, drain on paper and dish on a folded napkin or dish-paper. Garnish with fried parsley, and send to table with the sauce served separately.

Average cost of sheep's brains, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 2 or 3 persons.

874. CROQUETTES DE CERVELLE DE VEAU (CROQUETTES OF CALF'S BRAIN).

2 calves' brains.	1 dessertspoonful	1 oz. butter.	2 eggs.	pepper.	poulette sauce
1 oz. breadcrumbs.	chopped parsley.	lemon-juice.	salt.	fried parsley.	(No. 65).

Soak and cook the brains in stock for half an hour ; then drain and cool. Chop the brains, not too finely ; mix the breadcrumbs and the parsley with them. Melt the butter and stir it into the rest of the ingredients. Season to taste with salt, pepper, and lemon-juice. Lastly, mix in two small eggs. Put this mixture into a small saucepan, put it over the fire, and stir until the preparation sets. Turn on to a plate, and let it get cold. Divide the mixture into equal portions, make them up into croquettes, cork shape ; brush them over with beaten egg, toss them in breadcrumbs, and fry a golden brown in very hot fat. Drain the croquettes on paper, dish up, and garnish with fried parsley, and serve the sauce separately.

Average cost, 5s to 6s., for one calf's head. Time required, 1 hour. Seasonable at all times. Sufficient for 6 croquettes.

BŒUF (BEEF)

875. FILETS DE BŒUF À L'ALGÉRIENNE (FILETS OF BEEF, ALGERIAN FASHION).

2 lbs. fillet of beef.	mashed potato.	6 artichoke bottoms.	½ pint Madeira sauce
3 ozs. butter.	3 tomatoes.	seasoning.	(No. 50).

Cut the fillet of beef into slices, 1½ inches thick ; trim them with a cutter into rounds. Season with pepper and salt. Melt 2 ozs. of butter in a frying-pan. As soon as hot, put in the fillets and fry over a quick fire, in order to cook them a nice brown colour. Shape a circular border of mashed potato on a hot dish, dress the fillets on it, place a slice of tomato that has been tossed in butter between each fillet. Melt the remaining 1 oz. of butter in a saucepan. Cut the artichokes in quarters, sauté them in the butter until quite hot. Put these in the centre of the dish, sprinkle a little chopped parsley over the garnish, and pour the Madeira sauce round.

Average cost, 4s. 6d. Time required, 10 minutes to cook the fillet. Seasonable at all times. Sufficient for 8 persons.

876. FILETS DE BŒUF À L'AFRICAINNE.

1½ lbs. fillet of beef.	a little cream.	2 ozs. butter.	pepper.	salt.	½ pint horseradish
½ teaspoonful savoury herbs.	breadcrumbs.	3 bananas.	2 eggs.	flour.	sauce (No. 71).

Remove all sinew and fat from the fillet, chop the meat up finely, season with pepper and salt. Put the minced meat into a basin, add the herbs. Beat up one egg, add some cream to it, and stir into the meat sufficient to make it into a firm paste. Divide this mixture into equal parts, shape each portion into round filets about 1 inch thick and 2½ inches in diameter. Dredge them lightly with flour after shaping. Melt the butter in a frying-pan. As soon as it is hot, put in the filets and fry them quickly on each side. Cut the bananas in halves lengthways, then each half in half again crossways, so as to make four pieces of each banana. Dip these pieces in flour, then in beaten egg ; toss in breadcrumbs, and fry them a golden brown in very hot fat. Dish the filets on a circle of mashed potato, arranged on a hot dish. Garnish the centre with the fried bananas, and pour some of the sauce round the base of the dish. The remainder can be sent up in a tureen.

Average cost, 3s Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

877. FILETS DE BŒUF À LA GÉNOISE.

2 lbs. fillet of beef.	meat-glaze.	2 ozs. butter.	mashed potato.
beef-marrow.	3 or 4 large potatoes.	Génoise sauce (No. 99).	chopped parsley.

Cut the fillet into small rounds $\frac{1}{2}$ inch thick ; trim and flatten them ; season with pepper and salt. Wash and peel the potatoes. Cut out some small marble shapes with a vegetable-scoop ; blanch them, and then fry in hot fat a golden colour. Blanch the marrow. Melt the butter in a frying-pan, and fry quickly, so as to brown both sides. Take up the fillets, drain, and brush them over with liquid meat-glaze. Arrange a border of mashed potato on a hot dish, dress the fillets on it in a circle. Cut the marrow in slices and place one on each fillet. Sauce over the fillets with Génoise sauce. Garnish the dish with the fried marble shapes of potato, placing some in the centre of the dish, and groups round. Sprinkle them with chopped parsley, and serve very hot. The remainder of the sauce should be sent up to table separately.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

878. FILETS DE BŒUF AU SAUCE RAIFORT (FILLETS OF BEEF WITH HORSERADISH SAUCE).

2 lbs. fillet of beef.	1 tablespoonful salad-oil.	1 teaspoonful chopped parsley.	larding bacon.
mashed potato.	1 teaspoonful vinegar.	$\frac{1}{2}$ teaspoonful chopped tarragon	pepper.
shredded horse-radish.	$1\frac{1}{2}$ gills brown sauce	and chervil.	salt.
	(No. 6).	horseradish sauce (No. 71).	butter.

Cut the fillet into rounds, 1 inch thick and 2 inches in diameter, lard them on one side with strips of larding-bacon ; season with pepper and salt ; lay in a dish, pour over them the oil and vinegar, and sprinkle with the chopped herbs. Let them stay in this for about one hour, turning them over occasionally. At the end of that time lift them out of the marinade and dry in a cloth. Melt some butter in a frying-pan, and fry the unlarded side of the fillets quickly for about four minutes. Then put them on a buttered baking-tin, and place in the oven for about six minutes, to finish the cooking. Make a circular border of mashed potato on a hot dish, dress the fillets round, overlapping each other, put a thick horseradish sauce in the centre, and pour the brown sauce round. Garnish each fillet with a little shredded horseradish. Serve very hot.

Average cost, 3s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

879. FILETS DE BŒUF À LA POLONAISE.

$1\frac{1}{2}$ lbs. fillet of beef.	a little flour.	1 teaspoonful chopped	$\frac{1}{2}$ pint demi-glace sauce
salt and pepper.	$\frac{1}{4}$ gill cream.	parsley.	(No. 29).
2 ozs. butter.	1 egg.	button mushrooms.	mashed potato.

Remove all the sinews and fat from the fillet of beef ; chop it finely. Put the meat into a basin, season with salt and pepper, add the teaspoonful of chopped parsley. Beat up the egg, add the cream to it, and stir in as much as is necessary to bind the ingredients together. Divide this mixture into small equal portions shape each part into a round, flat cake, the shape of a fillet, about 1 inch thick and $2\frac{1}{2}$ inches in diameter. Sprinkle them with a little flour. Melt the butter in a frying-pan, put in the fillets, and fry them a nice brown on both sides. Cook the button mushrooms in butter. Shape a circular border of mashed potato on a hot entrée-dish ; dress the fillets on this. Arrange the button mushrooms in the centre, and pour some of the sauce round the dish. The remainder of the sauce can be sent up separately.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

880. FILETS DE BŒUF À LA TOREADOR.

1½ lbs. fillet of beef.	12 fresh mushrooms.	tomato sauce (No. 77).
1 oz. butter.	Spanish pimientos.	oil.

Cut the fillet in slices. ½ inch thick ; shape into rounds, 1½ inches across. Grill the fillets over a clear fire, taking care that they are underdone. Peel the mushrooms. Melt the butter in a sauté-pan, put in the mushrooms and cook them. Put some oil into a stewpan, and sauté the pimientos. Dish the fillets on a hot dish, garnish them with the mushrooms and pimientos, and serve with them separately the tomato sauce. Serve very hot.

Average cost, 4s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

881. FILETS DE BŒUF AUX TRUFFLES.

1 lb. fillet of beef.	pepper.	½ gill sherry.	truffles.
2 ozs. butter.	½ pint brown sauce (No. 6).	salt.	mashed potato.

Trim the fillet, cut it into rounds. Melt the butter in a sauté-pan, and fry the fillets quickly on each side. Heat the brown sauce, add the wine to it, and simmer for ten minutes. Dish the fillets straight down a dish on mashed potato, pour the sauce round, place a nice slice of truffle on each fillet, and serve.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

882. FILETS DE BŒUF À LA BOURGEOISE.

2 lbs. fillet of beef.	young carrots.	demi-glaze sauce (No. 29).	young turnips.
	button onions.	½ pint cooked green peas.	2 ozs. butter.

Cut the fillet into slices, 1½ inches thick ; shape with a cutter into rounds. Melt the butter in a sauté-pan, put in the fillets, and fry them quickly over a brisk fire. Brown them nicely on each side. Cut the carrots and turnips into nice pieces, parboil, then braise and glaze them. Do this also with the onions. Dish the fillets in a circle on a hot dish. Pour the sauce round. Arrange the carrots, turnips, and onions in groups round the dish, and place the cooked peas in the centre.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable in the summer months. Sufficient for 8 persons.

883. FILETS DE BŒUF À LA MIRABEAU.

2 lbs. fillet beef.	2 ozs. butter.	julienne potatoes.	Madeira sauce
filleted anchovies.	8 stoned olives.	tarragon leaves.	(No. 50).

Cut the fillet into slices, 1½ inches thick ; trim into rounds all the same size. Melt the butter in a sauté-pan. Fry the fillets quickly over a brisk fire, brown nicely on each side. Take up the fillets, and garnish each one with strips of anchovy fillets laid across the fillet in the form of a lattice. Blanch the tarragon-leaves, and arrange these round the edge of each fillet to form a crown. Place a stoned olive in the centre of each. Dish the fillets in a circle on a hot dish, pour a little of the sauce round, and garnish with julienne potatoes (these are cut in strips the shape of matches, and fried in boiling fat a golden colour). The remainder of the sauce is sent up separately.

Average cost, 4s. Time required, 20 minutes. Seasonable all the year. Sufficient for 8 persons.

884. FILETS DE BŒUF À LA TYROLIENNE.

2 lbs. fillet of beef.	4 tomatoes.	1 tablespoonful Bovril.	seasoning.
chopped parsley.	1 onion.	1 gill poivrade sauce (No. 58).	butter.

Cut the fillet into even-sized slices, 1½ inches thick ; trim them into rounds. Fry them in a sauté-pan in butter over a quick fire until a nice brown. Chop the onion, and cook it in butter over a slow fire. Peel the tomatoes, cut each in half,

and sauté them in butter. Add the sauce and Bovril to the onion, season, and add some chopped parsley. Let all simmer together for five minutes. Dish the fillets in a circle on a hot dish, pour the sauce over the fillets, and garnish with the tomatoes.

Average cost, 3s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.

885. FILETS DE BŒUF PIQUÉ À LA BRILLAT (LARDED FILLETS OF BEEF, BRILLAT STYLE).

2 lbs. fillet of beef.	1 truffle.	8 small potatoes.	2 ozs. Parmesan cheese.	8 fried croûtes.	4 tomatoes.
larding bacon.	1 carrot.	1 oz. breadcrumbs.	10 peppercorns.	2 ozs. butter.	4 shallots.
1 glass sherry.	1 onion.	1 gill brown sauce (No. 6).	1 bouquet garni.	3 gills stock.	glaze.
	1 turnip.			2 yolks of eggs.	seasoning.

Cut the fillet into slices, 1 inch thick ; shape into rounds with a cutter ; lard each fillet with strips of bacon and truffle. Melt some butter in a stewpan, put in the fillets, season them with pepper and salt. Cut the carrot, onion, and turnip into slices. Put the vegetables with the fillets, add the bouquet garni, the peppercorns, and trimmings of bacon. Place the stewpan on the fire, and fry the fillets lightly on both sides. Then add the glass of sherry and 3 gills of stock, cover with a buttered paper and the lid of the stewpan, and braise over the fire or in the oven for about fifteen minutes. Take up the fillets, and keep hot. Remove the fat from the cooking liquor, stir in the brown sauce, simmer for ten minutes, and then strain. Peel the potatoes, cut a piece off the end of each, so as to make them stand ; then with a cutter scoop out the centre. Chop the shallots finely. Melt 1 oz. of butter in a saucepan ; fry the shallots, without browning ; then add the grated Parmesan cheese, the breadcrumbs, and the yolks of the eggs. Season with pepper and salt. Fry the potatoes in hot fat a golden brown, drain them, and stuff with the prepared mixture. Cut the tomatoes in halves, and cook them slightly in butter. Dish up the fillets, placing each on a fried croûte of bread, the same size as the fillet. Glaze the meat with the meat-glaze, garnish round the dish with the stuffed potatoes, and the half-tomatoes, arranging them alternately. Serve the sauce separately in a tureen.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

886. FILETS DE BŒUF AUX NOUILLES (FILLETS OF BEEF WITH NOUILLES).

2 lbs. fillet of beef.	raw ham.	½ pint Espagnole sauce (No. 33).	1 gill stock.
larding bacon.	truffles.	button onions.	1 oz. butter.
½ gill white wine.	½ onion.	1 dessertspoonful grated horseradish.	meat-glaze.
button mushrooms.	½ carrot.	radish.	seasoning.

Cut the fillet into slices, and then into rounds ; lard these with larding bacon, truffle, and ham cut in strips. Slice the carrot and onion, place these in a stewpan ; arrange the fillets on them ; cover with slices of fat bacon ; add seasoning, the wine and stock. Cover with a buttered paper and with the lid of the stewpan. Cook over the fire for about twenty minutes. Take up the fillets and drain them. Add ½ pint of Espagnole sauce and the horseradish to the cooking liquor in the pan ; let it reduce, then strain it into a small stewpan. Skim off any fat there may be on it ; add the butter, bit by bit ; keep hot, but do not let it boil again. Dish up the fillets and glaze them. Garnish with groups of nouilles (No. 890) the cooked button-mushrooms, and onions. Pour the sauce over the fillets, and serve.

Average cost, 5s. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 persons.

887. FILETS DE BŒUF À LA VIENNOISE.

1½ lbs. lean beef.	a little onion.	butter.	brown sauce (No. 6).
½ gill cream.	seasoning.	tomatoes.	maître d'hôtel butter (No. 180).

Cut the meat into small pieces, and pass it through a mincing-machine. Chop a small piece of onion very finely. Melt some butter in a stewpan, put in the onion, and fry it a light brown. Add the meat to it, mix well; season with pepper and salt. Take the stewpan off the fire, whip the cream, and bind the meat with it. Turn the mixture on to a plate to cool. When cold and set, divide the preparation into equal portions; make each into flat cakes, the same shape as a fillet of beef. Dredge them lightly with a little flour, and fry them a nice colour in butter. Cut the tomatoes in slices; cook slightly in butter, taking care that they keep to their shape. Dish the fillets in a straight row down the centre of a dish on a flat bed of potato, sauce over the fillets with the brown sauce, arrange the tomatoes down each side of the fillets on the potato, so as to keep it out of the sauce, place a pat of the maître d'hôtel butter on each fillet, and serve.

Average cost, 3s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

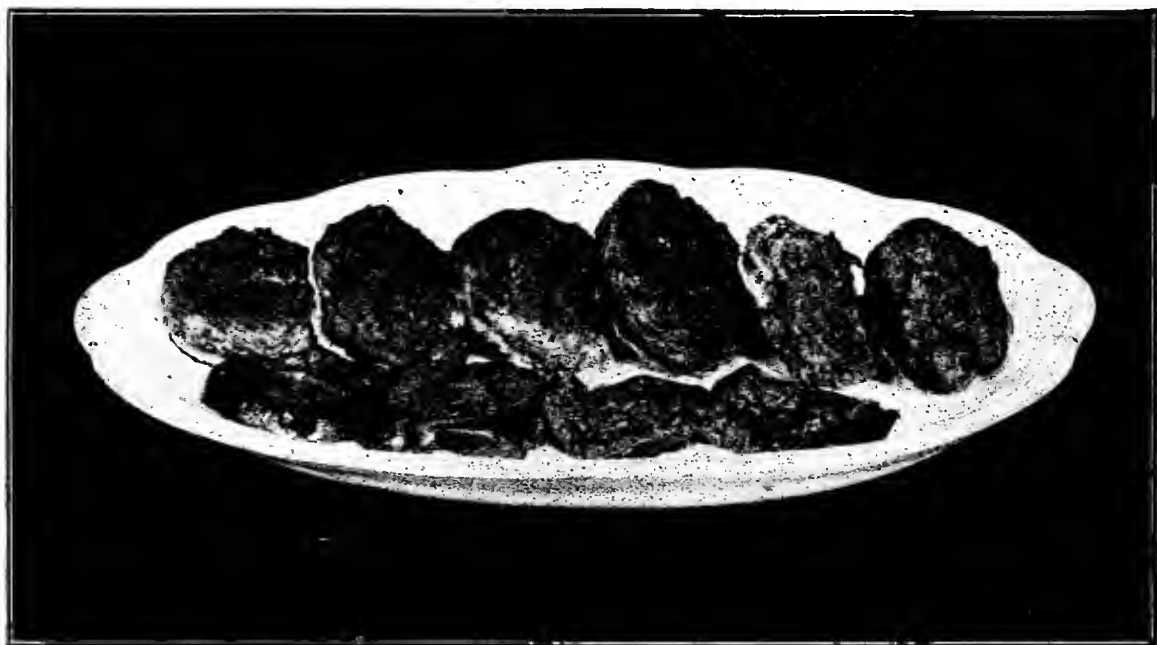


FIG. 39.—FILETS DE BŒUF À LA VIENNOISE.

888. MIGNONS DE FILET DE BŒUF AUX GOURMETS (SMALL FILLETS OF BEEF, GOURMET STYLE).

2 lbs. fillet of beef.	½ lb. fresh mushrooms.	½ gill white wine.	salt.
2 or 3 shallots.	½ pint demi-glace sauce (No. 29).	butter.	pepper.

Cut the fillet into slices 1 inch thick, trim into small rounds, and fry them in butter in a sauté-pan. Chop the shallots, peel the mushrooms, cook eight or ten of them whole in butter, chop the remainder. Cook the chopped shallots in butter, brown them slightly, then add the chopped mushrooms, also the wine, and cook until this is reduced to half, then add the sauce; let it simmer for ten minutes, skim, and season to taste. Dish the fillets, pour over them the above sauce. Place a cooked whole mushroom on the top of each, sprinkle with a pinch of chopped parsley, and serve.

Average cost, 4s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

889. FILETS DE BŒUF À LA ROYALE (FILLETS OF BEEF, ROYAL STYLE).

2 lbs. fillet of beef.	2 gills Mornay sauce (No. 110).	grated cheese.	butter.
foie-gras.	1 gill Soubise sauce (No. 75).	breadcrumbs.	seasoning.

Cut the fillet into slices 1 inch thick, trim into rounds, cook these in butter in a sauté-pan, leaving them underdone; take them up when cooked, and season with pepper and salt. Cut the foie-gras into slices, one for each fillet; season with pepper and salt, dredge with flour, and fry a little; place one of these on each fillet. Mix the Mornay and Soubise sauces together, make hot, and pour it over the fillets; sprinkle over grated cheese and a few breadcrumbs; put here and there a bit of butter, and bake in a sharp oven until coloured. Dish up, and serve very hot.

Average cost, 5s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

890. NOUILLE PASTE.

$\frac{1}{2}$ lb. flour.	1 egg.	$\frac{3}{4}$ oz. butter.	pinch of salt.	a little water.
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Sieve the flour into a basin, rub in the butter, add the salt and egg. Mix well together, add a little water, and mix to a stiff paste. Turn this on to a board, and knead for fifteen minutes. Roll out the paste very thinly, cut it into lengths $2\frac{1}{2}$ inches to 3 inches wide; cut the pieces into narrow strips, throw them into salted boiling water, and cook for about fifteen minutes. When cooked, drain them and use as directed.

891. FILETS DE BŒUF AUX BANANES (FILLETS OF BEEF WITH BANANAS).

$1\frac{1}{2}$ lbs. fillet of beef.	2 yolks of eggs.	2 ozs. butter.	2 bananas.	1 egg.
chopped parsley.	mashed potato.	1 gill cream.	1 shallot.	flour.
demi-glace sauce (No. 29).	breadcrumbs.	horseradish.	pepper.	salt.

Cut the fillet into slices $\frac{1}{2}$ inch thick, shape into rounds with a cutter. Melt the butter in a frying-pan, fry the fillets quickly on both sides, take them up, and keep hot. Chop the shallot finely, fry it in the butter the fillets were fried in, without letting it brown. Grate a large tablespoonful of horseradish, also shred a little for decoration. Add the cream to the shallot; let it get hot, but do not boil; then add the egg-yolks; stir until thick; season the sauce with a little salt and pepper, then rub it through a fine strainer; stir in the grated horseradish, put the sauce into a small stewpan, and keep hot. Peel the bananas, cut each in half lengthways, and then each half in half crossways; dip each piece in flour, egg and breadcrumb them, and fry a golden brown in hot fat. Make a flat bed of potato straight down a hot dish, dish the fillets down the centre, coat each with the sauce, place the bananas each side of the fillets (the bed of potato should be broad enough to take the three rows), and pour some demi-glace sauce round. Garnish the fillets with a little of the shredded horseradish and a pinch of chopped parsley. Serve hot.

Average cost, 3s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable at all times. Sufficient for 4 persons.

892. FILETS DE BŒUF À LA POMPADOUR.

$1\frac{1}{2}$ lbs. fillet of beef.	maître d'hôtel butter (No. 180).	2 ozs. butter.
$\frac{1}{2}$ lb. tomatoes.	$\frac{1}{2}$ pint brown sauce (No. 6).	seasoning.

Cut the fillets in rounds about 1 inch thick, trim off the fat, and fry them quickly in the butter. Cut the tomatoes in slices, butter a baking-sheet, lay the slices on it, season with pepper and salt, and cook them in the oven for two or three minutes. Make a flat bed of mashed potato straight down a dish, arrange the fillets down the centre, overlapping each other, put a pat of maître d'hôtel butter on each, and arrange the tomato slices down each side of the fillets. Pour a little sauce round, and serve.

Average cost, 3s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

893. FILETS DE BŒUF À LA BRISSE.

1½ lbs. fillet of beef. | 2 lbs. turnips. | 3 ozs. butter. | ½ pint Espagnole sauce (No. 33). | 1 truffle.

Cut the fillet into small rounds about ½ inch thick, trim them, removing all gristle, and skin. Melt 1½ ozs. of butter in a sauté-pan, put in the fillets, and fry them quickly over a brisk fire : cook them so that they are underdone. Have the turnips ready boiled, drain and mash them. Melt the remainder of the butter in a saucepan, put in the mashed turnips, mix well, and season to taste with pepper and salt. Warm up the sauce, and cut the truffle in slices. Arrange the mashed turnip on a hot dish in the form of a circular border, dish the fillets on this, brush them over with meat-glaze, garnish each fillet with a slice of truffle, pour a little of the sauce round the base of the dish, and send the rest to table separately. Serve very hot.

Average cost, 3s. Time required, 30 minutes. Seasonable all the year. Sufficient for 8 fillets.

894. FILETS DE BŒUF À LA ST. GERMAIN.

1½ lbs. fillet of beef.	1 tablespoonful cream.	Madeira sauce (No. 50).	pepper.	salt.
3 ozs. butter.	mashed potatoes.	meat-glaze (No. 247).	truffle.	peas.

Cut the fillet into eight rounds ½ inch thick, flatten slightly and trim, freeing them from all skin and gristle ; season with salt and pepper. Melt 2 ozs. of butter in a sauté-pan, put in the fillets, and fry them quickly on each side. Have ready ½ pint of cooked peas ; rub these through a sieve. Melt 1 oz. of butter in a stewpan, put in the purée of peas, make it hot in the butter, season to taste, and add the cream. Arrange a border of mashed potato on a hot dish, dress the fillets on it in a circular row, brush over with meat-glaze, place a slice of truffle on each fillet, fill the centre of dish with the purée of peas, pour some Madeira sauce round the base of the dish, and serve.

Average cost, 3s. Time required, 30 minutes. Seasonable June to August. Sufficient for 8 persons.

895. TOURNEDOS À LA BORDELAISE.

1½ lbs. fillet of beef.	beef-marrow.	butter.
8 croûtes of fried bread.	Bordelaise sauce (No. 11).	vegetables.

Cut the fillet into small rounds 1 inch thick, fry them quickly in butter, and place a tournedos on each croûte of bread. Dish the fillets in a circle on a hot dish, arrange a suitable vegetable in the centre, and place on each fillet a slice of poached marrow. Send to table at once with a Bordelaise sauce separately.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

896. TOURNEDOS À LA CASTILLANE.

1½ lbs. fillet of beef.	8 croûtes fried	4 tomatoes.	short pastry.
French beans.	bread.	butter.	seasoning.

Line some small tartlet pans with short pastry, fill them with raw rice, and bake in a moderate oven a pale brown. When cooked, let cool, then remove the rice carefully. Peel the tomatoes, press out the seeds, and chop the tomatoes coarsely. Melt some butter in a saucepan, put in the tomatoes and cook them, season with pepper and salt, and fill the tartlet crusts. Cut the fillets into small rounds, season, and fry them in butter on both sides. Prepare and cook the beans, toss them in butter. Place a tournedos on each fried croûte of bread, dish in a circle on a hot dish, place a tartlet crust garnished with the tomato on each tournedos, fill the centre of the dish with the French beans, and serve.

Average cost, 3s. Time required, 30 minutes. Seasonable in the summer. Sufficient for 5 or 6 persons.

897. FILETS DE BŒUF À LA ROSSINI.

2 lbs. fillet of beef.	8 croûtons of fried bread.	foie-gras.	truffle.
2 ozs. butter.	demi-glaze sauce (No. 29).	seasoning.	flour.

Trim the fillet, cut it in slices about $\frac{1}{2}$ inch thick, shape into eight rounds ; cook these in butter, in a sauté-pan, over a quick fire, leaving them underdone. Cut the foie-gras in rounds a little smaller than the fillets, dredge these with flour, season with salt and pepper, and cook in butter. Set the fillets on the round croûtes of fried bread, which should be cut to the same size as the fillets ; place a slice of foie-gras on each piece of meat, and on the foie-gras a slice of truffle. Arrange on a dish, and serve with the demi-glaze sauce.

Average cost, 5s. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.

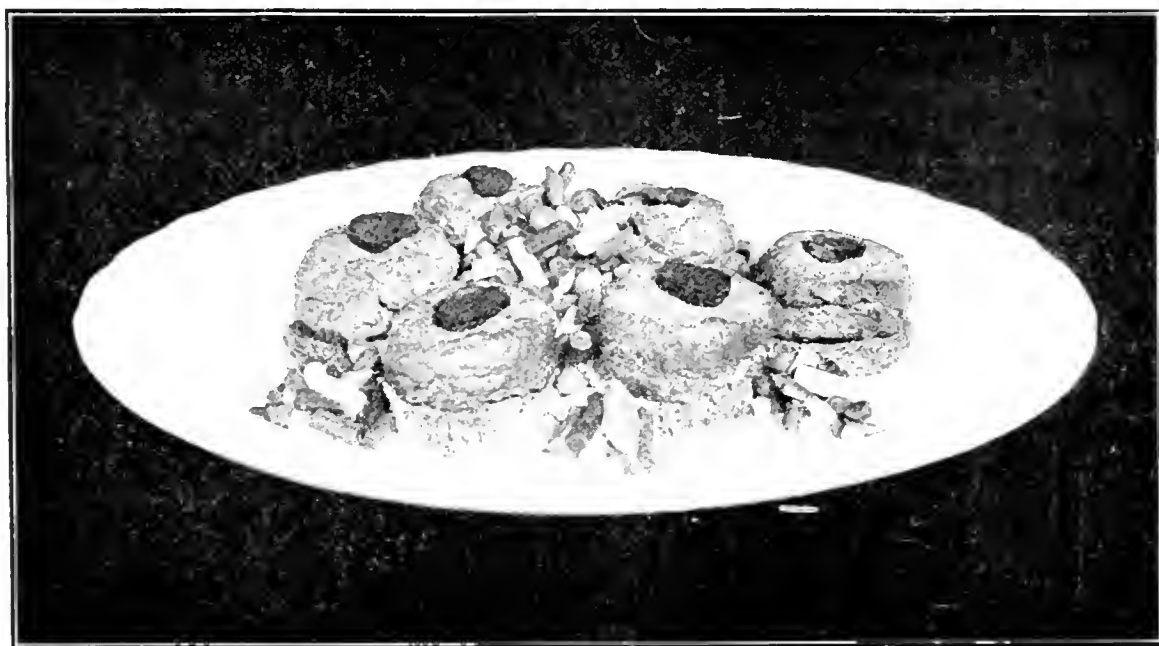


FIG. 40.—FILETS DE BŒUF À LA ROSSINI.

898. TOURNEDOS À LA BÉARNAISE.

1½ lbs. fillet of beef.	seasoning.	Béarnaise sauce	8 croûtes of fried bread.
butter.	meat-glaze.	(No. 7).	julienne potatoes.

Cut the fillet into rounds $1\frac{1}{2}$ inches thick. Melt some butter in a sauté-pan, and fry the fillets in it quickly. When sufficiently cooked, take them up and place each fillet on a round fried croûte of bread the same size as the fillet ; brush them over with meat-glaze. Dish the tournedos in a circle on a hot dish, put the sauce in the centre, and garnish round with the julienne potatoes.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

899. TOURNEDOS À LA CHORON.

1½ lbs. fillet of beef.	asparagus heads.	seasoning.
8 fried croûtes.	1 gill Béarnaise sauce.	butter.
8 artichoke bottoms.	1 tablespoonful tomato sauce.	Parisian potatoes.

Cut the fillet into slices $\frac{1}{2}$ inch thick, stamp out eight rounds 2 inches in diameter. season with pepper and salt. Melt some butter in a sauté-pan, put in the tournedos, and fry them quickly on both sides, taking care not to fry them too long ; they should be underdone. Place them, when done, on the fried croûtes cut to the same size as the tournedos. Make the Béarnaise sauce, mix with it the tomato

purée. put a border of this sauce round the top of each tournados ; in the centre of each put a small artichoke-bottom ; fill these with cooked asparagus-heads tossed in butter. Dish up the tournados in a circle, and arrange the potatoes in the centre and round. For the Parisian potatoes, wash and peel as many potatoes as are required, and with a vegetable scoop cut out some rounds ; fry these in butter, and use as directed.

Average cost, 3s. Time required, 30 minutes. Seasonable February to June. Sufficient for 8 persons.

900. TOURNEDOS CENDRILLON.

1½ lbs. fillet of beef.	1 gill thick Bechamel	salt and pepper.	½ lb. onions.	truffle.
8 artichoke bottoms.	sauce (No. 4).	1 tablespoonful cream.	meat-glaze.	butter.

Cut the fillet into slices $\frac{1}{2}$ inch thick, stamp out some rounds with a cutter 2 inches across ; season the tournedos with salt and pepper, and fry them quickly in butter on each side until a nice brown colour. Chop the onions finely, cook them in boiling water for five minutes, then stew them in butter without browning ; add to them the Bechamel sauce, season with pepper and salt, and cook gently for ten minutes ; rub through a tammy or fine strainer, add the cream and a little butter. Put some of this purée on each artichoke bottom, and put them into the oven to glaze. As soon as these are ready and the fillets are fried, proceed to dish up ; place a fillet on each artichoke bottom. Garnish each tournedos with a nice slice of truffle, and brush over with liquid meat-glaze. Dish the tournedos in a circle on a hot dish, and serve.

Average cost, 4s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

901. TOURNEDOS À LA DREXEL.

2 lbs. fillet of beef.	2 or 3 tomatoes.	truffle.	2 ozs. butter.
8 croûtons fried bread.	Béarnaise sauce (No. 7).	straw potatoes.	seasoning.

Cut the fillet in slices 1 inch thick, trim into small rounds with a cutter. Melt the butter in a sauté-pan, fry the tournedos quickly and brown them nicely, season with pepper and salt, and dress each on a round croûton of bread, cut the same size as the fillet, and fried. On this place a thin slice of tomato that has been slightly cooked in butter ; in the centre of the tomato place a teaspoonful of thick Béarnaise sauce ; on that, again, arrange a slice of truffle. Cut the potatoes in strips, and fry them a golden brown in boiling fat ; arrange these round the tournedos, and serve hot. (See coloured plate.)

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 to 8 persons.

902. TOURNEDOS DE BŒUF À LA GABRIELLE (FILLETS OF BEEF, GABRIEL STYLE).

2 lbs. fillet of beef.	¼ lb. chicken forcemeat	straw potatoes.	puff paste.	butter.
Béarnaise sauce (No. 7).	(No. 202).	cooked peas.	1 truffle.	seasoning.

Cut the fillet into slices 1 inch thick ; shape these into rounds ; trim them, taking away fat and gristle. Melt some butter in a sauté-pan ; when hot, put in the fillets, and fry them quickly over a brisk fire ; let them be underdone. Cover one side of each fillet with the chicken forcemeat, grease a baking-sheet, place the fillets on it, cover with a buttered paper, and cook in the oven for ten minutes. Prepare some puff pastry, cut it out in rounds, and bake ; dress one of the fillets on each round of pastry. Place a slice of truffle on each fillet, and dish them in a circle on a hot dish. Toss the peas in butter, put them in the centre of the fillet, and garnish round with the straw potatoes. The sauce should be sent to table separately.

Average cost, 4s. 6d. Time required, 45 minutes. Seasonable when peas are in season. Sufficient for 5 persons.



Tournedos à la Drexel.

903. TOURNEDOS À L'EMPEREUR.

2 lbs. fillet of beef.	6 ozs. veal (raw).	$\frac{1}{2}$ gill cream.	3 ozs. ham.	1 egg.
2 ozs. butter.	8 mushrooms.	Espagnole sauce (No. 33).	1 shallot.	8 croûtons.
	1 egg, hard-boiled.		1 truffle.	seasoning.

Cut the fillet into slices, and then into eight rounds ; season these with pepper and salt, fry them in butter on one side only, take them up, and let cool. Chop the shallot, mushrooms, and ham ; fry the shallot in the butter the fillets were fried in, then fry the mushrooms and the ham ; cook all together for a few minutes, and mix in a little of the sauce. Pound the veal in a mortar, add to it the above preparation, mix well together, add the egg, pound again, and then rub the mixture through a wire sieve. Put this purée into a basin, whip the cream slightly, and add it to the farce. Now season the raw sides of the fillets, and cover the surface with the purée, shaping it into a dome with a knife. Slice the truffle, and cut out eight



FIG. 41.—TOURNEDOS À L'EMPEREUR.

rounds $\frac{1}{2}$ inch in diameter with a cutter ; stamp out eight crescent-shaped pieces of white of the hard-boiled egg for each fillet, put a slice of truffle on the top of each fillet, arrange the crescents of egg round the truffle to represent a windmill. Butter a baking-tin, place the fillets on it, cover them with a greased paper, and cook in a moderate oven for ten minutes. Cut the croûtons of bread the same size as the fillets, and fry them crisp. Place a fillet on each croûton, dish on a hot dish, and garnish with a suitable vegetable. Send the sauce to table separately.

Average cost, 5s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

904. TOURNEDOS À LA MORNAY.

$1\frac{1}{2}$ lbs. fillet of beef.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	8 stuffed olives.	butter.
4 tomatoes (small).	$\frac{1}{2}$ pint brown sauce (No. 6).	8 anchovy fillets.	seasoning.

Cut the fillets in slices $\frac{1}{2}$ inch thick ; cut from these some small rounds with a cutter $1\frac{1}{2}$ inches in diameter ; season them with salt and pepper, and fry in butter quickly, keeping them underdone. Cut the tomatoes in halves, butter a baking-tin, put the tomatoes on it, season with pepper and salt, place a bit of butter on each, and bake in the oven for a few minutes, but do not let them get too soft, or they will lose their shape. Place a fillet on each half-tomato, coat the fillets with Mornay

sauce, and put them in a hot oven to glaze quickly. In the middle of each tournedos set a large stuffed and poached olive ; encircle each olive with a fillet of anchovy. Dish up the tournedos in a circle on a hot dish, pour some brown sauce round. If liked, any suitable vegetable can be placed in the centre. The dish is now ready to serve.

Average cost, 4s. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 persons.

905. TOURNEDOS À LA MIREILLE.

1½ lbs. fillet of beef.	3 ozs. chou paste.	breadcrumbs.	seasoning.	tomato sauce
3 ozs. butter.	3 or 4 tomatoes.	½ lb. potato.	¼ lb. rice.	(No. 77).
	1 yolk of egg.	1 pint stock.	1 egg.	½ onion.

Cut the fillet into slices 1 inch thick, then with a round cutter cut out some small rounds ; fry these in 1 oz. of butter quickly. Pass the potato through a fine sieve. Melt 1 oz. of butter in a saucepan, stir in the potato, add the yolk, and season to taste. Mix the chou paste with this. Fill some small greased dariole moulds with this mixture ; press it well in. Dip the moulds into warm water, turn out, egg and breadcrumb them, and fry a golden brown. Scoop out the centre of each shape carefully, and keep hot. Chop the onion, melt 1 oz. of butter in a saucepan, fry the onion. Then add the rice, fry for a few minutes. Then pour in the stock, and bring to the boil. Cook until the rice is tender and has absorbed the stock. Fill some little dariole moulds with this in the same way as the potato shapes. Turn them out, egg and crumb, and fry in hot fat. Cut the tomatoes in halves, press out the seeds, and then cut them in dice. Sauté these in butter, and fill the potato shapes with it. As soon as the tournedos are cooked, dress them on a hot dish, and put the timbales of rice and the potato shapes round alternately. Send some well-made tomato sauce to table separately.

Average cost, 3s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

906. TOURNEDOS MARIE LOUISE.

2 lbs. fillet of beef.	8 croûtes fried bread.	½ lb. mushrooms.	8 glazed button onions.
butter.	8 artichoke bottoms.	chopped parsley.	demi-glace sauce (No. 29).

Cut the fillets into slices, $\frac{3}{4}$ inch thick ; cut out some rounds with a cutter, about 2 inches in diameter ; season these with salt and pepper, and fry quickly in butter a nice brown, taking care to have them underdone. Stamp out some rounds of bread the same size as the fillets ; fry them a golden brown in butter. Dish a fried fillet on each croûte. Stew the artichokes in butter, and set one on each fillet. Chop the mushrooms very finely ; melt a little butter in a stewpan, put in the mushrooms, and cook them. Fill the artichokes with this, piling it up as high as possible. Place on the top of each a small glazed button onion, sprinkle over a little parsley and serve. The demi-glace sauce is sent up to table separately.

Average cost, 4s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

907. TOURNEDOS À LA FLORENTINE.

2 lbs. fillet of beef.	4 ozs. butter.	½ gill Bechamel sauce (No. 4).
2 lbs. cooked spinach.	1 whole egg.	salt and pepper.
2 tablespoonfuls cream.	2 yolks.	florador croquettes.

Cut the fillet of beef into slices, trim into rounds, and free them from fat and gristle. After the spinach is cooked, chop it finely. Melt 1 oz. of butter in a saucepan, put in the spinach, and dry it over the fire ; then add the well-reduced Bechamel sauce, the cream, and the eggs. Season to taste. Melt some butter in a frying-pan, and, when hot, take a tablespoonful of the spinach and drop it into the butter. Continue to do this until you have sufficient spinach cakes. Do not let them touch

each other in the pan. When cooked on one side, turn over carefully with a knife. When done, lift them on to a hot dish. Fry the fillets quickly in butter, season them, and dress one on each spinach cake. Make the florador croquettes the size of walnuts, fry them, and fill the centre of the dish with them. Send Madeira sauce to table separately.

FLORADOR CROQUETTES.

1 lb. florador. | 1 pint milk. | 3 eggs. | 1 oz. grated Parmesan cheese. | 1 oz. butter. | seasoning.

Put the milk and butter into a saucepan over the fire. When it boils, stir in the florador. Cook slowly for ten minutes. Season with pepper and salt. Add the yolks of eggs and the cheese, mix well, turn on to a plate to cool. Cut into equal quantities; shape into croquettes, round or cork shapes, the size of a walnut; dip them in the whites of the eggs, slightly beaten; toss in breadcrumbs, and fry in hot fat.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 to 10 persons.

908. TOURNEDOS À LA NIÇOISE.

2 lbs. fillet of beef.		2 or 3 potatoes (raw).		butter.
4 or 5 tomatoes.		French beans.		demi-glace sauce (No. 29).

Cut the fillet into 1-inch slices, shape into rounds, trim and season them. Divide the tomatoes in halves, put them on a buttered baking-sheet, and cook in the oven. Do not let them get too soft, so as to break. Cut the potatoes in large dice, cook them in butter. Fry the fillets in butter quickly, so as to brown them nicely. Dress the fillets, one on each half-tomato. Dish them in a circle. Surround with groups of French beans, tossed in butter, and the potatoes; these two garnishes are to be placed alternately. The sauce to be sent up separately.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable July to October. Sufficient for 8 to 10 persons.

909. TOURNEDOS À LA STRASBOURGEOISE (FILLET OF BEEF WITH FOIE-GRAS).

2 lbs. fillet of beef.		salt.		10 croûtes of fried bread.		½ pint Périgueux sauce
1 small terrine of foie-gras.		pepper.		2 ozs. butter.		(No. 62).

Cut the fillet into slices, 1 inch thick, then shape into rounds; trim away all fat and gristle. With a sharp knife, make a small horizontal incision; then pass the knife round, so as to make a pocket. Rub the foie-gras through a fine sieve, and fill the tournedos with it by means of a forcing-bag with pipe attached. Season them with salt and pepper, and fry in butter over a quick fire. Place each fillet, when cooked, on a croûte of fried bread the same size. Dish them in a circle, and send the sauce to table separately.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 persons.

910. TOURNEDOS À LA DUCHESSE.

1½ lbs. fillet of beef.		duchesse potatoes (No. 556).		seasoning.
Madeira sauce (No. 50).		8 croûtes bread.		butter.

Cut the fillet into rounds, 1 inch thick, season them, and fry in butter over a quick fire. When cooked, place each fillet on a fried croûte of bread, cut the same size. Dish them in a circle, pour the sauce over, and garnish with the potatoes.

Average cost, 2s. 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons

911. TOURNEDOS DE BŒUF AUX PRUNES.

2 lbs. fillet of beef.	8 croûtes fried bread.	Madeira sauce (No. 50).	$\frac{1}{2}$ pint stock.
foie-gras.	Béarnaise sauce (No. 7).	8 French plums.	butter.

Cut the fillet of beef into slices, trim into small rounds. Melt the butter in a sauté-pan, put in the fillets, and fry them quickly over a brisk fire. Cook the plums in stock until the stones can be easily removed. Pass the foie-gras through a sieve, and stuff the plums with the purée. Put these into a little melted butter in a saucepan to keep hot over a slow fire. Dish the fillets, one on each croûte of bread, round the edge of the fillet; put a thread of Béarnaise sauce, and in the centre of the fillet one of the prepared plums. Pour a little Madeira sauce round the dish, and serve.

Average cost, 5s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

912. TOURNEDOS À LA CHASSEUR.

$1\frac{1}{2}$ lbs. fillet of beef.	$1\frac{1}{2}$ ozs. butter.	1 glass white wine.	$\frac{1}{2}$ pint chasseur sauce (No. 19).
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Cut the fillet into slices, and then into rounds; fry them in butter quickly over a brisk fire. Dish the fillets in a circle on a hot dish. Drain away the butter from the pan, put in the wine, reduce, and then add the sauce. Let it simmer for ten minutes. Pour over the fillets, and serve.

Average cost, 3s. Time required, 20 minutes. Sufficient for 6 persons.

913. TOURNEDOS À LA SARDE.

$1\frac{1}{2}$ lbs. fillet of beef.	3 tomatoes.	mushroom stalks.	truffle.	$\frac{1}{2}$ onion.
1 pint stock.	1 pint stock.	brown sauce (No. 6).	$\frac{1}{4}$ lb. rice.	1 egg.
1 cucumber.	breadcrumbs.	chopped parsley.	butter.	seasoning.

Cut the fillet into $\frac{1}{2}$ -inch slices, cut these into rounds, fry them quickly in butter. Melt 1 oz. of butter in a saucepan, put in the rice, and stir a few minutes; then add the stock, and boil until the rice is tender and has absorbed the stock. Season to taste. Turn the rice on to a plate, and let it cool. Make up into flat cakes or croûtes the size of the fillet, egg and breadcrumb, and fry them in hot fat. Peel the cucumber and cut it in lengths $1\frac{1}{2}$ inches, hollow out some of the centre, blanch them, and then braise over vegetables and stock until tender. Cut the tomatoes in halves, scoop out some of the centre, cook in the oven without breaking them. Chop the onion, fry it in a little butter; add the chopped mushrooms, parsley, seasoning, and sufficient brown sauce to bind. Stuff the cucumbers and tomatoes with this. Place each fillet on a rice croquette, arrange in a circle on a hot dish, place a slice of truffle on each fillet, and garnish round with the cucumber and tomatoes alternately.

Average cost, 3s. 6d. Time required, 40 minutes. Seasonable February to October. Sufficient for 6 persons.

914. TOURNEDOS À LA MIKADO.

2 lbs. fillet of beef.	2 ozs. butter.	fried artichokes.
4 tomatoes.	Madeira sauce (No. 50).	seasoning.

Cut the fillet into slices, and then into rounds. Melt the butter in a sauté-pan, put in the tournedos, and cook quickly over a brisk fire. Cut the tomatoes in halves, press out the seeds, season and grill them. Slice some Jerusalem artichokes into very thin rounds, fry them in boiling fat until brown. Dress the fillets, one on each half-tomato, in a circle on a hot dish, pour the sauce round, and arrange the fried artichokes in the centre.

Average cost, 3s. 9d. Time required, 30 minutes. Seasonable September to April for the artichokes. Sufficient for 8 persons.

915. TOURNEDOS À LA NESSELRODE (TOURNEDOS WITH CHESTNUTS).

2 lbs. fillet of beef.	potato chips.	stock.	butter.
1 lb. chestnuts.	demi-glace sauce (No. 29).	truffle.	seasoning.

Slit the chestnuts, put them on a baking-sheet and place in the oven until they are baked enough to remove the outer shell and the inner skin. When this is done, put the chestnuts into a saucepan, cover them with good stock, and boil until tender; drain, and pass them through a fine wire sieve. Melt some butter in a saucepan, stir in the chestnuts, season to taste, and add enough brown sauce to bind the mixture. Turn the preparation on to a plate, and let it cool. Cut the fillet into slices, trim into rounds, and fry them underdone in butter over a brisk fire. Take up the fillets when done, put a layer of the chestnut purée on each fillet, shape neatly, and place a slice of truffle on the top of each. Put the dish in the oven for a few minutes to get thoroughly hot. Pour some demi-glace round the dish, and arrange the potato chips in the centre.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable October to February. Sufficient for 8 persons.

916. TOURNEDOS À LA PARMENTIER.

1½ lbs. fillet of beef.	½ pint demi-glace sauce (No. 29).	1 lb. cooked potatoes.	2 ozs. butter.
8 fresh mushrooms.	1 tablespoonful grated horse-	2 yolks of eggs.	1 whole egg.
2 cooking apples.	radish.	breadcrumbs.	seasoning.

Cut the fillet into eight rounds, $\frac{3}{4}$ inch thick and $1\frac{1}{2}$ inches in diameter, trim, and season them with salt and pepper. Fry the fillets in butter over a quick fire on both sides, taking care to have them underdone. Rub the potatoes through a wire sieve. Melt 1 oz. of butter in a saucepan, stir in the potato, mix well; then add two yolks of eggs and the grated horseradish. Season to taste. Stir until it is thoroughly hot and well mixed; then turn on to a plate, and let the preparation cool. Make this mixture up into eight flat cakes, the same size as the fillets, and the same thickness. Beat an egg on a plate, dip the potato shapes into it, toss in breadcrumbs, and fry them in very hot fat. Trim the mushrooms, remove the stalks, and cook them in the butter the fillets were cooked in. Make a batter with some flour and milk; this should be the consistency of cream. Peel the apples and cut them into slices, one for each fillet, take out the core with a round cutter, dip these slices into the batter, and drop them into hot fat; fry a golden brown. Arrange the potato shapes on a dish, place a fillet on each; on the fillet put a slice of fried apple, and on that a mushroom. Chop a little parsley, and place a pinch on each mushroom. Serve hot, with the sauce sent to table separately.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

917. TOURNEDOS VILLENEUVE.

2 lbs. fillet of beef.	3 ozs. butter.	½ oz. flour.	Madeira sauce	1 egg.
½ lb. chicken or veal.	¼ gill cream.	½ gill stock.	(No. 50).	salt.
slices of tongue.	breadcrumbs.	mushrooms.	truffle.	pepper.

Cut up the chicken into small pieces, removing skin and sinews. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the stock, and boil until thick. Mince the chicken-meat finely, and stir it into the sauce. Add pepper, salt, and a little cream. Turn the mixture on to a plate to cool. Divide this preparation into equal parts, shape them into flat cakes, egg and breadcrumb them, and fry in hot fat or butter. Stew the mushrooms in butter, add the remainder of the cream to them, season with pepper and salt, and cook until tender. Melt 2 ozs. of butter in a sauté-pan. Cut the fillet into rounds the same size as the croquettes of chicken-meat, trim and flatten them, fry them quickly in the melted butter on each side. Cut the tongue in rounds a size smaller than the fillet, warm them up in the same butter with the fillets. When ready to serve, arrange the croquettes of chicken

in a circle on a hot dish, place a fillet on the top of each, and on the fillet a slice of tongue. Place in the centre of the tongue a slice of truffle. In the centre of the dish put the cooked mushrooms. Send the sauce separately to table.

Average cost, 6s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

918. TOURNEDOS À LA RACHEL.

2 lbs. fillet of beef.	2 ozs. butter.	Bordelaise sauce (No. 11).
8 fried croûtes.	8 artichoke bottoms.	8 slices poached marrow.

Cut the fillet into rounds, fry them in butter quickly over a brisk fire; dress them on the fried croûtes of bread, which should be the same size as the fillets and $\frac{1}{2}$ inch thick. On each tournedos place a small artichoke bottom; season them, and on each set a slice of poached beef-marrow. Dish the tournedos on a hot dish, and send Bordelaise sauce to table separately.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

919. TOURNEDOS À LA FORESTIÈRE (FILLETS OF BEEF, FORESTER'S STYLE.

1½ lbs. fillet of beef.	3 ozs. butter.	3 potatoes.	meat-glaze.
8 mushroom heads.	Madeira sauce	chopped parsley.	salt.
8 small button onions.	(No. 50).	8 croûtes fried bread.	pepper.

Cut the fillet into eight rounds with a cutter, so as to get them all the same size; they should be $\frac{1}{2}$ inch thick. Flatten them slightly, take away all skin and gristle, and trim them. Melt 1 oz. of butter in a sauté-pan. As soon as it is hot, put in the fillets, and fry them brown on each side, keeping them underdone. Prepare the garnish. This should be done before the fillets are cooked. Peel the mushrooms, put them on a buttered baking-sheet, season with pepper and salt, and put a tiny piece of butter on each. Put them in the oven, and cook until tender. Parboil the button onions, drain the water from them, and add some meat-glaze. Let finish cooking in this, by which time they should be nicely glazed. Wash and peel the potatoes, which should be of medium size, cut them in quarters, round off the sharp edges, so as to give them as much as possible the shape of large olives; cover them with cold water in a saucepan, add some salt, bring to the boil, and cook for a few minutes; then drain. Melt 2 ozs. of butter in a stewpan or sauté-pan, clarify it, and then put in the potatoes; toss over the fire for a few minutes. Put them in the oven, and bake until brown and crisp. Take them up when done, and sprinkle some salt and chopped parsley over them. Cut the croûtes of bread the same size as the fillets, fry them in hot fat or butter. Place a cooked fillet on each fried croûte, season with pepper and salt. Place a mushroom-head on the top of each fillet, and on the mushroom a button onion. Arrange the fillets on a hot dish in a circle, place the potatoes in the centre, and serve at once very hot. A tureen of Madeira sauce should be sent up to table separately.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

920. TOURNEDOS À LA RAPHAEL.

1½ lbs. fillet of beef.	salt.	1 truffle.	8 croûtes fried bread.
2 ozs. butter.	purée of celery.	pepper.	Perigieux sauce (No. 62).

Cut the fillet of beef into eight small rounds, trim and flatten them. Melt the butter in a sauté-pan, put in the fillets, and fry quickly on each side. Season them with pepper and salt, and cover each fillet with a layer of purée of celery. Place in the centre of each a slice of truffle. Have ready the fried croûtes of bread, which should be the same size as the fillets. Place a fillet on each croûte, dish up on a hot dish, and serve with the sauce separately.

Average cost, 3s. Time required, 30 minutes. Seasonable October to February. Sufficient for 8 persons.



Bordure de Creme de Bœuf aux Prunes.

921. OLIVES DE BŒUF (BEEF OLIVES).

1½ lbs. rump steak.	1 dessertspoonful chopped	pepper.	½ teaspoonful grated lemon-
2 ozs. breadcrumbs.	parsley.	salt.	rind.
2 ozs. beef suet.	½ teaspoonful sweet herbs.	1 egg.	1 pint brown sauce (No. 6).

Take away all fat and skin from the meat ; cut it into thin slices, about 4 inches long and 2 inches wide. Chop the suet finely, put it into a basin, and add to it the breadcrumbs, chopped parsley, crushed herbs, lemon-rind, and seasoning. Mix all together. Beat the egg, and add to the stuffing. Lay the slices of meat out flat, sprinkle them with pepper and salt ; put a layer of the stuffing on each slice, roll up, and tie each with string. Heat the sauce in a stewpan, put in the prepared rolls, put on the lid of the stewpan, place it on a moderate fire, and cook gently for forty-five minutes. When cooked, take off the strings, dish on a bed of mashed potato in a pyramid form. Strain the sauce over them, and garnish the dish with groups of cooked carrot, turnip, and onion, cut in dice and tossed in butter. Serve hot.

Average cost, 2s. 6d. Time required, 1¼ hours. Seasonable at all times. Sufficient for 4 persons.

922. BORDURE DE CRÈME DE BŒUF AUX PRUNES (BORDER OF BEEF WITH PRUNES).

1 lb. cooked salt beef.	2 ozs. butter.	½ pint suprême sauce	2 ozs. flour.	2 eggs.
½ lb. French plums.	3 gills stock.	(No. 74).	1 gill cream.	seasoning.

Mince the beef by passing it through a fine mincing-machine. Melt the butter in a small stewpan, stir in the flour, add 1 gill of stock, and boil until very thick, until the mixture leaves the sides and bottom of the saucepan clean. Put this mixture with the minced meat into a mortar, pound well together ; then add the eggs, pound again. Season to taste, and rub through a wire sieve. Whip the cream slightly ; mix this into the preparation. Grease a border-mould, turn the mixture into it, shake it well down, cover with a buttered paper, and steam in a steamer over the fire for half an hour. Soak the plums in cold water for thirty minutes, then put them into a saucepan, cover with 2 gills of good stock, and boil until tender. Turn the border out on to a hot dish, fill the centre with the French plums, and pour some of the suprême sauce round the base. The remainder of the sauce can be sent to table separately. (See coloured plate.)

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

QUEUES DE BŒUF (OX-TAILS)

923. QUEUE DE BŒUF SAUCE BÉARNAISE (OX-TAIL WITH BÉARNAISE SAUCE).

1 ox-tail (large).	2 carrots.	Béarnaise sauce (No. 7).	12 peppercorns.	butter.
bouquet garni.	2 onions.	4 ozs. lean bacon.	1 pint good stock.	breadcrumbs.

Cut the ox-tail into joints, put these pieces into a saucepan, cover with cold water, and bring to the boil ; then take up the pieces of tail, drain, and dry them on a cloth. Cut the bacon into pieces, slice the onions and carrots ; put a layer of the bacon in a saucepan, on that the sliced vegetables, peppercorns, and herbs. Lay the ox-tail on the top of this, add the stock, put on the lid of the saucepan, and let simmer for two hours. Take it off the fire at the end of that time, and let the tail get cold. Melt some butter, dip the pieces into it, toss them in breadcrumbs, grill over a clear fire, or fry them in butter until a golden brown. Dish them neatly, and send to table with Béarnaise sauce separately.

Average cost of ox-tail, 1s. 8d. to 2s. Time required, 3 hours. Seasonable at all times. Sufficient for 6 persons.

924. QUEUE DE BŒUF À LA BOURGEOISE (OX-TAIL, BOURGEOISE STYLE).

1 large ox-tail.	4 ozs. bacon.	1 quart stock.	1 gill white
2 ozs. butter.	bouquet garni.	1½ ozs. flour.	wine.
2 onions.	2 carrots.	12 peppercorns.	salt.

FOR GARNISH.

button onions. | carrots and turnips cut in the shape of olives, glazed. | peas. | beans.

Cut the ox-tail in joints, and blanch. Cut the bacon in pieces. Slice the onions and carrots. Put these into a saucepan, lay the pieces of tail on the top, add the bouquet garni, the peppercorns, and the stock, cover with the lid of the saucepan, put on the fire, and simmer for two hours. When cooked, take up the tail and put on one side. Strain the liquor in the pan into a basin. Melt the butter in a saucepan, add the wine, and reduce to half. Stir in the flour, add the stock (1 pint), and stir until it boils. Season to taste. Put the pieces of tail in this sauce, and simmer gently for half an hour. Dish neatly in a pile in the centre of a dish, pour the sauce over, and garnish round the dish with the prepared vegetables, arranged in groups.

Average cost, 3s. 6d. Time required, 3 hours. Seasonable at all times. Sufficient for 6 persons.

925. QUEUE DE BŒUF AUX CHOUFLEUR (OX-TAIL WITH CAULIFLOWER).

1 large ox-tail.	4 ozs. lean bacon.	bouquet garni.	1½ pints Madeira sauce
2 carrots.	12 peppercorns.	2 pints stock.	(No. 50).
2 onions.	salt.	2 ozs. butter.	1 cauliflower.

Cut the ox-tail into joints, put them into a saucepan, cover with cold water, add a little salt, and bring to the boil. Then take up the pieces of tail, drain, and dry them well in a cloth. Cut the bacon into pieces; slice the onions and carrots. Melt the butter in a saucepan, put in the bacon, sliced vegetables, and the ox-tail, fry until a nice brown; then add the stock, herbs, and peppercorns. Simmer for two hours. When the tail is cooked, take it up and place in a clean saucepan. Add the Madeira sauce to it, which should be made with the stock the tail was cooked in, season to taste, put on to the fire, and cook for half an hour longer. Trim the cauliflower, soak in salted water; put it into boiling water, add a little salt, and cook till tender. Dish the ox-tail neatly on a dish, divide the cauliflower into nice pieces, strain the sauce over the tail, and garnish the dish with groups of cauliflower. Sprinkle a little chopped parsley over, and serve.

Average cost of ox-tail, 1s. 8d. to 2s. Time required, 3 hours. Seasonable at all times. Sufficient for 6 persons.

926. PALAIS DE BŒUF A LA FINANCIÈRE (OX-PALATES, FINANCIÈRE STYLE).

6 ox-palates.	1 onion.	½ lb. quenelle meat (No. 201).	6 cloves.
2 quarts stock.	1 stick celery.	financière garnish (No. 223).	6 peppercorns.
1 carrot.	a blade of mace.	financière sauce (No. 34).	salt.

Put the ox-palates into a basin, cover with salted water, and let them soak for a few hours. Then wash well and put them into a saucepan, with cold water and salt, and boil them until the skin can be easily removed. Put them into another saucepan, with the stock and vegetables, cut up small, the spice, and salt. Let them simmer until quite tender. This will take about four hours. When done, take up the palates and press them until cold between two tins. As soon as they are cold, cut them into pieces, about 2 inches wide and 3 inches long. Spread these with a layer of quenelle meat, roll up tightly, and put each piece into a well-buttered strip of paper. Place them in a sauté-pan, cover with some of the stock in which the palates were cooked for about twenty minutes. When done, take them up,

remove the paper, dip them in half-glaze, made from some of the cooking liquor. Dish them in the centre of a dish in the shape of a cone, put some of the garnish in the centre, and pour the sauce over.

Time required, 5 hours after soaking. Sufficient for 6 persons.

927. FRICASSÉE DE PALAIS DE BŒUF AUX PETITES POIS
(FRICASSÉE OF OX-PALATES WITH PEAS).

4 ox-palates.	1 pint white	6 mushrooms.	1½ ozs. flour.	1 onion.	salt.
2 ozs. butter.	stock.	sprigs of parsley.	boiled rice.	butter.	peas.

Soak the palates in salted water for a few hours ; then put them into a saucepan, with enough water to cover, and boil until done ; then skin and cut them up into squares. Melt the butter in a saucepan, stir in the flour, add the sliced onion and mushrooms, parsley and stock ; stir the sauce until thick. Strain the sauce into another saucepan, put in the palates, and season to taste. Boil some rice, as for curry. Make a border of this on a hot dish, arrange the palates in the centre, pour the sauce over, and put groups of cooked peas, tossed in butter, round the palates. Serve hot.

928. PALAIS DE BŒUF À LA LYONNAISE (OX-PALATES, LYONNAISE STYLE).

2 ox-palates.	1 oz. butter.	1 oz. flour.	½ pint stock.	3 large onions.	seasoning.
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Soak the palates for a few hours, boil in salted water until tender, then skin, and cut them into nice square pieces. Melt 1 oz. of butter in a saucepan, stir in the flour, add the stock, and stir until it boils. Simmer gently for ten minutes. Boil the onions until soft, then rub them through a hair-sieve. Mix this purée with the sauce ; season to taste. Put the palates into the sauce, cook together for ten minutes. Dish up and serve.

PORC (PORK)

929. CÔTELETTES DE PORC, SAUCE PIQUANTE (PORK CUTLETS WITH PIQUANTE SAUCE).

8 small pork cutlets.	breadcrumbs.	salt.	gherkins.
piquante sauce (No. 59).	pepper.	seasoning.	butter.

Cut the pork cutlets from the best end of a neck of pork ; trim them, leaving a little fat on each. Melt some butter in a stewpan, pour it on to a plate, and dip each cutlet into it ; then into breadcrumbs. Fry them in butter, taking care to cook them well. Dress the cutlets in a circle on a hot dish, pour a little of the sauce round, and place the gherkins in the centre. Send some more sauce to table separately.

Average cost, 2s. Time required, 25 minutes. Seasonable September to April. Sufficient for 4 persons.

930. CÔTELETTES DE PORC A LA SOUBISE (PORK CUTLETS WITH ONION SAUCE).

8 pork cutlets.	butter.	seasoning.
½ pint Soubise sauce (No. 75).	mashed potatoes.	Madeira sauce (No. 50).

Cut the cutlets from the best end of the neck, trim, and season them. Melt some butter in a frying-pan, arrange the cutlets in it, and fry them well ; they will take fifteen to twenty minutes to cook. Shape a circular border of mashed potato on a hot dish ; dress the cutlets on this, overlapping each other. Put the Soubise sauce, well reduced, in the centre of the dish, and pour the Madeira sauce round the base of the dish.

Average cost, 2s. Time to prepare the cutlets, 25 minutes. Seasonable September to April. Sufficient for 4 persons.

931. CÔTELETTES DE PORC À LA FLAMANDE.

8 pork cutlets. | 6 eating apples. | butter. | seasoning.

Cut the pork cutlets from the best end of a neck of pork, trim and season them with pepper and salt. Melt some butter in a sauté-pan, arrange the cutlets in it, and fry them on both sides until half done. Peel the apples and slice them. Butter a fireproof dish, lay the slices of apple upon it, arrange upon them the partly cooked cutlets, sprinkle with melted butter, and finish cooking them and the apples in the oven. Serve in the dish they were cooked in.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable September to April. Sufficient for 4 persons.

932. SOUFFLÉ AU JAMBON (HAM SOUFFLÉ).

8 ozs. lean cooked ham. | 2 yolks of eggs. | 3 whites of eggs.
1 gill Bechamel sauce. | Madeira sauce (No. 50). | seasoning.

Cut the ham into small pieces, and pound it in a mortar; add to it half the Bechamel sauce. When well pounded, pass through a fine wire sieve. Stir to this the remainder of the Bechamel, the two egg-yolks, and seasoning. Beat the whites of eggs very stiffly, stir them lightly into the mixture. Well grease a plain charlotte mould with clarified butter, fill it three parts full with the mixture, cover with a buttered paper, and steam over the fire or in the oven for thirty minutes. When cooked, turn out the mould on to a hot dish, and pour some Madeira sauce round the base of the dish.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

933. BORDURE DE JAMBON À LA SOUVAROFF (HAM BORDER, SOUVAROFF STYLE).

$\frac{1}{2}$ lb. raw ham. | 1 gill Bechamel sauce. | cooked peas. | Madeira sauce | 1 gill cream.
 $\frac{2}{2}$ ozs. veal. | 2 whites of eggs. | 1 yolk of egg. | (No. 50). | 1 truffle.

Take away all the sinews from the ham, cut it up finely; mince the veal; pound these together in a mortar until quite fine. Then add the Bechamel sauce and the eggs. Season with salt and a pinch of cayenne. If the ham is salt, only the pepper should be added. Rub the mixture through a fine wire sieve. Place the forcemeat in a basin, and add to it the cream, lightly whipped. Butter a border mould, decorate it with stars of truffle, or any other fancy pattern; fill the mould with the forcemeat; press it well down. Cover with a buttered paper, and stand the mould in a baking-tin containing water to reach halfway up the mould. Put in the oven, and steam in a moderate oven for thirty minutes. When done, turn out on to a hot dish, surround with Madeira sauce, and fill the centre with cooked peas or asparagus-heads, tossed in butter. Serve hot.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

934. QUENELLES DE JAMBON AUX PETITS POIS (QUENELLES OF HAM WITH PEAS).

$\frac{1}{2}$ lb. cooked lean ham. | $\frac{1}{2}$ gill thick Bechamel | seasoning. | $\frac{1}{2}$ pint cooked peas.
 $\frac{1}{2}$ gill cream. | sauce (No. 4). | 2 eggs. | Madeira sauce (No. 50).

Mince the ham finely, put it into a mortar, pound well; then add to it the Bechamel sauce and the eggs. Pound all together, and pass through a fine wire sieve. Put the mixture into a basin, and stir into it the slightly whipped cream, and season to taste. Shape the mixture into quenelles with two dessertspoons, place them in a greased sauté-pan, add boiling water to them, and poach carefully for ten minutes. Dish on a border of mashed potato in a circle, fill the centre with peas, tossed in butter, and pour Madeira sauce round the base.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable in the summer months. Sufficient for 8 quenelles.

CHAPTER VIII

ENTRÉES PETITES (SMALL ENTREES), HOT

935. PETITES BOUCHÉES À LA CHASSEUR (SMALL PATTIES, HUNTER'S STYLE).

8 patty-cases of puff-paste. 10 chicken livers.	2 ozs. butter. seasoning.	1 gill chasseur sauce (No. 19).
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WASH the livers well, dry them in a cloth, cut them in small squares. Melt the butter in a sauté-pan, put in the pieces of liver as soon as it is hot, and sauté them quickly over the fire. Strain away the fat from them, and add the chasseur sauce. Season to taste. Let the mixture get quite hot, but do not boil, or the liver will become tough and hard. Fill the patties with the mixture, dish up on a napkin or lace paper, garnish with crisp sprigs of parsley, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 patties.

936. CROMESQUIS À LA RUSSE.

8 ozs. cooked chicken. 4 mushrooms. 1 truffle.	2 ozs. tongue or ham. white sauce. salt.	pepper. bacon or ham. 2 ozs. flour.	2 eggs. 1 tablespoonful oil. 2 tablespoonfuls milk.
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Chop the cooked chicken and tongue finely. Cut the mushrooms and truffle into very small dice, season with pepper and salt, and moisten with sufficient sauce to make the mixture into a paste. Turn this out on to a plate, and let it get cold. When cold and set, divide into equal parts, make up into rolls the shape of corks; wrap each in a thin slice of bacon or ham. Sieve the flour with a little salt into a basin, break in the yolks of the eggs (put the whites into a basin), and stir them into the flour. Add the salad-oil and milk. Mix all well together. Then beat the batter until smooth and light. Whip the whites of the eggs very stiffly; stir them in lightly. Dip each cromesqui into this batter, cover them completely, and fry them in very hot fat a golden brown. Drain, dish them up, and garnish with fried parsley. If liked, tomato or brown sauce can be sent up to table with them.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 or 9 cromesquis.

937. ANDOUILLETES DE VOLAILLE.

6 ozs. cooked chicken. 4 mushrooms. 2 ozs. cooked ham.	salt. $\frac{1}{2}$ oz. flour. 1 shallot.	1 egg. $\frac{1}{2}$ gill stock. pepper.	2 ozs. butter. 1 pig's caul. fried parsley.	1 teaspoonful chopped parsley. oval paper soufflé-cases.
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Chop the chicken, ham, and mushrooms finely. Melt $\frac{1}{2}$ oz. of butter in a stewpan. Fry the chopped shallot, stir in the flour, mix in the stock, and boil until thick. Add to it the chopped ingredients, the parsley, and seasoning. Bind with the yolk of egg, turn the mixture on to a plate, and let it get cold. Divide it into equal parts; make each part into a roll, the shape of a cork. Cut some squares of pig's caul, wrap a piece carefully round each andouillette, fasten each end with a little white of egg. Butter the oval soufflé-cases, put a bed of fried parsley in each case. Melt the remainder of the butter in a frying-pan, put in the andouillettes,

and fry them a golden colour. When done, drain, put them on a baking-sheet, brush over with glaze, and put them in the oven for another minute. Dish them in the cases on the fried parsley. Serve with a tureen of tomato or piquante sauce.

N.B.—Any kind of game, veal, or other meat, may be used instead of the chicken, but in that case the name changes to “Andouillettes de gibier,” “de veau.” etc.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 andouillettes.

938. PETITES LANGUES À L'ESPAGNOLE (LITTLE TONGUE MOULDS WITH ESPAGNOLE SAUCE).

4 ozs. veal.	1 oz. flour.	$\frac{1}{2}$ gill stock.	seasoning.
1 oz. butter.	4 ozs. ox-tongue.	1 egg.	Espagnole sauce (No. 33).

Cut up the veal and tongue into small pieces. Melt the butter in a small stew-pan, stir in the flour, add the stock, and boil until very thick. Put this sauce and the meat into a mortar, pound well, and then add the egg and seasoning. Pound again until the ingredients are all well mixed and quite smooth, then rub through

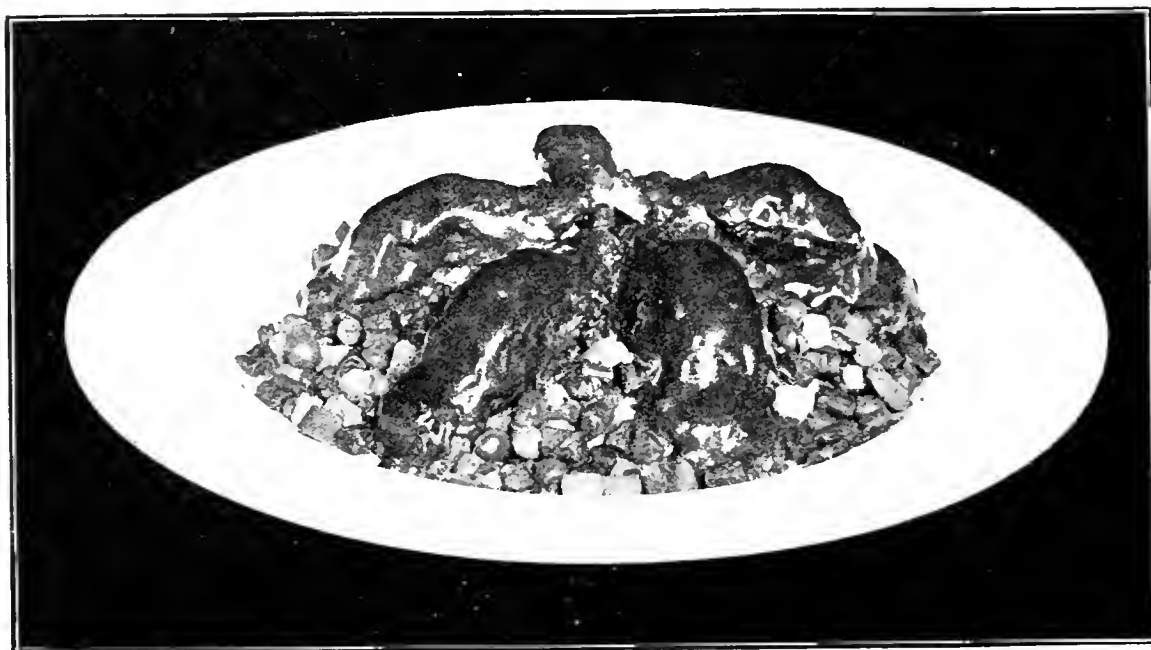


FIG. 42.—PETITES LANGUES À L'ESPAGNOLE.

a wire sieve. Put the forcemeat into a basin, and mix with it $\frac{1}{2}$ gill of Espagnole sauce. Grease some tongue moulds, about eight or ten, fill them with the forcemeat. Place the moulds in a baking-tin with boiling water, cover with a buttered paper, and cook for fifteen minutes in a moderate oven. When cooked, turn out the little moulds on to a round entrée-dish. Dish in a circle, pour the Espagnole sauce over them, just enough to coat them nicely, and garnish the centre with mixed vegetables, which have been tossed in butter, and serve.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 to 10 moulds.

939. CASSOLETTES À LA PRINCESSE MAUDE.

$\frac{1}{2}$ lb. short-paste.	1 truffle.	seasoning.	1 egg.
6 ozs. cooked chicken.	grated cheese.	Périgueux sauce	1 shallot.
2 ozs. tongue.	velouté sauce (No. 82).	(No. 62).	butter.

Roll out the short paste; butter some small plain timbale moulds, line them with the short paste. Prick the pastry with a fork, and fill them with raw rice, and bake in a moderate oven. When cooked, take them up and turn out the

rice carefully. Cut up the chicken, tongue, and truffle into dice. Melt a little butter in a saucepan, chop the shallot and fry it in the butter, mix in the chopped ingredients ; bind with sufficient sauce to make into a smooth mixture ; add the yolk of the egg, and season to taste with salt and pepper. Fill the little pastry cups with this salpicon. Whisk the white of egg stiffly ; mix with it about half a table-spoonful of grated cheese and a tiny pinch of cayenne. Cover the top of each cassolette with this as neatly as possible, piling it up high. Put them into a hot oven for about eight minutes—just long enough to make them hot through and to brown the top. Turn them out of the tins on to a hot dish, and serve with them some Périgueux sauce.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 cassolettes.

940. CANNELONS À LA ROYALE (PASTRY ROLLS, ROYAL STYLE).

4 ozs. chicken.	6 fresh mushrooms.	$\frac{1}{2}$ gill cream.	3 egg-yolks.
3 cockscombs.	2 gills velouté sauce (No. 82).	2 truffles.	vermicelli.
salt and pepper.	puff-paste trimmings.	butter.	1 egg.

Chop the chicken and cockscombs into small dice. Cook the mushrooms in a little butter, chop, and add them to the chicken ; also the truffles. Put the sauce into a saucepan, add the cream, and reduce until very thick ; add the chopped ingredients, season to taste, and bind with the egg yolks. Turn the mixture on to a plate, and let it get quite cold. Roll out the puff paste trimmings $\frac{1}{8}$ inch thick, stamp out some rounds with a pastry-cutter, 3 inches across. Place a teaspoonful of the mixture on each piece ; brush half-way round the edges with water, roll over the paste, pressing the edges lightly together. Beat up an egg, dip the cannelons in it, toss in vermicelli that has been broken up small, and fry in hot fat a golden brown. Dish up, and garnish with fried parsley, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 12 cannelons.

941. CROUSTADES DE RIZ À LA FINANCIÈRE (RICE CRUSTS, FINANCIÈRE STYLE).

$\frac{1}{2}$ lb. rice.	1 quart white stock.	2 ozs. butter.	financière garnish
1 onion.	$1\frac{1}{2}$ ozs. grated Parmesan	1 egg.	(No. 223).
1 clove.	cheese.	seasoning.	breadcrumbs.

Wash the rice. Melt the butter in a stewpan, put in the rice, and fry a few minutes ; then add the stock ($1\frac{1}{2}$ pints at first, adding the remainder if necessary). the onion stuck with the clove, and seasoning. Cook until the rice is tender and has absorbed the stock ; then work in another ounce of butter and the cheese. Put the rice into a tin 2 inches deep, cover with a buttered paper, put another tin on the top, with a small weight, and press until cold. When the rice is cold, turn out of the tin on to a board, and with a round cutter, 2 inches across, cut out as many crusts as possible. Dip in the beaten egg and toss in breadcrumbs ; then with a small cutter (1 inch) make an incision on the top of each crust. Fry the rice cases in hot fat, drain on kitchen paper, take off the covers, scoop out the inside, and fill them with the financière garnish. Place on the top of each a glazed quenelle of chicken. Serve with a tureen of Madeira sauce.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 croustades.

942. TIMBALE DE BŒUF À LA MADÈRE.

1 lb. fillet of beef.	$\frac{1}{2}$ gill water or stock.	1 oz. flour.	beef-marrow.	Madeira sauce
1 oz. butter.	2 gills brown sauce.	3 egg-yolks.	mushrooms.	(No. 50).

Cut up the meat small, put it into a mortar, and pound it well. Melt the butter in a small stewpan, stir in the flour, add the water or stock, and boil until the mixture leaves the sides of the saucepan clean. Add this panada to the pounded meat ;

also $1\frac{1}{2}$ gills of well-reduced brown sauce. Pound all well together, then add the egg-yolks, and rub through a wire sieve. Let this mixture get cold; then butter a plain timbale mould, and line it with the forcemeat. Blanch the beef marrow, cut it in pieces. Cook the mushrooms in a little butter, then chop and mix them with the marrow; moisten with a little Madeira sauce, enough to bind. Fill the centre of the lined mould with this salpicon, cover with a layer of the forcemeat. Place the mould in a sauté-pan containing boiling water, cover with buttered paper, and cook in the oven slowly for fifteen minutes. Turn out on to a dish, and serve with Madeira sauce.

Average cost, 3s. 3d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

943. PETITES TIMBALES DE VOLAILLE.

$\frac{1}{2}$ lb. quenelle meat (No. 202).	2 ozs. cooked ham.	1 truffle.	green vegetable.
$\frac{1}{4}$ ozs. cooked chicken.	4 mushrooms.	1 gill white sauce.	seasoning.

Make the quenelle meat either of chicken or veal. Cut the cooked chicken into small dice; cook the mushrooms in a little butter; chop the truffles, ham, and mushrooms; put them with the chicken in a stewpan; add the white sauce, mix well, and season to taste. Butter six to eight small moulds, line them carefully all over with the quenelle meat; fill the centre with the chicken mixture. Cover over the top of each mould with the quenelle meat. Steam them either in a steamer or in the oven for fifteen minutes. Dish in a circle, pour a good white sauce over and round, and serve a green vegetable—*i.e.*, spinach, beans, or peas, etc.—in the centre.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 to 8 persons.

944. PETITS SOUFFLÉS DE VOLAILLE À LA FINANCIÈRE (SMALL CHICKEN SOUFFLES, FINANCIÈRE STYLE).

6 mushrooms.	2 truffles.	$\frac{1}{2}$ pint Bechamel sauce	pepper.
4 olives.	$\frac{1}{2}$ gill Madeira sauce (No. 50).	(No. 4).	salt.
4 ozs. foie-gras.	8 ozs. raw chicken.	2 eggs.	butter.

Chop the mushrooms, olives, truffles, and foie-gras; mix these ingredients together, and bind with the Madeira sauce. Put a teaspoonful of this preparation into small cases (paper or china), and cover with the following mixture: Pound the chicken in a mortar. When smooth, add the Bechamel sauce; then rub through a wire sieve. Season with salt and pepper. Put the purée back into the mortar, and mix in the two egg-yolks. Whip the whites to a stiff froth, and stir in lightly. When the cases are full, smooth the top of each with a knife, and brush over with melted butter, to prevent a crust forming. Cook in a moderate oven for fifteen minutes, and serve.

Average cost, 5s. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

945. PETITES BOUCHÉES DE ROGNONS À LA PARMENTIER.

3 or 4 sheep's kidneys.	$\frac{1}{2}$ gill white wine.	4 ozs. panada.	$\frac{1}{2}$ lb. veal.
1 shallot.	$\frac{1}{2}$ pint tomato sauce (No. 77).	1 lb. potatoes.	1 egg.
1 tablespoonful cream.	$\frac{1}{2}$ gill Espagnole sauce (No. 33).	$1\frac{1}{2}$ ozs. butter.	salt.
6 mushrooms.	chopped parsley.	2 yolks of eggs.	pepper.

Skin the kidneys, and cut them in fine slices; chop the shallot and the mushrooms. Melt $\frac{1}{2}$ oz. of butter, fry the shallot a little, without browning, then add the mushrooms and kidneys, and sauté them over a quick fire. Stir in the wine and Espagnole sauce, season with pepper and salt, and cook a few minutes longer. Add a little chopped parsley, and keep until wanted. Cut the veal into small pieces, put it into a mortar, and pound it well with the panada and one egg. Season highly with pepper and salt, and rub the mixture through a wire sieve. Then stir

in the cream. Butter eight to ten small bouché moulds, sprinkle them with brown breadcrumbs, line them with the veal forcemeat, and fill each nearly full with the kidney mixture. Cover over with a layer of forcemeat. Steam in the oven for twenty minutes. Boil the potatoes, and, when done, rub them through a wire sieve. Melt 1 oz. of butter in a stewpan, stir the mashed potato in it, season to taste, and add two yolks of eggs. Mix all together thoroughly. Butter a border-mould, sprinkle all over with brown breadcrumbs, and press the potato into it. Place in a cool oven to keep hot. When ready to serve, turn out the border on to a hot dish, dress the little moulds in the centre of the border, and pour the tomato sauce round the base.

Average cost, 3s. 3d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

946. PETITES DARIOLES À LA DUXELLE.

$\frac{1}{4}$ lb. ox-tongue.	1 lb. veal forcemeat	1 oz. butter.	1 teaspoonful of chopped
1 large truffle.	(No. 201).	1 yolk of	parsley.
1 shallot.	$\frac{1}{2}$ pint Italian sauce	egg.	2 tablespoonfuls velouté
4 mushrooms.	(No. 41).	seasoning.	sauce (No. 82).

Butter six dariole-moulds, decorate each one with stars of tongue and truffle. Spread a layer of veal forcemeat over this, taking great care not to disturb the decorations. Peel the mushrooms, cook in the oven with a little butter: chop the shallot, and fry in butter. Cut the mushrooms into thin strips, also the tongue and any truffle that may be left over from the decoration. Place these in a saucepan, bind with the velouté sauce and the yolk of egg; season to taste, and mix in the chopped parsley. Fill the centre of the moulds with this. Cover the top of each with a layer of the forcemeat, cover with buttered paper, and steam for fifteen or twenty minutes. Turn out carefully, and pour Italian sauce round the dish.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

947. PETITES TIMBALES À LA MILANAISE (LITTLE MOULDS, MILAN STYLE).

$\frac{1}{2}$ lb. veal or chicken.	1 oz. flour.	1 egg.	2 ozs. cooked macaroni.
1 oz. butter.	$\frac{1}{2}$ gill stock.	$\frac{1}{2}$ gill cream.	tomato sauce (No. 77).

Mince the meat, first removing skin and sinew. Melt the butter in a small stewpan, stir in the flour, add the white stock, and boil until thick and the mixture leaves the sides of the saucepan clean. Put this, with the veal or chicken, into a mortar, pound until fine, then add the egg, pepper and salt: mix well, and rub through a wire sieve. Mix into this purée the cream, which should be lightly whipped. Butter some small timbale moulds. Cut the macaroni into short lengths, about $\frac{1}{8}$ inch long. Arrange these small pieces of macaroni all over the little moulds. They must fit close together, and completely line the moulds. Let these get quite firm on ice; then fill them with the prepared forcemeat. Place them on a baking-tin containing a little boiling water, cover with a buttered paper, and poach in the oven for about twenty minutes. When done, take up, turn them carefully out of the moulds on to a hot dish, pour some hot tomato sauce round, and serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 timbales.

948. COQUILLES DE RIS DE VEAU (SHELLS OF SWEETBREAD).

1 sweetbread (large).	$\frac{1}{2}$ gill velouté sauce (No. 82).	1 breadcrumbs.	seasoning.
8 mushrooms.	$\frac{1}{2}$ gill tomato sauce (No. 77).	$\frac{1}{2}$ gill cream.	butter.

Soak, blanch, and braise the sweetbread. When cooked, cut it into large dice. Add to it the sliced mushrooms. Heat up in a saucepan the velouté sauce. Mix into it the tomato sauce, and reduce well. Season to taste, and add the cream.

Make hot, then add to it the prepared sweetbreads and mushrooms. Butter some shells lightly, fill them with the mixture, sprinkle each with breadcrumbs and melted butter, and bake in a sharp oven a light brown. Serve quickly.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 shells

949. BROCHETTES DE RIS DE VEAU (SWEETBREADS ON SKEWERS).

1 sweetbread.	1 egg.	breadcrumbs.	fried parsley.
thin slices of bacon.	salt.	pepper.	Périgueux sauce (No. 62).

Soak, blanch press, and braise the sweetbread ; trim it, and take away fat and gristle ; cut it into slices. Cut the bacon the same size. Sprinkle the sweetbread slices with pepper and salt. Arrange them on skewers alternately with the pieces of bacon, three slices of sweetbread and three of bacon on each skewer. Dip the skewers first in melted butter, then in egg and breadcrumbs ; fry them a golden brown in hot fat or butter. Dish up, and garnish with fried parsley. Serve the sauce separately.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

950. CRÉPINETTES DE RIS DE VEAU.

1 heart sweetbread.	salt.	1 egg.	1 pig's caul.
1 truffle.	pepper.	breadcrumbs.	Périgueux sauce
1 oz. cooked ham.	butter.	fried parsley.	(No. 62).

Soak the sweetbread for one hour, blanch and trim it. Chop the sweetbread, ham, and truffle, season with salt and pepper, and mix with beaten egg, sufficient to bind. Put these ingredients into a saucepan with a little melted butter, and stir until thoroughly blended over the fire. Turn out on to a plate, and let the mixture get cold ; then divide it into six or eight equal portions. Make these into rolls, the shape of corks, wrap each in a piece of pig's caul. Brush over with melted butter, roll in breadcrumbs, and fry them in hot fat in a sauté-pan. When cooked, take up, drain, and dish up ; garnish with fried parsley, and serve with the sauce separately.

Average cost, 5s. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

951. PETITES CROUSTADES DE RIS DE VEAU.

1 sweetbread.	1 carrot.	3 or 4 preserved mushrooms.	1 truffle.
bouquet-garni.	1 onion.	grated Parmesan.	½ lb. puff-paste.
½ pint stock.	1 turnip.	a few breadcrumbs.	seasoning.
1 slice tongue.	2 cloves.	1 gill Bechamel sauce (No. 4).	butter.

Blanch the sweetbread, press it under a light weight until cold, trim it, taking away all fat and sinew. Cut up the vegetables, put them into a stewpan with the herbs, cloves, and stock. Put the sweetbread on the vegetables, cover with buttered paper, put on the lid of the stewpan, and braise for half an hour. When done, take it up, let it cool a few minutes, then cut into dice. Cut up the mushrooms, truffle, and tongue in the same way. Mix these ingredients with the Bechamel sauce ; season to taste. Line some bouché moulds with the puff-paste, prick the bottom of each, fill them with raw rice, and bake them a golden colour in a hot oven. When done, take out the rice carefully, turn them out of the moulds, and fill them with the sweetbread mixture. Sprinkle some grated cheese and breadcrumbs on the top of each, put them in the oven for a few minutes, and then serve hot.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 to 10 croustades.

952. CORNETS À LA MONT-GLAS.

$\frac{1}{2}$ lb. puff-paste.	1 gill Bechamel	3 mushrooms.	seasoning.	1 egg.
1 pair lambs' sweetbreads.	sauce (No. 4).	1 slice tongue.	parsley.	1 truffle.

Butter the outside of some cornet tins. Roll out the pastry, and cut it in strips, about $1\frac{1}{2}$ inches wide. Roll these pieces of paste round each tin, so that the pastry strip laps over at each turn. Beat up the egg, and brush over the pastry with it. Lay these tins on a greased baking-tin, and bake in a hot oven. Blanch, trim, and braise the sweetbreads. When cooked, cut it in dice; also the mushrooms, truffle, and ham. Put these ingredients into a saucepan, moisten them with enough sauce to bind, season to taste, and make quite hot. When the paste cases are done, take them out of the oven and slip the tins out, fill them with the mixture; sprinkle a little chopped parsley on each. Dish them on a folded napkin on a dish, the pointed ends to the centre of the dish. Put some sprigs of crisp parsley in the centre, and serve.

Average cost, 2s. Time required, 2 hours. Seasonable January to August. Sufficient for 6 cornets.



FIG. 43.—ROULETTES DE RIS D'AGNEAU.

953. ROULETTES DE RIS D'AGNEAU (PASTRY ROLLS WITH SWEETBREAD.

2 pairs lambs' sweetbreads.	$\frac{1}{2}$ lb. puff-paste.	1 gill green peas.
3 or 4 mushrooms.	pepper.	2 ozs. ham.
$\frac{1}{2}$ gill Bechamel sauce (No. 4).	salt.	1 yolk of egg.

Roll out the puff-paste, cut it out with an oval cutter, and roll these pieces round some wooden rollers about 3 inches long; these must be well greased beforehand. Put them folded side down on a baking-sheet, brush over with yolk of egg, and bake in a moderate oven until nicely browned. When done, take out of the oven, and slip the rollers out of the pastry, and fill with the following mixture: Cook the sweetbreads, cut them in small dice, also the ham, mushrooms, and truffle in the same way. Put this into a stewpan, and add sufficient sauce to bind the mixture; season to taste. This mixture should be ready by the time the pastry is cooked. Cook the peas, then rub them through a hair-sieve, mix with it a little cream or Bechamel sauce to make it the right consistency, and, if necessary, a little spinach greening. Put this purée into a forcing-bag with a rose-pipe, and decorate the top of each roulette with it. Dish up, and decorate the dish with fried parsley.

Average cost, 2s. Time required, 1 hour. Seasonable January to August. Sufficient for 8 roulettes.

954. BONNES BOUCHES DE RIS D'AGNEAU (TIT-BITS OF LAMBS' SWEETBREADS).

$\frac{1}{4}$ lb. short or puff-paste.	6 mushrooms.	$\frac{1}{2}$ lb. mashed potato.
2 truffles.	1 gill suprême sauce (No. 74).	1 egg-yolk.
2 pairs lambs' sweetbreads.	seasoning.	$\frac{1}{2}$ oz. butter.

Cook the sweetbreads, drain and cool them, cut into dice ; sauté the mushrooms in butter, cut them and the truffles into dice, mix with the sweetbread, moisten with the sauce, and season to taste. Roll out the pastry, and line with it some small bouché moulds, fill with raw rice, and cook in a hot oven a light brown. When done, take out the rice, and fill them with the sweetbread mixture. Have ready the potato, which should be passed through a wire sieve, melt $\frac{1}{2}$ oz. of butter in a saucepan, put in the potato, season nicely. add the egg-yolk. and mix well ; turn

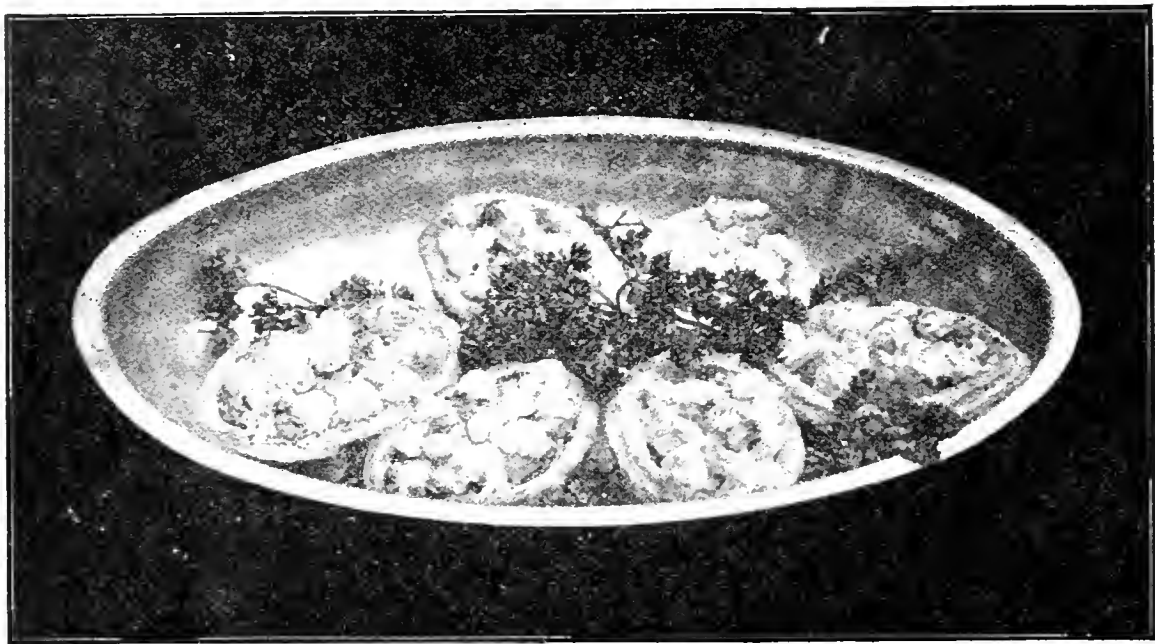


FIG. 44.—BONNES BOUCHES DE RIS D'AGNEAU.

on to plate to cool. When cool enough, put the potato into a forcing-bag with pipe, and decorate the top of each. Put into a hot oven for a few minutes. Dish up, and serve hot.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable January to August. Sufficient for 8 bouchés.

955. RISSOLES DE RIS D'AGNEAU (RISSOLES OF SWEETBREAD).

1 pair lambs' sweetbreads.	4 mushrooms.	$\frac{1}{2}$ lb. puff-paste.
$\frac{1}{2}$ gill Bechamel sauce (No. 4).	seasoning.	1 oz. ox-tongue.
1 truffle.	breadcrumbs.	1 egg.

Blanch, trim, braise, and press the sweetbreads, cut them into small dice, also the truffle, ox-tongue, and mushrooms ; season to taste, and moisten with enough sauce to bind. Roll out the puff-paste very thinly, and cut out some rounds with a $1\frac{1}{2}$ -inch cutter. Put some of the sweetbread mixture on each round, wet the edges, and fold in half, press down with the finger so as to close the pastry. Beat the egg on a plate, put in the rissoles, and brush them over with it, then toss in bread-crumbs, and fry in very hot fat a golden colour. Drain, and serve on a dish-paper on a hot dish. Garnish the dish with fried parsley.

Average cost, 2s. Time required, 1 hour. Seasonable January to August. Sufficient for 8 persons.

956. BEIGNETS DE RIS DE VEAU (SWEETBREAD FRITTERS).

1 large calf's sweetbread.	3 mushrooms.	tarragon and chervil.
$\frac{3}{4}$ pint Madeira sauce (No. 50).	2 shallots.	frying batter.
1 teaspoonful chopped parsley.	seasoning.	fried parsley.

Blanch the sweetbread, braise, trim, and press it, and when cold cut in slices. Chop the mushrooms and shallots finely, cook them in butter, then add the chopped herbs. Reduce the sauce well, then mix in the chopped ingredients; dip the slices of sweetbread into this sauce, place them on a greased dish, and put on ice or in a cool place. Ten minutes before serving dip each slice into frying batter, and fry in hot fat. When a nice golden brown, take them out, dish on a napkin, and garnish with fried parsley, and serve.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

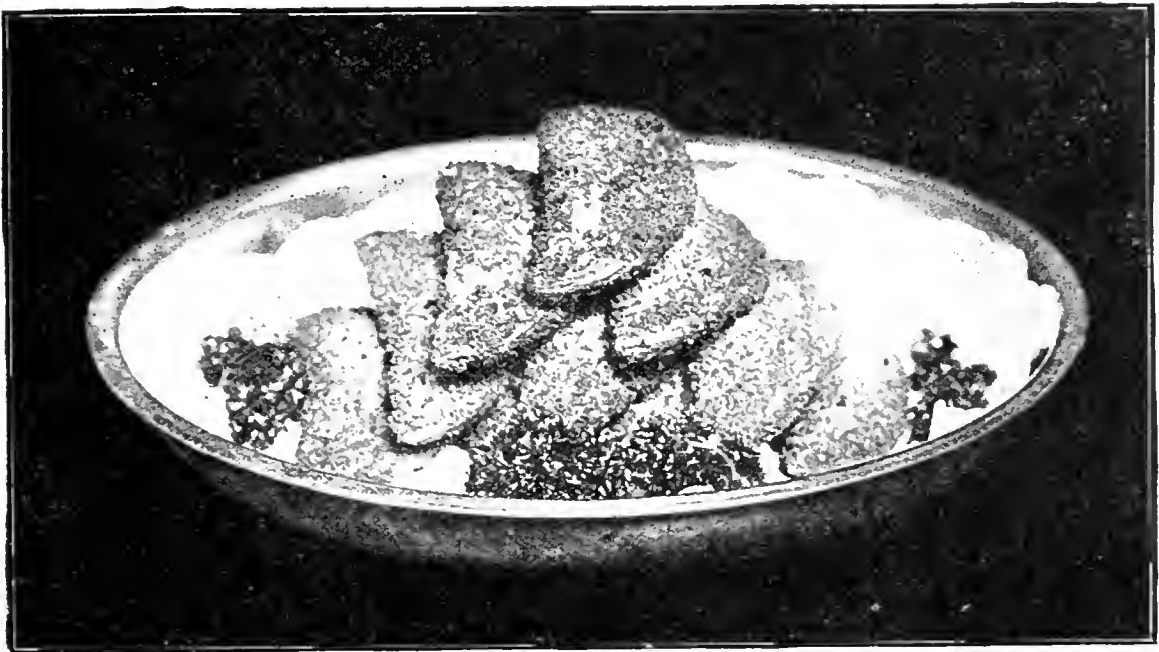


FIG. 45.—RISsoles DE RIS D'AGNEAU.

957. RIS D'AGNEAU EN CAISSES (LAMBS' SWEETBREADS IN CASES).

6 lambs' sweetbreads.	$\frac{1}{2}$ pint velouté sauce	2 egg-yolks.	seasoning.
1 pint stock.	(No. 82).	melted butter.	2 whites of eggs.

Soak the sweetbreads in cold water for one hour, blanch and drain, put into a saucepan with the stock, and cook. When done, press them lightly until cold; trim the sweetbreads, and cut them each to a round shape. Reduce the stock that the sweetbreads were cooked in to 1 gill, add to this the sauce and the egg-yolks, bind the sauce over the fire; season to taste. Whip the whites of the eggs stiffly, and stir into the sauce. Put a teaspoonful of sauce into some small china cases, place a slice of sweetbread on the top of each, and cover with the sauce. Pour over a little melted butter, and bake in a moderate oven for ten or fifteen minutes. Serve at once.

Average cost, 2s. 3d. Time required, 40 minutes. Seasonable January to August. Sufficient for 6 cases.

958. BOUDINS DE VEAU À LA LUCULLUS.

$\frac{1}{2}$ lb. lean veal.	$\frac{1}{2}$ gill white stock.	6 mushrooms.	2 eggs.
2 ozs. butter.	2 ozs. foie-gras.	breadcrumbs.	2 shallots.
1 oz. flour.	$\frac{1}{2}$ pint Périgueux sauce (No. 62).	fried parsley.	1 truffle.

Mince the veal. Melt 1 oz. of butter in a saucepan, stir in the flour, add the stock, and boil until the sauce leaves the sides and bottom of the saucepan; put this panada with the meat into a mortar, pound well, then add one egg, pound again,

season to taste with pepper and salt, and rub the mixture through a wire sieve. Chop the shallots finely, fry them without browning in the remainder of the butter ; chop the mushrooms, and mix with the onion ; when cooked, add them to the force-meat ; cut the truffle and foie-gras into very small dice, mix these into the other ingredients, turn this mixture on to a plate, and let it get cold. Divide this mixture into eight equal portions, shape each piece into flat rounds on a floured board ; this is best done by making them first into balls, then flattening them lightly with the hand. Butter a sauté-pan, arrange the boudins in it, cover with boiling water, put them over the fire, and bring to the boil ; as soon as the water boils draw the pan to the side of the fire, and let them stand for ten minutes, then lift them carefully out of the water ; drain on a cloth, and let them get cold. Beat up an egg on a plate, dip the boudins in it, coat them well all over, then toss in breadcrumbs, and fry in very hot fat or lard. Dish them in a circle on a hot dish, garnish the centre of the dish with fried parsley. Serve hot with the sauce separately.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

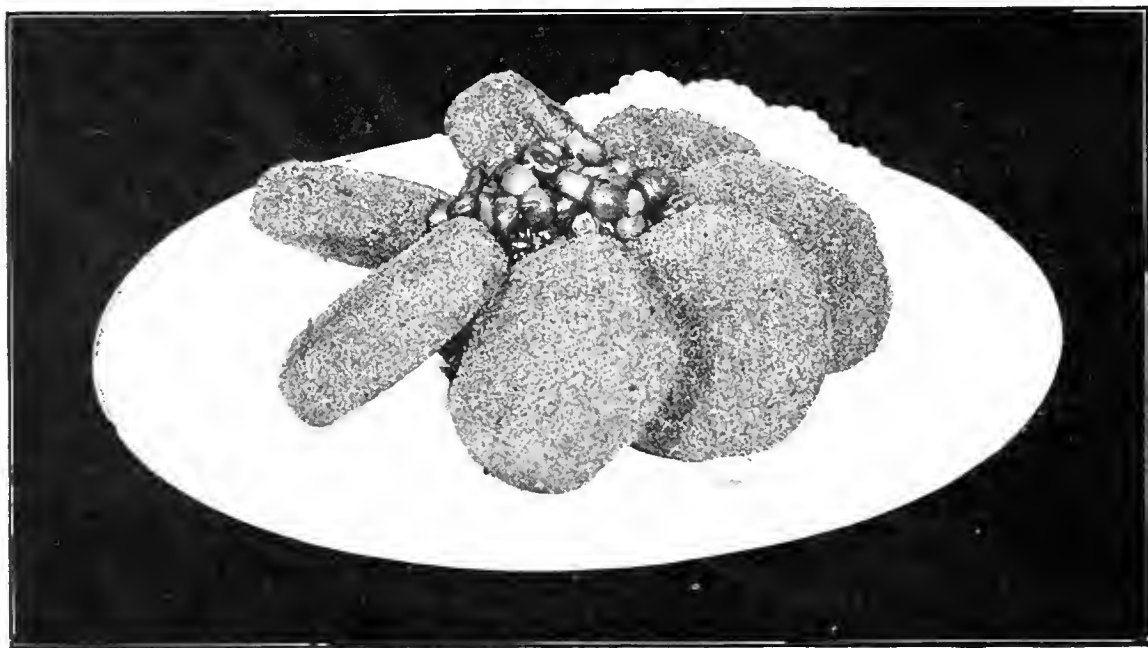


FIG. 46.—BOUDINS DE VEAU À LA LUCULLUS.

959. PETITES BOUCHÉES DE FAISAN À LA MODERNE.

1 lb. potatoes.	3 yolks of eggs.	1 gill cream.	2 gills Bechamel sauce	remains of cold pheasant.
2 ozs. butter.	4 mushrooms.	seasoning.	(No. 4).	1 truffle.

Chop the pheasant, truffle, and mushroom finely, put these ingredients into a stewpan, and moisten with a little sauce ; stir this over the fire until well mixed ; season with pepper and salt. Cook the potatoes, and then rub them through a wire sieve ; melt 1 oz. of butter in a saucepan, stir in the potato, add a little cream, and season with salt and pepper. Let this purée get quite hot, then add the yolk of an egg, and mix into a paste. Grease some small plain dariole moulds, line them with the potato purée, put some of the pheasant mixture in the centre of each mould, cover with the potato. Smooth with the blade of a knife, brush over with egg-yolk, and bake in a moderate oven until a golden brown. Warm up the remainder of the sauce, add the yolk of an egg, cream, and the rest of the butter bit by bit. Turn out the little moulds on to a hot dish, pour the sauce round, and serve.

Average cost, 2s., without pheasant. Time required, $\frac{1}{2}$ hour. Seasonable October to February. Sufficient for 6 moulds.

N.B.—Any kind of game, chicken, veal, or sweetbread may be used instead of the pheasant.

960. DORMÉS À L'INDIENNE.

$\frac{1}{2}$ lb. lean veal.	1 dessertspoonful flour.	$\frac{1}{2}$ gill stock.	2 eggs.
2 shallots.	1 teaspoonful curry-powder.	boiled rice.	breadcrumbs.
1 oz. butter.	8 artichoke bottoms.	curry sauce (No. 23).	seasoning.

Cut up the meat, take away all skin and gristle, pass the veal through a mincing-machine. Melt the butter in a stewpan; chop the shallots finely, and fry in the butter, then add the meat, and cook for a few minutes over a brisk fire; mix the flour and curry-powder together, add this to the meat, and cook a little longer; dilute with the stock, season to taste, boil up and simmer gently for five minutes, stirring meanwhile. Let the mixture cool slightly, then add one yolk of egg, bind over the fire, and turn the mixture on to a plate to cool. When cold, make up into small round flat cakes the size of the artichoke bottoms, brush them over with beaten egg, toss in breadcrumbs, and fry them in hot fat. Heat the artichoke bottoms in a little good stock, drain the meat-cakes, and dress one on each artichoke. Dish in a circle on a hot dish, fill the centre with nicely boiled rice, and serve very hot with the sauce separately.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

961. DORMÉS DE VOLAILLE.

4 ozs. cooked chicken.	1 oz. chopped ham.	lemon-juice.	pepper.	1 shallot.
1 teaspoonful chopped parsley.	4 hard-boiled eggs.	1 oz. butter.	salt.	1 oz. flour.
	breadcrumbs.	1 gill stock.	1 egg.	frying fat.

Chop the shallot, melt the butter, put in the shallot, and fry for a few minutes without browning; then add the flour, stir in the stock, and boil until thick. Mince the chicken and ham finely, and add to the sauce. Cut the hard-boiled eggs in halves lengthways, take out the yolks carefully, so as not to break the whites, chop the yolks, and add them to the meat; mix in the parsley, pepper, salt, and lemon-juice; stir all together until well mixed. Fill the halves of the eggs with the preparation, shape it so that it looks like a whole egg, dip them in breadcrumbs, then in egg and breadcrumbs; repeat this, then fry the dormés a golden brown in very hot frying fat. Dish up, and serve with fried parsley.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

962. BOUDINS DE VEAU À LA RICHELIEU.

$\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ gill stock.	2 pairs lambs' sweet-	1 egg.	$\frac{1}{2}$ gill white sauce.
1 oz. flour.	1 truffle.	bread.	salt.	$\frac{1}{2}$ gill cream.
1 oz. butter.	1 slice ham.	velouté sauce (No. 82).	pepper.	6 champignons.

Mince the veal finely. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until thick; put this with the minced veal into a mortar, pound well together, add the egg, salt, and pepper, pound again until it is all well mixed, then pass through a wire sieve. Whip the cream slightly, and stir it into the forcemeat. Grease some plain dariole moulds, and line them all over with the veal forcemeat. Fill the centre with the following mixture: Blanch, trim, and braise the sweetbreads; when cooked, cut them into dice; cut also into small dice the champignons, truffle, and ham; mix with these the white sauce, and season to taste. When the moulds are filled, cover over the top with a layer of the forcemeat. Place the shapes in a steamer, cover them with buttered paper, put on the lid, and steam for ten minutes. When done turn them out on to a hot dish, and serve with the velouté sauce poured round. Garnish the top of each with a little chopped truffle or ham.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 5 or 6 moulds.

963. PETITES TIMBALES DE VEAU À LA RICHELIEU (LITTLE MOULDS OF VEAL, RICHELIEU STYLE).

$\frac{3}{4}$ lb. veal.	$\frac{1}{2}$ gill stock.	2 ozs. ox-tongue.	2 gills white sauce
1 oz. butter.	$\frac{1}{2}$ gill cream.	2 or 3 mushrooms.	(No. 82).
1 oz. flour.	1 egg.	seasoning.	truffle.

Take 4 ozs. of the veal, and cook it. Cut up the remainder of the veal in small pieces. Melt the butter in a saucepan, stir in the flour, add the stock, and boil until very thick. Put the veal and the panada just made into a mortar, pound well together, add the egg and seasoning. When all is well pounded, rub the mixture through a wire sieve. Cut the cooked veal, tongue, and mushrooms into dice, mix with them about $\frac{1}{2}$ gill of white sauce, enough to bind the mixture, season to taste. Whip the cream lightly, and mix it into the pounded and sieved forcemeat ; line some small greased timbale or dariole moulds with this, fill the centre with the cooked ingredients, cover with the forcemeat, put a greased paper over them, and steam for ten minutes. When cooked, turn out the moulds on to a hot dish. Serve with the remainder of the sauce, poured over or round. Place a slice of truffle on each timbale.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 moulds.

964. CROQUETTES DE JAMBON (HAM CROQUETTES).

8 ozs. lean cooked ham.	4 ozs. boiled rice.	$\frac{1}{2}$ onion.	2 egg-yolks.	breadcrumbs.
tomato sauce (No. 77).	1 gill white sauce.	2 ozs. butter.	1 whole egg.	seasoning.

Chop the ham finely, removing all sinew. Melt the butter in a stewpan, chop the onion finely, and fry it in the butter without letting it brown ; then add the chopped ham and the boiled rice, season with pepper and salt, add the white sauce (which should be thick), mix in the two egg-yolks, and turn the mixture on to a plate to get cold and set. When ready to use, make the preparation up into balls or cork shapes, beat the egg on a plate, dip the croquettes into it ; then toss in breadcrumbs, and fry in hot fat. Dish up, garnish with fried parsley, and send some well-seasoned tomato sauce to table with them separately.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient to make 8 croquettes.

965. ZÉPHIRES DE FOIE-GRAS À LA SUPRÈME.

$\frac{3}{4}$ lb. veal or chicken.	truffle.	$\frac{1}{2}$ gill water or stock.	suprême sauce
1 oz. butter.	$\frac{1}{2}$ gill cream.	1 whole egg and 2 yolks.	(No. 74).
1 oz. flour.	pepper.	terrines of foie-gras.	salt.

Remove all sinew and skin from the raw chicken or veal ; chop it finely. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the stock or water, and boil until thick and until it leaves the sides of the pan clean. Put the chopped meat into a mortar, put the panada into it, pound well ; then add the eggs one at a time, mix all together, and rub through a wire sieve. Whip the cream slightly, and add it to the forcemeat ; season to taste. Turn the foie-gras out of the terrine, take off the fat, and cut into nice pieces, one for each zéphire. The trimmings left over should be well pounded and sieved, and mixed with the forcemeat. Butter some small, flat, oval-shaped, fluted moulds, line each with the forcemeat, place in the centre of each a piece of foie-gras, fill up with more of the forcemeat, place them in a steamer, cover with a buttered paper, and steam for about fifteen minutes. Dish them on a round entrée dish in the shape of a star, sauce over with suprême sauce, sprinkle some chopped truffle in the centre of each, and serve.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 zéphires.

966. PETITS SOUFFLÉS DE FOIES DE VOLAILLE (LITTLE SOUFFLÉS OF CHICKEN LIVERS).

12 chicken livers.	2 ozs. butter.	1 oz. flour.	1 pepper.
4 ozs. chicken meat (raw).	$\frac{1}{2}$ gill white stock.	2 eggs.	salt.

Wash the livers, wipe them dry, chop them finely, and fry them quickly in 1 oz. of butter; season with salt and pepper. Melt 1 oz. of butter in a saucepan, stir in the flour, add the stock, and boil until thick. Pass the chicken meat through a mincing-machine, put it into a mortar, add the livers and sauce to it, and pound all well together; then add the egg-yolks, and season to taste. Mix well, and rub through a wire sieve. Whisk the whites of eggs stiffly, and stir into the purée. Butter some china soufflé cases, fill these two-thirds full with the mixture, place them on a baking-sheet, and cook in a moderate oven for about twenty minutes. Serve as soon as ready.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 12 soufflés.

937. RISSOLETTES DE RIS D'AGNEAU.

$\frac{1}{2}$ lb. puff-paste.	1 truffle.	$\frac{1}{2}$ gill Bechamel sauce.	frying fat.
breadcrumbs.	1 oz. ham.	fried parsley.	$\frac{1}{2}$ onion.
4 champignons.	1 gill stock.	6 peppercorns.	1 egg.
seasoning.	$\frac{1}{2}$ bay-leaf.	2 lambs' sweetbreads.	$\frac{1}{2}$ carrot.

Put the sweetbreads into a stewpan, cover with cold water, and bring to the boil. Drain, put them on a baking-sheet, place another on the top, and press until cold; then trim, take away skin, fat, and gristle. Cut the onion, after peeling in half, scrape the carrot cut in large pieces. Put these into a saucepan with the bay-leaf, peppercorns, and a little salt. Add the stock, place the sweetbreads on the vegetables, cover with a buttered paper and the lid of the saucepan, and simmer gently for twenty minutes. Take them up, drain, and let cool; then cut in small dice; cut up the champignons, truffle, and ham in the same way. Mix these ingredients together, also the lambs' sweetbreads. Heat the sauce, and stir into it the above ingredients. Season with salt and pepper, mix well, and then turn on to a plate to cool. Roll out the puff-paste thinly, stamp out some rounds with a cutter $2\frac{1}{2}$ inches across. Place in the centre of a round some of the mixture, wet the edges, and place another round of paste on the top. Press the edges together, and continue in this way until all the pastry and the mixture are used up. Beat an egg on a plate, dip the rounds into it, then into breadcrumbs, and fry them in hot fat a golden brown. Drain them on paper, dish up, and garnish with fried parsley, and serve hot.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable December to August. Sufficient for 6 persons.

968. PETITS SOUFFLÉS DE VOLAILLE EN CAISSES (LITTLE SOUFFLÉS OF CHICKEN IN CASES).

4 ozs. raw chicken. | salt and pepper. | 1 whole egg. | 1 yolk of egg. | $\frac{1}{2}$ gill cream. | $\frac{1}{2}$ oz. butter.

Take away all skin and gristle from the chicken, cut it up into small pieces, put into a mortar, and pound well; then add by degrees the two yolks of eggs, season to taste with salt and pepper, and then rub the mixture through a wire sieve. Whip the cream a little, and stir it into the forcemeat; whisk the white of the egg very stiffly, and stir it in carefully. Butter five or six soufflé cases (either china or paper), fill them three-parts full with the mixture. Place them on a baking-sheet, and bake in a moderate oven for about fifteen minutes. Dish the cases on a napkin folded and placed on a hot dish, and serve at once very hot. A tureen of Bechamel sauce can be served with this entrée.

Average cost, 2s. Time required, 30 minutes. In season all the year. Sufficient for 3 persons.

969. PETITES TIMBALES DE FOIES DE VOLAILLE.

$\frac{1}{2}$ lb. chicken force- meat (No. 202).	1 shallot. pepper.	6 chicken livers. brown sauce.	1 oz. butter. $\frac{1}{2}$ gill cream.	salt. truffle.
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Wash the livers, dry, and slice them finely. Melt the butter in a sauté-pan, chop the shallot, and fry it in the butter without browning ; then add the liver, and cook. Add to them enough brown sauce to bind, and season nicely with pepper and salt. Butter some small timbale moulds (six or eight), decorate each at the bottom with a star of truffle. Whip the cream lightly, and stir it into the chicken forcemeat. With this line the little moulds. This should be done carefully, and the mixture pressed well into the moulds. Fill up the hollow centre in each with the liver preparation, cover the tops with a layer of forcemeat, smooth it with a knife so as to get it quite level. Place the timbales on a baking-sheet containing a little water, cover with paper, and put in the oven for about fifteen to twenty minutes. When cooked, turn out the moulds on to a hot dish, pour some brown sauce round the timbales, and serve hot.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 timbales.

970. RIS D'AGNEAU AUX FONDS D'ARTICHAUTS (LAMBS' SWEETBREADS, WITH ARTICHOKE).

6 lambs' sweet- breads.	1 onion. 2 ozs. bacon.	$\frac{1}{2}$ gill Bechamel sauce (No. 4). 2 egg-yolks.	$\frac{1}{2}$ pint stock. butter.
1 carrot.	1 bouquet garni.	1 oz. grated Parmesan cheese.	seasoning.

Blanch the sweetbreads, drain, and trim them. Cut the carrot and onion into large pieces, put them into a saucepan, add the bacon sliced and the bouquet garni. Place the sweetbreads on this, and add the stock. Cover with a buttered paper and the lid of the stewpan, and cook over the fire or in the oven for twenty to thirty minutes. When done, take up the sweetbreads. Strain and reduce the stock, skim it, add the Bechamel sauce and the egg-yolks. Bind over the fire, and season to taste. Arrange the artichoke-bottoms on a buttered tin, put into each a little of the sauce, place the sweetbreads on this, and pour over them the remainder of the sauce. Sprinkle well with the grated cheese and a little melted butter, put them into a hot oven for five minutes. Dish up, and serve with suprême or velouté sauce separately.

Average cost, 2s. Time required, 1 hour. Seasonable January to August. Sufficient for 3 persons.

CHAPTER IX

HOUSEHOLD COOKERY (MEAT, POULTRY, ETC.)

971. TO ROAST A JOINT.

WEIGH the joint, and allow a quarter of an hour to each pound of meat, and one-quarter of an hour over. This time is for beef and mutton ; veal and pork will take a little longer. Have ready a well-made-up clear fire. Place the meat on the hook, and put it close to the fire for the first quarter of an hour in order to keep the gravy in by closing the pores ; after that time draw it farther away. The joint must be well basted during the process of cooking. Put the joint closer to the fire during the last quarter of an hour, so as to brown it nicely. When the joint is done, take it up, place on a hot dish, pour off the dripping carefully from the pan into a basin, pour some hot water or stock into the pan, stir it with a spoon in order to loosen the gravy which sticks to the bottom of the pan, season it with a little salt, and pour the gravy round the meat.

972. TO BAKE A JOINT.

Weigh the joint, and allow a quarter of an hour to each pound of meat. Place the joint on the grid on a double baking-tin ; the lower tin should contain hot water, so that the steam from it prevents the dripping from the meat burning. Place the meat in a very hot oven for the first ten minutes, in order to close the pores of the meat, and so keep in the goodness of the meat. After the first ten minutes, open the ventilator, so that the steam may escape. Baste the meat well during the cooking process. When cooked, dish the joint on a hot dish, and pour the gravy round. The gravy should be made in the same way as for a roast joint.

973. TO BOIL A JOINT.

Weigh the meat, and allow twenty minutes to each pound, and twenty minutes over. If the joint to be boiled is fresh meat, put it into a saucepan of boiling water containing enough water to cover ; then draw the saucepan to the side of the fire, and simmer gently until the meat is done. On no account allow the water to boil, or the meat will be tough. Salt meat should be put into cold water, and brought to the boil, then slowly simmered until done. When cooked, place the meat on a hot dish, and pour over it a little of the liquor it was cooked in.

974. IRISH STEW.

2 lbs. neck of mutton (middle).	3 large onions.	pepper.
3 lbs. potatoes.	$\frac{1}{2}$ pint cold water.	salt.

Cut the meat into pieces, take away some of the fat, but do not remove it all. Peel the potatoes and onions, slice the onions and some of the potatoes. Put a thick layer of sliced potatoes at the bottom of a stewpan, sprinkle with salt and pepper (black pepper for preference). On this put some sliced onion, then a layer of meat, more seasoning. Cover the meat with potatoes cut in halves, again

seasoning, and a layer of onions. Continue in this way until the stewpan is full. The last layer should consist of small whole potatoes, thickly sprinkled with salt and pepper. Lastly, add the $\frac{1}{2}$ pint of water, put on the lid of the stewpan, and place on the stove, and cook very gently for two hours. The lid should be removed as seldom as possible during the cooking process. When ready to serve, turn the stew on to a hot dish, piling the meat in the centre, and arranging the whole potatoes round.

Average cost, 1s. 8d. Time required, $2\frac{1}{2}$ hours. Seasonable in the winter months. Sufficient for 4 persons.

975. STEAK AND KIDNEY PIE.

$1\frac{1}{2}$ lbs. buttock steak.	$\frac{1}{4}$ lb. butter.	1 egg.
$\frac{1}{2}$ lb. ox-kidney.	1 tablespoonful flour.	salt.
$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ small onion (if liked).	pepper.

Cut the steak into thin slices. Mix together the tablespoonful of flour, about one teaspoonful of salt, and half of pepper. Dip each slice of steak in this, place

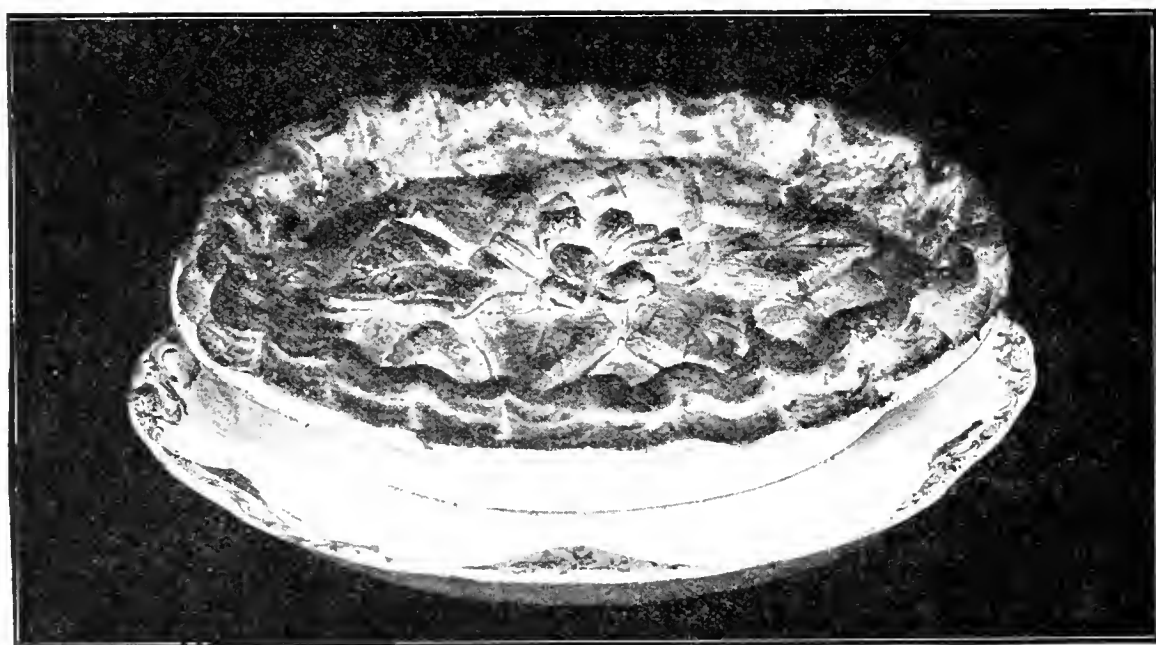


FIG. 47.—STEAK AND KIDNEY PIE.

a small piece of kidney and a tiny piece of fat on each, roll up, and place these rolls in a pie-dish. Chop the onion, and sprinkle it over the meat; fill the dish three-parts full with water. Sieve the flour into a basin, add a little salt, break up the butter in the flour, rub it in with the fingers until the mixture looks like bread-crumbs; then add by degrees enough water to make it into a stiff paste. Turn the paste on to a floured board, roll it out about $\frac{1}{3}$ inch thick, and a size larger than the pie-dish. Wet the edge of the pie-dish, and line with a strip of the paste; wet the edge again, and put on the cover. Trim round the edge with a sharp knife. Make a hole in the centre of the crust in order that the steam may escape. Decorate round the incision with some leaves, with a rose or tassel in the centre. Beat up an egg on a plate, and brush the pie over with it. Bake it for about two hours. The pie should be put first into a hot oven to cook the paste, and when that is cooked, put into a cooler place to cook the meat.

Average cost, 2s. 2d. Time required, $2\frac{1}{2}$ hours. Seasonable always. Sufficient for 4 to 5 persons.

If preferred, the following pastry can be used for meat pies :

976. ROUGH PUFF.

8 ounces flour. | 6 ozs. butter. | pinch of salt. | lemon-juice. | water.

Sieve the flour and salt on to a paste-board. Cut the butter into three pieces, and put them in the flour. Make a well in the centre of the flour, squeeze in a teaspoonful of lemon-juice, add a little water, and mix all together, adding more water if necessary, until a stiff paste is made. The butter should not be broken up while mixing. Roll the paste out into a strip, fold it in three, turn it with the rough edges to the left, roll and fold it again. Do this twice more, so that it has four rolls, four folds, and four turns. It is now ready to use. If for pies and tarts, it should be rolled out to the size of the pie-dish, and used as in previous recipe.

977. VEAL AND HAM PIE.

1½ lbs. lean veal. | ¼ lb. raw streaky bacon. | ½ teaspoonful grated lemon-rind. | salt.
2 hard-boiled eggs. | 1 teaspoonful chopped parsley. | ¾ lb. rough puff-pastry (No. 976). | pepper.

Remove all skin and sinew from the veal, and cut it into dice. Cut the bacon in a similar way. Mix these together on a board with pepper, salt, the grated lemon-rind, and chopped parsley. Place this in a pie-dish with the sliced hard-boiled eggs in layers. Fill three-parts full with water. Roll out the paste, cut off a strip, and line the edge of the dish. Put the rest of the paste over to form the lid, trim the edges and scallop them. Make a hole in the centre of the crust in order that the steam may escape while cooking. Cut out some leaves from the trimmings of the paste, and fix them round the centre of the pie. Beat up an egg, and brush the pie all over with it. Bake in a moderate oven for about one and a half hours. If the pie is to be served cold, melt ¼ oz. of gelatine in water or stock, and pour it in through the top of the pie as soon as it comes from the oven.

Average cost, 2s. 3d. Time required, 2¼ hours. Seasonable at all times. Sufficient for 6 persons.

978. STEAK AND KIDNEY PUDDING.

1 lb. flour. | 8 ozs. beef suet. | 1½ lbs. buttock steak. | ½ lb. ox-kidney. | seasoning.

Sieve the flour with half a teaspoonful of salt into a basin, chop the suet finely, and mix it into the flour; add enough cold water to make it into a paste. Turn it out on to a floured board, cut off a piece, and put it aside to form the cover; line a greased pudding-basin with the paste. Cut the steak into slices, also the kidney, dip each slice into flour, season with salt and pepper, and arrange the meat and kidney in the lined basin, fill three parts full with water, roll out the piece of pastry that was put aside for the cover, place this on the top, join the edges of the paste together, and roll over. Dip the pudding-cloth into boiling water, sprinkle with flour, and tie it over the top of the basin. Put the pudding into a saucepan of boiling water, and boil for three hours. Turn the pudding out on to a hot dish, or, if preferred, a napkin can be pinned round the basin, and thus sent to table.

Average cost, 2s. Time required, 3½ hours. Seasonable at all times; most suitable for winter months. Sufficient for 8 persons.

979. FRICASSED STEAK.

1½ lbs. steak. | 4 tomatoes. | 1 Spanish onion. | 1½ ozs. butter. | pepper. | salt. | rice.

Trim the steak, taking away all skin, fat, and gristle. Cut into small squares, and flour them lightly. Peel the onion, slice it and the tomatoes. Melt the butter in a stewpan, put in the onion and the pieces of steak, and fry a nice brown; add the tomatoes and ½ pint of boiling water, season with pepper and salt, and simmer gently for one hour; if necessary, during the process of cooking add more water. Serve with rice boiled as if for curry.

Average cost, 1s. 6d. Time required, 1¼ hours. Seasonable at all times. Sufficient for 4 persons.

980. PORK PIE.

1 lb. pork. | salt. | pepper. | 1 lb. flour. | 6 ozs. lard. | 1 egg. | 1 gill cold water.

Cut up the pork into dice. Put the lard into a small stewpan, add the water to it, and let it come to the boil. Pass the flour and a little salt through a wire sieve into a basin, pour into this the boiling lard and water, mix into a paste with a spoon. As soon as it is cool enough, turn it on to a board, and knead well with the hands. Cut off a quarter of the paste, and keep in a warm place; with the remainder, line a plain cake-tin, which should be well greased. Dip the pieces of pork into cold water, season with pepper and salt, and fill the mould with it. Roll out the piece of paste, which was put on one side, fit it on to the top of mould, press the two edges together, then trim. With the trimmings of paste, cut out some leaves, make a hole in the top of the pie, and arrange the leaves of pastry round it. Brush over with the egg, and bake in a moderate oven for about two hours. When cooked, gravy prepared as in last recipe should be poured in at the hole at the top. Serve cold.

Average cost, 1s. 6d. Time required, 2½ hours. Seasonable, September to April. Sufficient for 4 persons.



FIG. 48.—PORK PIE.

981. SPANISH BEEFSTEAK.

1 lb. beefsteak. | 2 tomatoes. | 1 onion. | mashed potatoes. | pepper. | salt.

Peel the onion and parboil it, then chop it finely. Place the steak on a buttered baking-sheet, season well with salt and pepper, cover it all over with the chopped onion, cut the tomatoes in slices, and lay them all over the onions; season again with salt and pepper. Mix a little butter with the mashed potatoes, and put them over the tomatoes in a thick layer. Bake in a quick oven for twenty minutes. Serve at once very hot.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable always. Sufficient for 3 persons.

982. TOAD-IN-THE-HOLE.

½ lb. flour. | 2 eggs. | 1 pint milk. | 1 lb. sausages. | seasoning.

Sieve the flour into a basin, add a pinch of salt. Make a hole in the centre, and break in the eggs, stir with a wooden spoon, adding by degrees half the milk. When smooth, beat the batter for fifteen minutes, then stir in the remainder of the milk.

Skin the sausages, and cut each in half lengthways. Grease a pie-dish or Yorkshire tin, arrange the sausages in it, pour over the batter, and bake for about three-quarters of an hour.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable, September to April. Sufficient for 4 persons.

983. HARICOT MUTTON.

2 lbs. neck of mutton (middle cut).	2 onions. 2 carrots.	2 ozs. dripping. 1½ pints water.	1 turnip. 1½ ozs. flour.	salt. pepper.
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Cut the mutton into pieces, trim it, and remove the fat. Melt the dripping in a large stewpan, put in the meat, and fry it brown on both sides. When brown, take out the pieces of meat, add the flour, and stir it into the dripping, allowing it to colour; moisten with the water, stir until it boils, then put back the meat. Cut the onions, carrots, and turnip into nice pieces, add them to the meat, season to taste with salt and pepper, bring to the boil, and skim well. Move the saucepan to the side of the fire, and let it simmer slowly for one and a half to two hours.

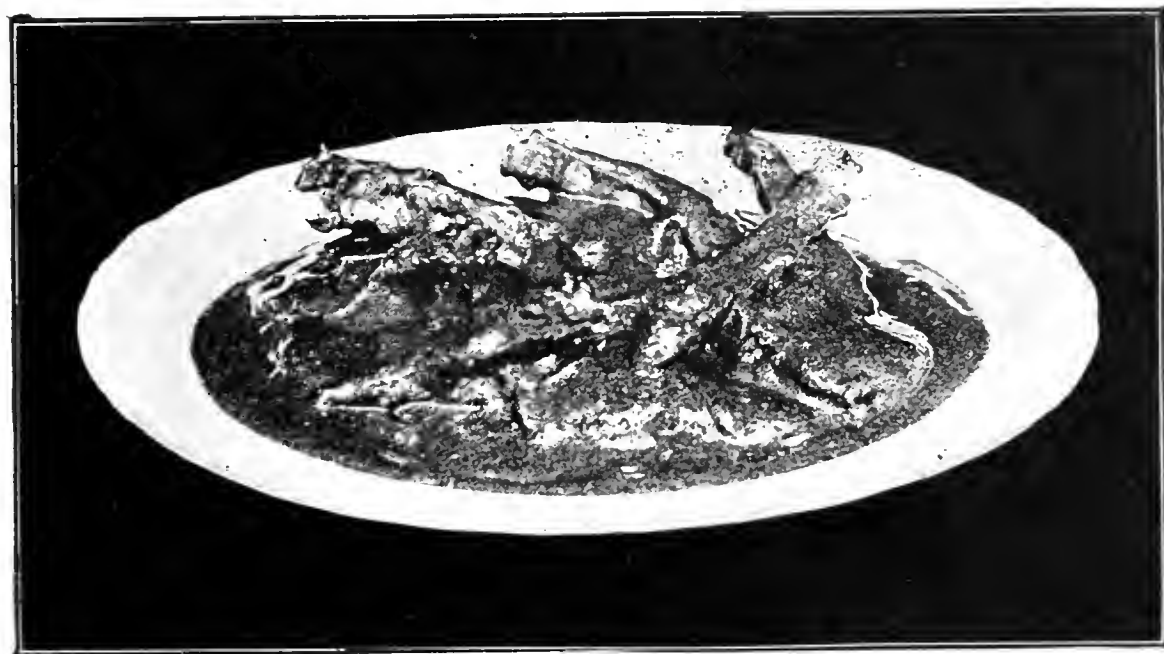


FIG. 49.—HARICOT MUTTON.

When cooked, arrange the meat in a circle on a hot dish, place the vegetables in the centre, and pour the gravy over the meat. A few haricot beans added to this stew is an improvement.

Average cost, 2s. Time required, 2½ hours. Seasonable at all times. Sufficient for 4 persons.

984. STEWED OX KIDNEY.

1 ox-kidney.	1 pint stock or water.	1½ ozs. flour.
1 large onion.	2 ozs. butter.	seasoning.

Melt the butter in a stewpan, slice the onion finely, and fry it a nice brown colour in the butter, then add the flour, fry a little, and moisten with the water or stock; stir until it boils; let it cook for ten minutes, skim off the fat as it rises, then season to taste with pepper and salt. Wash the kidney well, and dry in a cloth, put the kidney into thin slices, remove the fat from the centre; then fry these slices in a little dripping or butter, brown it nicely, and put them into the prepared sauce. Stir a little water into the pan that the kidney was fried in, stir with a spoon in order to loosen the gravy that has come from the meat while frying; let this boil; then add

it to the kidney. Place the saucepan on the side of the fire, and cook gently for about one hour. To serve, turn the kidney and sauce on to a hot dish, and garnish round it with three-cornered pieces of toasted bread.

Average cost, 1s. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 persons.

985. ECONOMICAL PIE.

1 lb. beefsteak. | 4 minced onions. | 1 oz. butter. | pepper. | salt. | potatoes.

Free the beefsteak from all fat and gristle. Cut it into dice, place it in a stewpan with the butter and onions, pepper and salt. Let all simmer in its own juice until the meat is perfectly tender. If it is not allowed to cook too fast, there will be nearly ½ pint of gravy; it will take nearly two hours to cook thoroughly. Mash the potatoes, mix a little butter and milk with them, and season nicely. Transfer the meat and onions to a pie-dish, and cover it with the mashed potatoes. Mark the cover in squares on the top by crossing it with a knife, and bake for twenty minutes; the crust should be nicely browned. Serve hot.

Average cost, 1s. 6d. Time required, 2½ hours. Seasonable always. Sufficient for 4 or 5 persons.

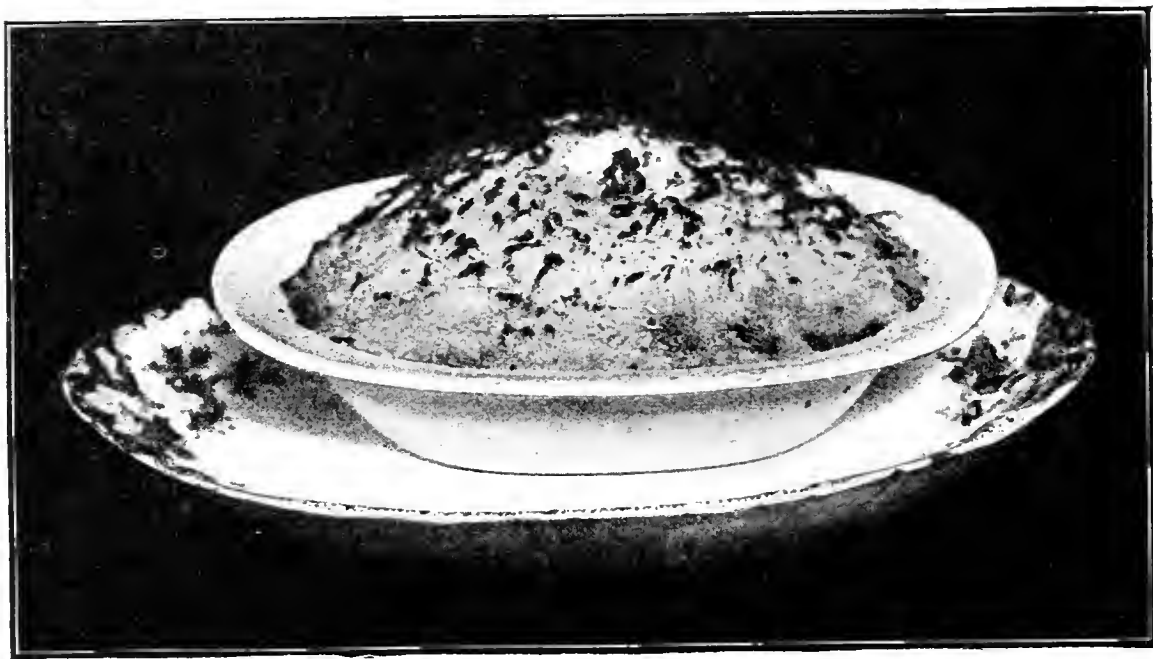


FIG. 50.—ECONOMICAL PIE.

986. SEA PIE.

2 lbs. buttock steak.	1 carrot.	½ lb. flour.	salt.
2 onions.	1 turnip.	¼ lb. suet.	pepper.

Peel the onions and turnip, scrape the carrot; cut these vegetables in thin slices. Cut the meat into thin pieces, season them with pepper, salt, and flour; put the meat into a large stewpan in layers with the vegetables; sprinkle each layer of vegetables with salt and pepper. Pour in enough cold water to cover the meat. Place the pan on the fire, and bring to the boil, and then let it simmer. Put the flour with a pinch of salt into a basin, chop the suet finely, and mix it into the flour; add enough water to make it into a stiff paste, turn out on to a floured board, roll out into a round a size smaller than the saucepan. Put this paste over the meat in the stewpan, and simmer for one and a half hours, keeping the lid on all the time. When done, lift out the paste, and turn out the meat and vegetables on to a hot dish; place the crust on the top, and serve.

Average cost, 2s. 2d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

987. RUSSIAN PIE.

$\frac{1}{2}$ lb. rabbit.	$\frac{1}{2}$ lb. beefsteak.	1 teaspoonful parsley.	2 eggs.	1 gill water
$\frac{1}{2}$ oz. butter.	vermicelli.	salt and pepper.	1 onion.	pastry.

Break up the vermicelli very small; grease a cake-tin, and cover it all over with the vermicelli, then line the tin carefully with very thin pastry. Mince the onion and parsley, cut the rabbit and steak into small dice, put the meat, onion, and parsley into a basin, add pepper and salt, beat the eggs, add them to the rest of the ingredients, stir in the water, and mix all well together; put the mixture into the prepared cake-tin, cover with a piece of paste to form the lid, brush over with egg, decorate with leaves of pastry, and bake in a moderate oven for one and a half hours. Turn out carefully, and serve hot.

Average cost, 2s. Time required, 2 hours. Seasonable, August to March. Sufficient for 5 persons.

938. SCOTCH COLLOPS.

1 lb. beefsteak.	2 ozs. butter.	pepper.	salt.	a little flour.	boiling water.
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Trim away all skin and gristle from the steak, and mince it finely. Dissolve the butter in a stewpan, put in the mince, let it simmer, stir well to prevent it gathering into lumps. In about ten minutes dredge a little flour over, add a little boiling water to moisten it, season with salt and pepper, let it simmer a minute longer, and serve very hot with mashed potatoes.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

989. "CHINESE CHILO."

scrag of mutton.	2 onions.	salt and pepper.	cayenne.	2 cloves.
1 pint green peas.	1 lettuce.	$1\frac{1}{2}$ pints water.	1 oz. butter.	rice (No. 1,039).

Cut off all the meat from the scrag of mutton, and mince it. Put the bones into a saucepan, add the water, one onion stuck with the cloves, salt, and pepper; simmer for one hour. Mince an onion finely, and fry it in the butter until a golden brown, then add the meat, the peas, and the finely shredded heart of the lettuce. Stir these over the fire, then add salt, pepper, and cayenne. Skim the broth, and strain it into the meat mixture, and let the whole boil up; then let it simmer gently for one hour; stir occasionally. Boil some rice as for curry, make a border with it on a hot dish, and put the stew in the centre.

Average cost, 1s. Time required, $2\frac{1}{2}$ hours. Seasonable in the summer months. Sufficient for 5 people.

990. STEWED TRIPE.

2 lbs. tripe.	4 onions.	3 ozs. butter.	$2\frac{1}{4}$ ozs. flour.	$1\frac{1}{2}$ pints stock or water.	salt and pepper.
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Cut up the tripe into even-sized pieces; peel the onions, and slice them. Melt the butter in a stewpan, put in the sliced onions, and fry them a nice brown; then add the flour, brown a little, stirring all the time; then add the stock or water, season to taste with salt and pepper, stir until it boils, then put in the pieces of tripe, and simmer gently for one hour and a half; if found necessary, add a little more stock. When the tripe is cooked, arrange it on a hot dish, pour the sauce over, and serve.

Average cost, 1s. 9d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 5 or 6 persons.

991. CURRIED TRIPE.

1 lb. tripe.	1 tablespoonful curry-	3 onions.	seasoning.
2 ozs. butter.	powder.	stock.	boiled rice (No. 1,039).

Prepare tripe as in previous recipes. Peel and slice the onions, melt the butter in a stewpan, put in the onions and fry them brown, then stir in the curry-powder, cook a few minutes, add some stock, bring to the boil, season with pepper and salt,

then put in the tripe, and cook slowly for one hour. When done, remove the grease, dish up, and serve with boiled rice.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 3 or 4 persons.

992. FRIED TRIPE.

$1\frac{1}{2}$ lbs. tripe.	3 eggs.	$\frac{1}{2}$ gill salad-oil.	4 tablespoonfuls milk.	fried parsley (No. 195).
4 ozs. flour.	1 onion.	milk or stock.	salt and pepper.	tomato sauce (No. 77).

Procure the tripe ready cleaned, cut it up in nice pieces about 3 inches square, put these into a saucepan, with a sliced onion and a little salt, cover with milk or stock, and boil gently for one hour. Drain the tripe, put it on a plate, and let it get cold. Sieve the flour into a basin, mix in the yolks of the eggs, put the whites into a separate basin. Mix the milk and oil together, stir this into the flour and eggs by degrees, mix until it is a smooth paste, then heat well; just before frying, whisk the whites of the eggs to a stiff froth, and stir them lightly into the batter. Have ready some hot frying fat, dip each piece of tripe into the batter, drop it into the fat, and fry a golden brown; continue in this way until all the pieces are used up. When done, dish up on a napkin or dish paper, garnish with fried parsley, and send up the tomato sauce separately in a sauce tureen.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

993. TRIPE AND ONIONS.

2 lbs. tripe. | 4 large onions. | pepper. | 1 pint milk. | 1 oz. flour. | salt.

If possible, get the tripe ready cleaned. Put it into a saucepan, cover with cold water, and bring to the boil. Take up the tripe as soon as the water boils, cut it into neat pieces about 3 inches square. Put the tripe into a saucepan, cover with cold water, bring to the boil, and allow it to simmer gently for two to three hours. At the end of that time the tripe should be tender. Drain off the water (this can be used for making potato or pea soup), mix the flour in a basin with the milk, add this to the tripe, stir until it boils, then mix in the boiled onions, chopped finely, salt and pepper; let all boil together for another fifteen minutes. Dish up, and serve very hot.

Average cost, 1s. 7d. Time required, $3\frac{1}{2}$ hours. Seasonable always. Sufficient for 6 persons.

994. TRIPE STEWED (BROWN).

2 lbs. tripe. | 2 lbs. onions. | 1 pint water. | 2 ozs. dripping. | $1\frac{1}{2}$ ozs. flour. | seasoning.

Blanch the tripe; put it in cold water, and bring to the boil; drain it, and cut into neat pieces 3 inches square. Peel and slice the onions. Melt the dripping in a stewpan, put in the onions, and fry them a nice brown colour, then add the flour, cook for a few minutes, then add the water, stir until it boils, season with salt and pepper, put in the tripe, and simmer gently for two hours. As soon as the tripe is tender, dish up and serve hot.

Average cost, 1s. 8d. Time required, 3 hours. Seasonable at all times. Sufficient for 6 persons.

995. MUTTON CUTLETS.

$1\frac{1}{2}$ lbs. best end neck of mutton.	seasoning. 1 egg.	breadcrumbs. mashed potato.	dripping or lard. tomato sauce (No. 77).
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Saw off the chine bone—that is, the bone at the thick end; this is best done by the butcher. Cut the cutlets, each with a bone; trim the cutlets neatly, taking away most of the fat, leave $\frac{1}{2}$ inch of bone bare at the top. Beat up the egg on a plate, sprinkle the cutlets with pepper and salt, dip them in the beaten egg, then into breadcrumbs. Put about 1 oz. of dripping or lard into a frying-pan; as soon as it is hot, put in the cutlets, and fry a golden brown. When done on one side, turn them, and let them brown on the other side. Shape a circular border of mashed potato

on a hot dish, dress the cutlets on the top, overlapping each other, pour the sauce round, and fill the centre with any kind of cooked vegetable—*i.e.*, spinach, peas, beans, etc. Place a cutlet-frill on the end of each bone, and serve.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 persons.

996. BRAISED MUTTON CUTLETS.

8 mutton cutlets.	piece of celery.	$\frac{1}{2}$ pint brown sauce	salt.
1 carrot.	1 clove.	(No. 6).	spinach or peas.
1 onion.	$\frac{3}{4}$ pint stock.	pepper.	chopped parsley.

Cut the mutton cutlets from the best end of a neck of mutton ; scrape the carrot, peel the onion, and cut both these in slices. Cut up the celery, put the vegetables in a stewpan, add the clove and the stock, place the cutlets on the top, and braise slowly for about three-quarters of an hour. When done, take up the cutlets, press them between two baking sheets, and let them cool. Strain the liquor from the braise into a clean stewpan, add the brown sauce to it, reduce a little, season to taste, and add a little chopped parsley. Place the cutlets in this sauce, and let them stew gently in it for a quarter of an hour. Dish the cutlets in a circle on a hot dish, pour the sauce over, and fill the centre of the dish with cooked spinach or peas. Serve very hot.

Average cost, 1s. 9d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

997. BOILED MUTTON.

best end of the neck of mutton. | mashed turnips. | caper sauce (No. 15). | butter.

The best end of the neck of mutton or the leg is the most suitable for boiling. If the neck is used, trim off some of the fat, and remove the chine bone. Place the mutton in a saucepan of boiling water, sufficient to cover, let it come to the boil, remove the scum, and then let it simmer gently until the meat is done. It must not cook quickly, or the meat will become hard. When the mutton is tender, dish it on a hot dish. Mash some turnips, mix some butter with them, and send them to table with the mutton, also a tureen of caper sauce. The time usually allowed for boiling meat is 20 minutes to the pound, and 20 minutes over ; but if the meat cooks very slowly, it may require longer than this. The water the mutton is cooked in should be kept, as it makes an excellent foundation for soups or gravies.

Average cost, uncertain ; depends on size of mutton. Time required, 20 minutes to the pound and 20 minutes over. Seasonable at all times.

998. BOILED CHICKEN AND EGG-SAUCE.

1 chicken.	1 pint milk.	$\frac{1}{2}$ onion.	12 peppercorns.
stock.	2 eggs.	$\frac{1}{2}$ small carrot.	tiny blade of mace.
2 ozs. butter.	$1\frac{1}{2}$ ozs. flour.	1 bay-leaf.	salt.

Truss the chicken for boiling, put it in a saucepan of boiling stock or water, sufficient to cover, bring to the boil, skim and simmer gently until tender. The times to cook will depend on the size of chicken—from one to one and a half hours. While the chicken is cooking prepare the sauce. Peel the onion, scrape the carrot ; put these into a saucepan with the milk, add the peppercorns, mace, and bay-leaf ; bring to the boil, and simmer for ten minutes. Melt the butter in a small stewpan, stir in the flour, whisk this into the boiling milk. As soon as it is smooth, take out the whisk, and use a wooden spoon. Cook for ten minutes, then strain. Chop the whites of two hard-boiled eggs ; add this to the sauce, season to taste with salt, pour the sauce over the boiled chicken, rub the yolks of the eggs through a wire sieve, and sprinkle it over the chicken. Chop a little parsley, and put a little here and there on the bird.

Average cost, 2s. 6d. to 4s. 6d. Time required, 1 to $1\frac{1}{2}$ hours. Seasonable all the year.

999. SAVOURY STEW, WITH SUET DUMPLINGS.

1 lb. lean beef.	1½ ozs. dripping.	1½ ozs. flour.	1 onion.	salt.
1 tablespoonful vinegar.	1 pint cold water.	1 carrot.	½ turnip.	pepper.

FOR DUMPLINGS.

4 ozs. flour.	2 ozs. suet.	salt.	pepper.
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Peel the onion and turnip, scrape the carrot. Melt the dripping in a saucepan, slice the onion as soon as the dripping is hot, put in the onion and fry it brown, then add the flour and let it cook until brown, stirring all the time; then add the water and vinegar, the vegetables sliced, pepper and salt. Cut the meat into thin slices, and add it to the rest of the ingredients. Simmer for one hour: then add the dumplings, and cook for half an hour longer. To make the dumplings: Chop the suet, sieve the flour into a basin with a little salt, mix in the suet, and add just sufficient cold water to make it into a stiff paste. Divide this paste into seven or eight portions, make each piece into a ball. When ready to serve, lift the meat out on to a hot dish, strain the sauce over, and put the vegetables neatly on the top; arrange the dumplings round the dish, and serve hot.

Average cost, 1s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 3 or 4 persons.

1,000. FRICASSÉ OF CHICKEN.

1 large chicken.	bouquet garni.	1½ ozs. flour.	piece of mace.	6 pepper-
1 onion.	piece of celery.	½ pint white	seasoning.	corns.
½ gill cream.	2 ozs. butter.	stock.	½ pint milk.	½ carrot.

Truss the chicken as for boiling. Put the chicken into a saucepan with just sufficient hot water to cover it, bring to the boil, and simmer gently until the bird is cooked. Take it up, and let it cool. Measure half a pint of the water the chicken was boiled in. Put this into a stewpan with the milk, peel the onion, scrape a small carrot, put the onion and half the carrot, the bouquet garni, celery, peppercorns, and mace into the milk and stock; put it on the fire, and bring to the boil slowly; simmer very gently for a few minutes. Melt the butter in a small stewpan, stir in the flour, cook over the fire a little without browning, then whisk it into the boiling stock. Cook slowly for ten minutes; season with salt, and add the cream. Cut the chicken into nice joints. Put these into a clean saucepan, strain the sauce over, put it on the fire and heat up; make quite hot without boiling. Dish up on a hot dish, pour the sauce over the chicken, sprinkle with a little chopped parsley, and serve.

Average cost, 3s. 6d. to 4s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for six persons.

1,001. CHICKEN, WITH TOMATO SAUCE.

1 chicken.	½ lb. tomatoes.	½ oz. flour.	salt.
1 oz. butter.	1 onion.	a little stock.	pepper.

Cut the chicken into neat joints. One chicken will divide into eight nice pieces. Melt the butter in a stewpan, put in the chicken, slice the onion, and add it. Fry quickly in the butter to a golden brown, then mix in the flour, a little stock, and the tomatoes cut in slices. Stir until it boils, let it simmer for half an hour, then take out the pieces of chicken, and rub the sauce through a hair-sieve. Return to the stewpan, season to taste with salt and pepper, put in the pieces of chicken, and place on the fire to finish cooking. It should be ready as soon as it comes to the boil. Dish up on a hot dish in pyramidal form, arranging it so as to have the best parts on the top; pour the sauce over, and serve. A cold, cooked chicken can be dressed in the same way.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,002. FRICASSÉ OF RABBIT.

1 rabbit.	1 oz. flour.	$\frac{1}{2}$ lb. lean	1 pint milk.	salt.
2 ozs. dripping.	1 onion.	ham.	rashers of bacon.	pepper.

Wash and clean the rabbit, cut it up into neat joints ; melt the dripping in a stewpan, and fry the pieces of rabbit lightly, but do not allow them to brown. Take out each piece directly it is cooked on the outside, and keep it warm. Stir the flour into the butter, and when it is smooth, add the milk ; then put in the rabbit, the slices of ham, and the onions sliced. Season to taste with pepper and salt. Allow it to simmer gently for one hour and a half. Roll the rashers of bacon, and put them on a skewer. Place this in the oven to cook. Serve the rabbit, with the sauce poured over, and garnished with the rolls of bacon.

Average cost, 1s. 9d. Time required, 2 hours. Seasonable, August to March. Sufficient for 4 persons.

1,003. RAGOÛT OF RABBIT.

1 rabbit.	$\frac{1}{2}$ turnip.	pepper and salt.	1 onion.
1 carrot.	1 oz. flour.	$\frac{1}{2}$ lb. bacon.	1 shallot.

Wash and clean the rabbit, and cut it up into neat joints. Cut the bacon in nice pieces, and fry them in a stewpan. Cut the vegetables in slices, put them with the pieces of rabbit into the bacon fat, and fry brown together ; then add the flour ; stir until brown. Then add $1\frac{1}{2}$ pints of water. Season to taste with salt and pepper. Simmer for one hour and a half. Serve the rabbit with the sauce poured over, the bacon round, and the vegetables heaped up on the top of the rabbit.

Average cost, 1s. 9d. Time required, 2 hours. Seasonable, August to March. Sufficient for 4 persons.

1,004. PULLED RABBIT.

1 rabbit.	lemon-peel.	1 bouquet	6 peppercorns.	chopped parsley.	salt.
1 onion.	1 oz. butter.	garni.	$\frac{1}{2}$ pint stock.	mashed potatoes.	$\frac{1}{2}$ oz. flour.

Wash the rabbit. Put into a saucepan sufficient water to cook the rabbit ; add to it the onion, peppercorns, herbs, lemon-peel, and salt. When it boils, put in the rabbit, and cook until tender. When done, take up the rabbit and let it cool. Boil the liver, and chop it. Take all the meat off the rabbit, and pull the flesh into flakes ; add the livers ; season to taste with salt, pepper, and chopped parsley. Melt 1 oz. of butter in a stewpan, stir in $\frac{1}{2}$ oz. of flour, add $\frac{1}{2}$ pint of the water that the rabbit was boiled in, stir over the fire until it boils, then put in the rabbit mixture. Let all simmer together for about ten minutes. Make a border of mashed potatoes on a hot dish, put the rabbit in the centre, and serve.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable, September to March. Sufficient for 5 persons.

1,005. RABBIT-PIE.

1 rabbit.	salt.	1 teaspoonful chopped	$\frac{3}{4}$ lb. rough puff-pastry
$\frac{1}{2}$ lb. bacon.	pepper.	parsley.	(No. 976).

Wash the rabbit in cold water, dry it in a cloth, and cut up into joints as small as possible. Slice the bacon, and make the pastry. Place a layer of pieces of rabbit in a pie-dish, season with pepper and salt, sprinkle over some chopped parsley ; over this put a layer of bacon slices ; continue in this way until the rabbit and bacon are used up, and the pie-dish is full. Three parts fill the dish with cold water. Roll out the pastry, cover the pie with it, decorate with leaves of pastry, and bake in a moderately hot oven for one and a half hours. The pie should be placed first in a hot part of the oven to cook the pastry, and then in a cooler place to finish the meat. A piece of paper may be put over the top of the pie if there is any danger of the pastry getting too brown.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, August to March. Sufficient for 5 persons.

1,006. ROAST RABBIT, STUFFED.

1 rabbit.	1 teaspoonful chopped herbs.	1 tablespoonful chopped	$\frac{1}{2}$ pint stock.
salt.	grated rind of $\frac{1}{2}$ a lemon.	parsley.	1 yolk of egg.
pepper.	1 oz. dripping.	2 ozs. breadcrumbs.	4 ozs. suet.
1 onion.	slices of bacon.	a little milk.	$\frac{1}{2}$ oz. flour.

Wash the rabbit in cold water, wipe it inside. Chop the suet ; put it into a basin ; mix the breadcrumbs, herbs, and parsley, with it. Add the grated lemon-rind, pepper, and salt. Beat the yolk of the egg with a little milk, and add to the dry ingredients in the basin. The mixture must just bind. Fill the rabbit inside with the stuffing, and sew it up with string. Truss the rabbit, and place on a baking-tin with some dripping. Put it in the oven, and bake for about one hour, keeping it well basted. Slice the onion, melt the 1 oz. of dripping in a small stewpan, put in the sliced onion, and fry it brown. Add the flour, stir until it is lightly coloured ;

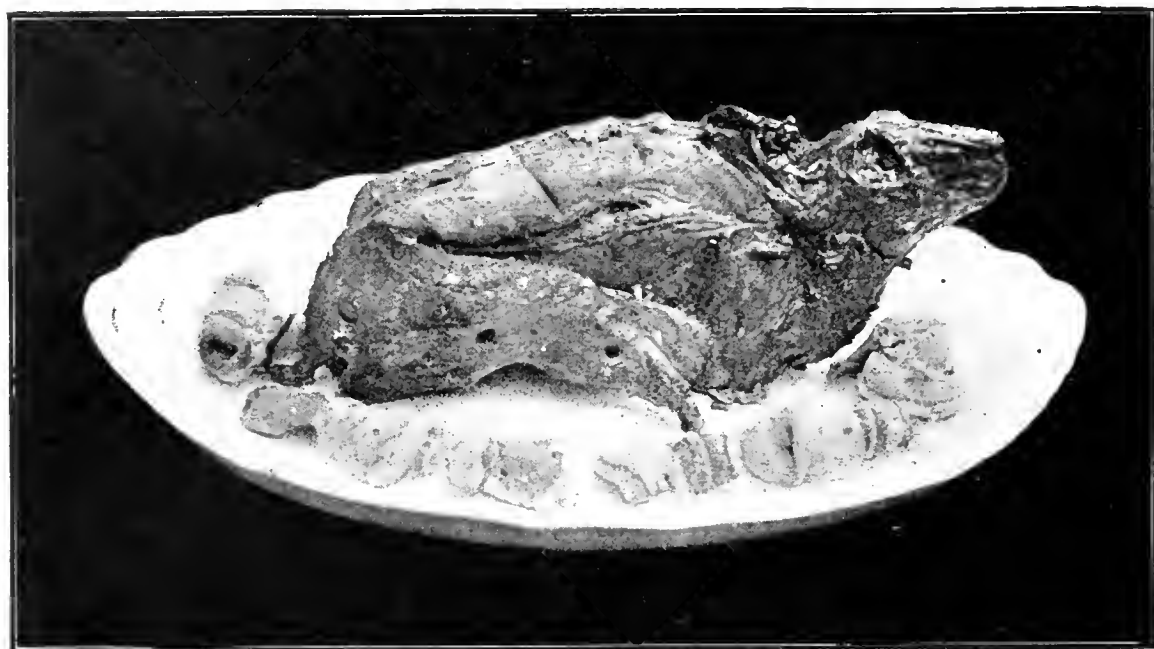


FIG. 51.—ROAST RABBIT, STUFFED.

then add the stock ; stir until it boils. Let it simmer for ten minutes ; season to taste, and keep hot. When the rabbit is done, take it out of the oven, dish on a hot dish, and serve with the sauce. Garnish with cooked rolled bacon.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 5 persons.

1,007. BOILED RABBIT.

1 rabbit. | onion (No. 56) or parsley (No. 61) sauce.

Wash the rabbit well in warm water in order to remove all the blood from the head and neck, truss it, and put into a saucepan of boiling water, and let it boil for one hour if large, or forty-five minutes if small. Serve with onion or parsley sauce, either poured over the rabbit or served separately.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable, August to March. Sufficient for 4 to 6 persons.

1,008. RABBIT À LA MARENGO.

1 rabbit.	1 glass white wine.	$\frac{1}{2}$ pint brown sauce (No. 6).	meat glaze.
$\frac{1}{4}$ gill olive oil.	12 fresh mushrooms.	1 gill tomato sauce (No. 77).	salt.
1 oz. butter.	mashed potato.	fried croûtons of bread.	pepper.

Wipe the rabbit with a damp cloth, cut it into joints not too large, season each piece with salt and pepper. Put the butter and oil into a sauté-pan ; as soon as it is hot, put in the pieces of rabbit, and fry them a golden brown all over. When

nicely coloured, drain off the fat, and add the wine. Let this reduce, then mix in the brown and tomato sauces. Cook gently over the fire for forty-five minutes. While the rabbit is cooking, prepare the mushrooms, place them on a buttered tin, season with pepper and salt, put a tiny piece of butter on each, and cook in the oven for about ten minutes. Fry some croûtons of bread cut in crescent shapes, brush these over with meat-glaze. When the rabbit is cooked, arrange a flat bed of potato on a hot dish, dress the pieces of rabbit on this in a pile, skim the sauce free from all fat and scum, strain it over the rabbit, garnish the dish with groups of mushrooms and the croûtons, sprinkle over a little chopped parsley, and serve.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable, August to March. Sufficient for 4 persons.

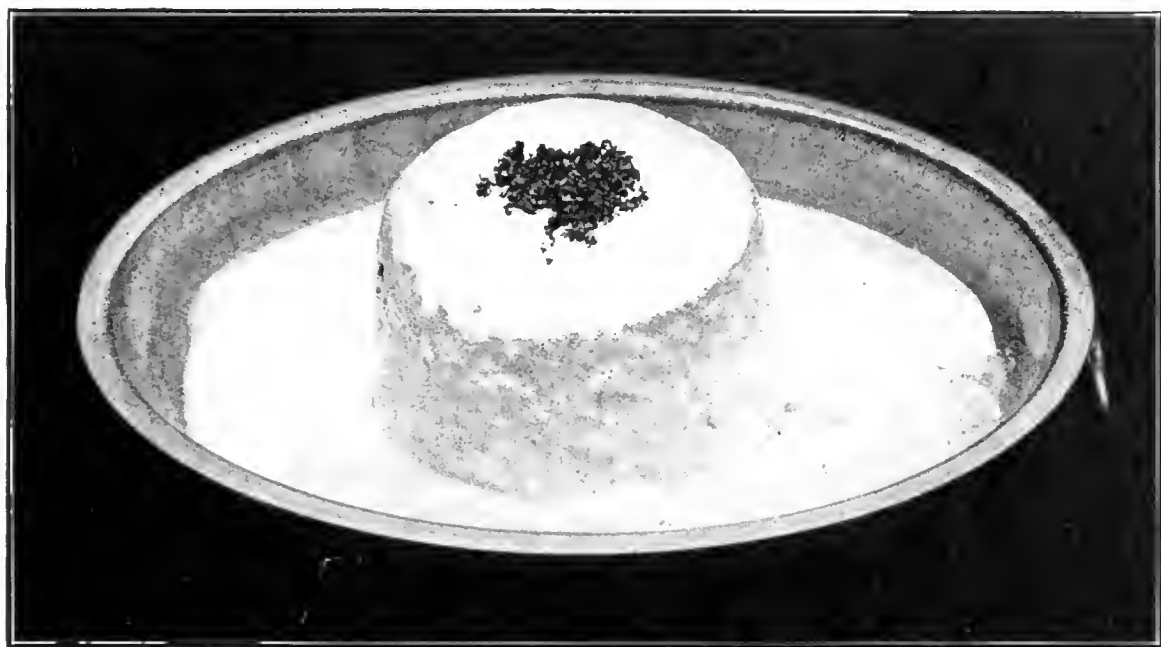


FIG. 52.—RABBIT CREAM.

1,009. RABBIT CREAM.

1 rabbit.	$\frac{1}{2}$ turnip.	1 oz. butter.	$\frac{1}{2}$ gill stock.	pepper.
$\frac{1}{2}$ carrot.	1 onion.	1 oz. flour.	2 eggs.	salt.

Take the meat of the rabbit off the bones ; put the bones into a stewpan with the carrot, turnip, and onion ; cover with cold water. Put the pan on the fire, bring to the boil, and simmer gently for one hour or longer. Melt the butter in a saucepan, stir in the flour, add the stock, and stir until the mixture leaves the sides of the saucepan clean. Cut up the meat ($\frac{1}{2}$ lb.), put it in a mortar, pound it well, add the eggs, and mix thoroughly. Season with pepper and salt ; rub the mixture through a wire sieve. Butter a timbale mould, put in the mixture, press it down well. Place in a steamer, cover with a piece of buttered paper, and cook for about thirty minutes. Strain the liquor from the bones, measure off $\frac{1}{2}$ pint, thicken it with $\frac{1}{2}$ oz. of flour, cook for ten minutes. When the rabbit cream is ready, turn it out on to a hot dish, pour the sauce over, and serve hot.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable, August to March. Sufficient for 2 or 3 persons.

1,010. RABBIT À LA PROVENÇALE.

1 rabbit.	1 glass white wine.	$\frac{1}{2}$ pint Espagnole sauce	salt.
1 onion.	2 oz. butter.	(No. 33).	pepper.

Wipe the rabbit with a damp cloth, cut it up into neat joints. Melt the butter in a sauté-pan, slice the onion, put the rabbit and the onion into the melted butter, and fry the pieces of rabbit a nice brown. When browned sufficiently, strain off

the butter, and add the wine. Reduce a little, then stir in the sauce, season with salt and pepper, cover with a lid, and let the contents of the pan stew gently until the meat is tender. When the rabbit is done, take it up, dish it on a hot dish in a pile. Reduce the sauce until of a good consistency, skim off the fat, and strain it over the pieces of rabbit. Serve very hot.

Average cost, 2s. Time required, 1 hour. Seasonable, September to March. Sufficient for 4 persons.

1,011. CURRIED RABBIT.

1 rabbit.	2 onions.	2 tablespoonfuls curry-powder.	$\frac{1}{2}$ lemon.	pepper.
4 ozs. dripping.	1 apple.	$\frac{1}{2}$ pint of water or stock.	salt.	rice (No. 1,039).

Melt the dripping in a stewpan, peel and chop the onion, put it into the hot fat, and fry brown. Wash the rabbit, dry it, and cut it up into nice joints. Strain the onions when done, return the fat to the stewpan, put in the pieces of rabbit, and fry them a few minutes; sprinkle in the curry-powder, and cook for five minutes longer; then add the fried onions, the chopped apple, and the water or stock. Season with salt and pepper, and simmer gently for two hours. Add the lemon-juice just before serving. Dish the rabbit neatly, and send a dish of well-boiled rice to table with it.

Average cost, 1s. 9d. Time required, $2\frac{1}{2}$ hours. Seasonable, September to March. Sufficient for 5 persons.

1,012. LEG OF BEEF, STEWED.

4 lbs. leg of beef. | 2 carrots. | 1 turnip. | 2 onions. | seasoning. | 2 ozs. dripping.

Choose a piece of the thick part of the leg for this dish. Melt the dripping in a large saucepan; when it is hot, put in the meat, and fry it brown all over. When well fried, strain off the fat, and add to the meat 1 pint of water. Put on the lid, and simmer very slowly for one hour. Cut the carrots and turnip in quarters, peel the onions, and cut them also in quarters. Stew all together for one hour and a half longer. If stewed very slowly, this piece of meat will be very tender. Put the meat when done on a dish with the vegetables arranged round and the gravy poured over.

Average cost, 2s. 3d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 to 8 persons.

1,013. STEWED STEAK.

1 lb. beefsteak.	1 onion.	1 pint stock or water.
2 ozs. butter or dripping.	1 carrot.	salt.
$1\frac{1}{2}$ ozs. flour.	$\frac{1}{2}$ turnip.	pepper.

Cut the steak into nice pieces about $\frac{3}{4}$ inch thick. Melt the butter or dripping in a stewpan, cut the onions in slices, scrape the carrot, peel the turnip; cut them also in thin slices, put the vegetables into the hot fat, and fry brown. When quite brown, add the flour, stir it into the vegetables, and fry for a few minutes; then add the stock or water, stir until it boils, season with salt and pepper to taste. Fry the pieces of steak brown on both sides in a little fat or butter, put the pieces of meat as soon as they are sufficiently fried into the sauce, let it come to boiling-point; then allow it to simmer for one hour and a half. Arrange the steak on a hot dish, strain the sauce over it, and serve.

Average cost, 1s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 3 persons.

1,014. FRIED STEAK AND ONIONS.

1 lb. rump steak. | 3 large onions. | pepper and salt. | 2 ozs. butter or dripping.

Peel the onions, and slice them into rings. Melt the dripping or butter in a large frying-pan; as soon as it is hot, put in the steak, and fry it on both sides. It will take from eight to ten minutes to fry, according to the thickness of the steak. The onions should be fried at the same time in the pan with the steak, and should

be cooked until they are a golden brown. Dish the steak, and arrange the onions round it. A little butter should be put on the steak, and a sprinkle of pepper and salt as soon as it is dished.

Average cost, 1s. 6d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,015. LOIN OF MUTTON, STUFFED AND ROLLED.

4 lbs. loin of mutton.	2 tablespoonfuls chopped parsley.	1 egg.
4 tablespoonfuls breadcrumbs.	1 teaspoonful chopped herbs.	pepper and salt.
4 tablespoonfuls suet.	grated rind of $\frac{1}{2}$ lemon.	little milk.

Bone the loin of mutton, take away the firm white fat that lies underneath the loin, chop it, and measure four tablespoonfuls into a basin. Add to it the breadcrumbs, parsley, and herbs—*i.e.*, thyme, marjoram—season with pepper and salt, add the grated lemon-rind, and mix all these ingredients together. Beat up the egg, and bind the mixture with it, adding a little milk if necessary. Spread this stuffing on the mutton, filling up the space from which the bone was removed. Roll up the loin lengthways, tie round securely with string, place it on a baking-tin, and put in the oven. Cook the loin for one hour and a half. Baste the meat well during the process of cooking. When done, take up the joint, and place it on a hot dish. Take off the string, and put it back in the oven with the door open to keep hot while making the gravy. To do this, strain away all the fat from the baking-tin, put in some hot water, stir it over the fire to loosen the gravy that has adhered to the pan, add a little salt, make hot, and pour it over the meat.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable always. Sufficient for 8 persons.

1,016. MOCK QUENELLES.

2 ozs. breadcrumbs.	1 small onion.	$\frac{1}{2}$ pint of brown (No. 6) or	1 oz. butter.	pepper.
1 oz. raw meat, game, or fish.	a little milk.	sauce velouté (No. 82).	1 egg.	salt.

Put the breadcrumbs into a basin, pour a little milk over them, and let them stand for a short time. When ready to use, put the breadcrumbs into a cloth, and squeeze out all the moisture. Melt the butter in a stewpan, add the breadcrumbs to it, and stir them over the fire until they are smooth and compact; then add the egg, which should be first well beaten, and stir over the fire until the mixture is dry. Mince the meat, pound well, and mix it into the rest of the ingredients in the stewpan. Stir well together, season nicely with salt and pepper. Turn the mixture on to a plate to cool. Shape the quenelles in the following manner: Take two dessertspoons, dip one of the spoons into hot water, fill it with the forcemeat, and shape into a dome shape with a knife dipped in hot water. Take the other spoon, dip it in hot water, insert it under the quenelle, and transfer it to the sauté-pan in which it is to be poached. Now add some boiling water, the onion sliced, and a little salt. Poach for ten minutes. Take up, drain, dish on a straight border of mashed potato, and pour the sauce over.

Average cost, 6d. Time required, 30 minutes. Seasonable always. Sufficient for 5 or 6 quenelles.

1,017. LIVER AND BACON.

1 lb. calf's liver.	$\frac{1}{2}$ lb. streaky bacon.	2 tablespoonfuls flour.	pepper.	salt.
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Wash the liver, dry, and cut it in slices about $\frac{1}{4}$ inch thick. Mix into the flour half a teaspoonful of salt, and a little pepper; dip the slices of liver into it. Cut the bacon into very thin slices, take off the rind, and fry it in a frying-pan, turning it over once. Have ready a hot dish, put the bacon on it. Now fry the slices of liver in the bacon-fat; they will take about ten minutes to cook. When the liver is sufficiently cooked, place it in the centre of the dish, with the bacon arranged round. Put into the pan about 1 oz. of flour, stir it with a spoon until it is brown; then add $\frac{1}{2}$ pint of water, stir until it boils. Let it cook a few minutes, then pour over the

liver. A fried onion or a few tomatoes cooked in the pan before the gravy is made is an improvement. Serve it on the top of the liver.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable always. Sufficient for 6 persons.

1,018. BRAWN.

$\frac{1}{2}$ pig's head.	1 bunch of herbs.	1 small teaspoonful	2 onions.	pepper.
salt and saltpetre.	1 blade of mace.	of powdered sage.	2 cloves.	cayenne.

Wash the pig's head well in warm water, take out the brains, and throw them away. Rub the head all over with a little salt and saltpetre, and let it lie for three days; then put the head in a saucepan with cold water, and boil it until the bones will come out easily; then chop the meat in small pieces. Put the bones and the liquor back into the saucepan, add the onions cut in quarters, the bunch of herbs, cloves, and mace, bring to the boil, and cook for half an hour; then strain the stock into a basin. Season the meat with salt, a little white pepper, and a tiny pinch of cayenne. Stir in the powdered sage, add sufficient of the stock to moisten, but do not make it liquid. Put into a mould, press it well down, and, when cold, it is ready for use. If liked, the tongue can be cooked, skinned, and put in the centre of the brawn. This must be done before pressing it into the mould.

Average cost, 1s. 8d. Time required, uncertain. Seasonable, September to April. Sufficient for 4 persons.

1,019. STEWED BRISKET OF BEEF.

6 lbs. brisket of beef.	1 turnip.	12 peppercorns.	4 allspice.
2 onions.	celery.	1 blade of mace.	salt.
2 carrots.	bouquet of herbs.	4 cloves.	5 pints of water.

Scrape the meat clean, put it into a large saucepan with the water. Peel the onions and turnip, scrape and wash the carrots, add them to the meat with the herbs and spices. Wash the celery, cut it up, and add that also. Bring to the boil, and then let it simmer for three hours. Take the meat out of the saucepan, remove the bones, place it between two tins, put a heavy weight on the top, and press until cold. As soon as it is cold, glaze it with meat-glaze (No. 247), and serve.

Average cost, 3s. 3d. Time required, 4 hours. Seasonable at all times. Sufficient for 12 persons.

1,020. STEWED BREAST OF VEAL.

breast of veal.	2 carrots.	18 pepper-	celery.
2 onions.	1 turnip.	eorns.	salt.

Skin the onions, peel the turnip, scrape the carrots, wash and cut the celery. Put these vegetables into a saucepan with the breast of veal, cover with hot water, and bring to the boil. Skim well, then add the seasoning. Stew the veal very slowly for two hours and a half. Dish up, and serve with parsley sauce poured over.

Average cost, 2s. 9d. Time required, 3 hours. Seasonable at all times. Sufficient for 8 persons.

1,021. SAUSAGE ROLLS.

$\frac{1}{2}$ lb. sausages.	1 lb. flour.	seasoning.	$\frac{1}{2}$ lb. dripping or butter.	1 egg.
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Skin the sausages, and cut each in half lengthways. Sieve the flour into a basin, add a pinch of salt and the dripping or butter. Rub them well together, then mix with a little water (enough to make into a stiff paste). Turn it out on to a floured board, and roll it out about $\frac{1}{8}$ inch thick. Cut into squares, place half a sausage on each piece of pastry, fold over, and press the edges together. Place the sausage rolls on a greased baking-tin, beat up the egg, and brush the rolls over with it. Bake in a moderate oven for half an hour. When done, take up, dish, and garnish with sprigs of fresh parsley.

Average cost, 1s. to 1s. 6d. Time required, 45 minutes. Seasonable, September to April. Sufficient for 6 rolls.

1,022. FRIED SAUSAGES.

1 lb. sausages. | 1 oz. dripping. | mashed potatoes.

Prick the sausages with a fork to prevent them bursting. Melt the dripping in a frying-pan ; as soon as hot, put in the sausages, and fry them brown all over. They will take six to seven minutes. Arrange the mashed potatoes in a pile in the centre of a dish, and put the sausages round.

Average cost, 1s. Time required, 10 minutes. Seasonable, September to April. Sufficient for 3 persons.

1,023. JUGGED HARE.

1 hare.	1 bouquet garni.	1 pint Espagnole sauce (No. 33).	1 pint stock.	$\frac{1}{2}$ turnip.
1 onion.	4 ozs. streaky bacon.	2 tablespoonfuls red-currant jelly.	6 peppercorns.	pepper.
1 carrot.	1 glass port wine.	12 small button onions.	forcemeat balls.	salt.

Skin the hare, cut it into neat joints, wash and dry them. Peel the onion and turnip, scrape the carrot, cut these into slices, and the bacon into dice. Put the bacon and butter into a stewpan, add the button onions, and fry a little, then put in the rest of the vegetables and the pieces of hare ; fry a light brown colour. Cook for about ten minutes, stirring constantly ; add the stock, the bouquet garni, and peppercorns ; boil up, skim well, and add the sauce. Cover with the lid of the pan, put on the side of the fire, and cook gently for about one hour ; then take out the pieces of hare, and put them into another stewpan, or into an earthenware jar. Strain the sauce, add the wine and red-currant jelly to it, pour it over the hare, add the button onions, place the jar in the oven, or if in a stewpan on the fire, and simmer very gently for about one hour longer. When the hare is ready to serve, dress the pieces neatly on a dish, sauce over with the sauce, and garnish round with the forcemeat balls.

Average cost, 5s. 6d. Time required, 2 $\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 6 or 8 persons.

1,024. STEWED CALF'S FEET.

2 calf's feet.	2 cloves.	1 blade of mace.	2 or 3 slices of	1 oz. butter.
1 onion.	salt.	bouquet garni.	bacon.	pepper.

FOR SAUCE.

1 oz. butter.	$\frac{1}{2}$ pint liquor from the feet.	1 gill milk.
1 oz. flour.	1 dessertspoonful chopped parsley.	seasoning.

Bone the feet, wash them, and soak in warm water for two hours. Slice the onion, put it in a saucepan with the slices of bacon, herbs, and spices ; add the butter, lay the feet on this, and cover with cold water ; bring to the boil, and simmer gently for three hours. Lift out the feet carefully, dish, and pour the following sauce over : Melt 1 oz. of butter in a stewpan, stir in the flour, then add $\frac{1}{2}$ pint of the liquor that the feet were cooked in. Stir over the fire, and boil for five minutes ; then add the milk, parsley, and seasoning. Bring to the boil, and use as directed.

Average cost, 1s. 6d. to 1s. 9d. Time required, 5 hours. Seasonable all the year. Sufficient for 2 to 3 persons.

1,025. VEAL NAVARIN.

2 lbs. lean veal.	2 shallots.	$\frac{1}{2}$ pint white stock.	2 yolks of eggs.
larding bacon.	8 mushrooms.	1 glass white wine.	chopped parsley.
2 ozs. butter.	1 oz. flour.	$\frac{1}{2}$ gill cream.	salt and pepper.

Cut the veal into squares all the same size ; lard each piece with a few strips of larding-bacon. Melt the butter in a frying-pan, put in the meat, and fry over the fire for a few minutes. Skin the shallots and mushrooms, chop them finely, and add them to the veal ; let all cook together for a few minutes. Then sprinkle over

the flour, stir and add the wine and stock ; bring to the boil, cook gently for half an hour, or until the veal is tender. Put the veal on a deep dish, and then finish the sauce. Beat the egg-yolks in a basin, add the cream, stir these into the sauce, but do not let it boil ; season to taste with pepper and salt, add a little chopped parsley, pour over the meat, and serve.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,026. VEAL CUTLETS WITH BACON.

1½ lbs. fillet of veal.	2 ozs. butter.	brown sauce	salt.	flour.
slices of bacon.	breadcrumbs.	(No. 6).	egg.	pepper.

Cut the fillet into neat pieces, flatten them with a cutlet-bat, and trim away all fat and skin. Season each piece of meat with salt and pepper, dredge very lightly with a little flour, dip in beaten egg, and toss in breadcrumbs. Melt the butter in a frying-pan, make very hot, and skim off the froth as it rises ; put in the cutlets, and fry on both sides a golden brown colour. Cut the slices of bacon very thin, roll each one up, put them on a skewer, place this on a baking-tin, and cook in the oven till done. Drain the cutlets, dish them in a circle on a hot dish, place the rolls of bacon in the centre, and pour the sauce round. Serve very hot.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 5 persons.

1027. VEAL ROLLS.

1½ lbs. fillet veal.	1 teaspoonful chopped parsley.	1 oz. breadcrumbs.	1 egg.	1 oz. butter.
2 ozs. cooked ham.	1½ gills tomato sauce (No. 77).	pepper.	1 carrot.	1 gill stock
a few slices of fat bacon.	½ teaspoonful lemon-rind.	salt.	1 onion.	½ gill sherry.

Cut the fillet into thin slices, trim them all to the same size, flatten them with a cutlet-bat, and take away all skin and fat. Chop the trimmings of the meat finely, put this into a basin, add the breadcrumbs, parsley, ham chopped finely, pepper, salt, and grated lemon-rind, mix all well together, with as much of the well-beaten egg as is necessary to make into a stiff paste. Season the slices of veal, and spread a layer of this mixture over them ; roll each up, and tie with a piece of string. Put into a stewpan a few slices of fat bacon and the butter ; let the butter melt over the fire. Scrape the carrot and peel the onion ; cut each in slices, put them into the butter, and fry for a few minutes, then put in the veal rolls, and let them brown a little. Add the stock, tomato sauce, and wine. Put the lid on the pan, and put it in the oven to cook for one hour, or it can be put on the fire. When the meat is cooked, take up the rolls, remove the string, dish up, and keep hot. Strain the sauce into a clean saucepan, boil up, take off the fat, pour over the meat, and serve hot.

Average cost, 2s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

1,028. BRAISED CALVES' TONGUES.

3 or 4 calves' tongues.	8 peppercorns.	1 onion.	1 oz. butter.
½ pint brown sauce (No. 6).	2 lbs. spinach.	1 clove.	pepper.
½ pint tomato sauce (No. 77).	1 gill stock.	1 carrot.	salt.

Obtain the tongues salted or pickled, put them into cold water, and soak for about two hours. Trim them, removing the windpipe and fat. Then put them into a large stewpan, with enough water to cover them ; add the onion, stuck with one clove, the carrot and peppercorns ; bring to the boil, and cook gently for about one hour. Take them up, and skin whilst hot ; then place the tongues in another stewpan, with the brown and tomato sauces and the stock. Cook them in this slowly for another hour, either in the oven or over the fire. Well wash and pick the spinach. Cook it until tender, drain it, and rub through a sieve. Melt the butter in a saucepan, put in the spinach, and mix well over the fire ; stir until quite hot ; season with salt and pepper. (A little cream added to spinach is a great

improvement.) Cut the tongues in halves. Arrange the spinach in the centre of a hot dish, dress the tongues on the spinach, pour a little of the sauce round the dish, and send up the rest separately. Serve very hot.

Average cost, 4s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 6 or 8 persons.

1,029. STUFFED AND ROLLED BEEFSTEAK.

2 lbs. beefsteak.	seasoning.	2 tablespoonfuls fresh breadcrumbs.
$\frac{1}{2}$ teaspoonful mixed herbs.	1 egg.	2 tablespoonfuls chopped parsley.
4 tablespoonfuls chopped suet.	dripping.	rind of 1 lemon.

Mix together the chopped suet, breadcrumbs, parsley, herbs, and seasoning. Peel the lemon very thinly, chop it, and add to the dry ingredients. Beat up the egg, mix into the stuffing, using a little milk if the egg is not sufficient to bind it. Beat the steak with a cutlet-bat, place a layer of the stuffing over, and then roll it up. Fasten it with skewers or string. Place on a tin, with dripping on the top of the roll, and cook in the oven for about thirty-five minutes, basting it frequently with the dripping. Dish up on a hot dish, removing the skewers or string; pour away the dripping, and make gravy, as for roast meat, with the essence of the meat which is left in the pan. Pour this over the steak, and serve at once.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,030. GOULASH OF BEEF (HUNGARIAN BEEF STEW).

1 lb. lean beef.	1 onion.	2 potatoes.	pinch of paprika pepper.
3 ozs. butter.	2 tomatoes.	salt.	$1\frac{1}{2}$ gills brown stock.

Trim the beef, cutting away all skin and fat; cut the meat into squares. Melt the butter in a stewpan, put in the meat, chop the onion, and add that to the beef; fry until the onions are a nice golden colour. Season with salt and paprika pepper. Add the tomatoes, peeled and cut in thick slices, also 1 gill of stock, cover the stewpan, and cook in the oven for about half an hour. At the end of this time add the potatoes, cut in squares, and the remainder of the stock. Put again into the oven, baste frequently; cook until the meat and potatoes are quite tender. When ready to serve, dish up on a hot dish, and serve very hot.

Average cost, 1s. 4d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 3 persons.

1,031. PORTERHOUSE STEAK.

Porterhouse steak is a slice of beef cut from the sirloin. The flank part is removed from it, and the chine bones. This steak is always grilled, and is generally served plain.

1,032. OX-TONGUE, BRAISED.

1 ox-tongue.	1 onion.	1 bouquet garni.	$\frac{1}{2}$ pint piquante sauce (No. 59).
1 pint stock.	1 small carrot.	1 clove.	6 thin slices of bacon.

Trim the ox-tongue, which should be obtained salted or pickled ready for use. Blanch, and let it cool. Put into a fish kettle or stewpan, large enough to hold the tongue, the slices of bacon, the onion peeled and sliced, the carrot scraped and cut in pieces, the bouquet garni and clove; add the stock, put in the tongue, and cook until three parts done, then take it up, and skin it whilst hot. Strain the liquor it was cooked in, take off the fat, add the piquante sauce, put the tongue into this, and finish cooking. Take it up when tender, cut it in slices, dish up, and pour the sauce over, and serve. Mashed potatoes, spinach, or peas served with the tongue is a great improvement.

Average cost of tongue, 4s. to 6s. Time required, according to size. Seasonable all the year. Sufficient for 8 to 12 persons, according to size.

1,033. CORNISH PASTIES.

1 lb. flour.	$\frac{1}{2}$ lb. beefsteak.	pepper and salt.
$\frac{1}{2}$ lb. dripping.	1 onion.	4 ozs. raw potatoes.

Cut the meat into dice ; wash and peel the potatoes, cut them the same size as the meat ; chop the onion finely. Mix the meat, potatoes, onion, and seasoning all together in a basin ; add to them about $\frac{1}{2}$ gill of cold water. Sieve the flour into a basin with a pinch of salt ; rub in the dripping, make into a stiff paste with cold water. Turn on to a floured board, roll it out about $\frac{1}{4}$ inch thick. Cut the pastry into squares or rounds about 6 inches across, place a little of the meat mixture in the centre of each piece of pastry, wet the edges, fold over, and press together. Place them on a baking-sheet, and bake for about half to three-quarters of an hour.

Average cost, 9d. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 8 or 9 pasties.

1,034. GIBLET PIE.

2 sets of giblets.	$\frac{1}{2}$ onion.	peppercorns.	1 lb. flour.
1 lb. rump steak.	1 bouquet garni.	salt.	$\frac{1}{2}$ lb. dripping.

Clean the giblets thoroughly, put them into a stewpan, cover with cold water ; add the onion, peppercorns, and herbs ; bring to the boil ; add some salt, and skim well. Simmer gently for about two hours. Then take them up and let cool ; cut them in nice pieces the same size ; line the bottom of a pie dish with some pieces of rumpsteak ; season with pepper and salt ; now add a layer of giblets, and then some more steak and seasoning. Pour in the stock from the giblets, and season well. Sieve the flour with a little salt into a basin ; rub in the dripping ; mix into a stiff paste with cold water. Put the paste on to a floured board, roll it out once a size larger than the pie dish, cut off a strip, and line the edge of the dish, then cover over the top with the rest of the pastry. Decorate with leaves, brush over with beaten egg, and bake in a brisk oven for one and a half hours. When the pastry is sufficiently coloured, cover with a piece of paper to prevent the crust getting too dark.

Average cost, exclusive of giblets, 1s. 6d. (sets of giblets can be bought separately for a few pence). Time required, 3 hours. Seasonable whenever the respective birds are in season. Sufficient for 5 or 6 persons.

1,035. SUCKING-PIG.

1 sucking-pig. | sage and onion stuffing (No. 207). | salad oil. | apple sauce (No. 1,036).

Wipe the sucking-pig (which should be about three weeks old), stuff the body with sage and onion stuffing, and sew it up. Rub it over with salad oil, and put it on a baking-tin ; place this in the oven, and roast for about two hours. Baste the pig well during the cooking process. When done, take it up, take out the string, dish, and keep hot. Strain off the grease, add a little good stock to the sediment in the baking-tin, and make the gravy. Serve this with the pig, also send up some apple sauce to table separately.

1,036. APPLE SAUCE.

2 lb. apples. | sugar. | water.

Peel the apples cut in quarters, and take out the core. Slice the apples, not too thin ; put them into a stewpan, with a little sugar and water ; stew them over the fire until they become a pulp.

N.B.—The amount of water to be added depends on the apple, as some kinds require more than others.

Probable cost of sucking-pig, with sauce, 8s. 6d. Time required, 2 hours.

1,037. MEAT PATTIES.

$\frac{1}{2}$ lb. puff-pastry.	$\frac{1}{2}$ small onion.	salt.
$\frac{1}{2}$ lb. raw beef or mutton.	flour.	pepper.

Cut the meat into small dice ; chop the onion ; mix it with the meat, dredge with flour ; season with salt and pepper. Make $\frac{1}{2}$ pound of rough puff-paste ; give it four rolls and turns. At the last roll, roll it out thinly, fold in three, cut out five or six rounds with a cutter the size of the patty-pans that are being used for the purpose. Put these on one side for the covers. Now roll out the trimmings of the pastry, stamp out the same number of rounds as before, place these in the patty-pans, fill with the prepared meat mixture, pour in a little water to moisten, cover with the tops that were cut out first, press down the edges, make a small hole on the top of each, so as to allow the steam to escape. Place them on a baking-sheet, and put into a fairly hot oven for about half an hour. As soon as the pastry is cooked, place in a cooler part of the oven to finish cooking the meat. Dish up on a napkin, and serve hot or cold. Garnish the dish with sprigs of parsley.

Average cost, 1s. 6d. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 3 or 4 persons.



FIG. 53.—MEAT PATTIES.

CHAPTER X

INDIAN DISHES (CURRIES, ETC.)

1,038. VEAL CURRY (DRY).

$\frac{1}{2}$ lb. onions.	1 tablespoonful curry-powder.	1 small apple.
$1\frac{1}{2}$ lbs. veal.	pepper.	1 dessertspoonful chutney.
salt.	$\frac{1}{4}$ lb. dripping or butter.	rice.

Cut the onions into slices ; melt the butter in a stewpan, add the onions, and fry them a very dark brown. Strain away the fat from the onions. Cut the veal, which ought not to be too lean, into small pieces ; sprinkle the curry-powder over the meat ; put it to the onions, and stir over the fire for about five minutes, until a rich gravy comes from the meat. Then add a little water or stock down the sides of the saucepan ; mix it in by degrees. Mince the apple, and add it and the chutney



FIG. 54.—VEAL CURRY.

to the curry ; season with pepper and salt. Place the saucepan on the fire, and let it simmer gently for one hour and a half, or longer. Stir occasionally. Serve the curry with a dish of well-boiled rice. A squeeze of lemon-juice, just before sending to table, is considered an improvement by some. Beef or mutton may be cooked in the same way.

Average cost, 1s. 6d. Time required, 2 to 3 hours. Seasonable at all times. Sufficient for 6 persons.

1,039. TO BOIL RICE.

$\frac{1}{4}$ lb. Patna rice.		2 quarts water.		salt.
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Pick and wash the rice. Put the water into a large saucepan with a teaspoonful of salt, and bring to the boil. As soon as the water boils, sprinkle in the rice, and let it cook quickly for fifteen minutes, or until the rice is tender. Strain it into a

colander, put it under the cold-water tap, and let it run for a few seconds, in order to wash away the sticky part of the rice. Spread it on a baking-sheet, and put into a mild oven to dry and get hot again. Turn it over occasionally with a fork. When dry and hot, every grain should be separate, and it is then ready to use.

1,040. BUNDAHLOA (VINEGAR) CURRY.

4 ozs. dripping or butter.	1 large teaspoonful curry-powder.	boiled rice (No. 1,039).
1 lb. beeksteak or veal.	1 tablespoonful tarragon vinegar.	$\frac{1}{2}$ pint good stock.
1 teaspoonful allspice.	1 dessertspoonful Chili vinegar.	salt.
3 large onions.	1 dessertspoonful desiccated cocoanut.	pepper.

Chop the onions finely, melt the dripping or butter in a stewpan, put in the onions, and fry them a dark brown. As soon as they are brown enough, strain them out of the fat. Return a little of the meat to the stewpan, cut up the meat into small squares, sprinkle the curry-powder over the meat, and fry it in the fat for a few minutes, until brown, then add the fried onions, vinegars, allspice, cocoanut, pepper, and salt. Set the saucepan on the side of the fire, to simmer very slowly for two hours, or even longer. The lid of the saucepan should be kept on, but the curry might be stirred every now and then, and a little more stock may be added if necessary. The longer this curry is allowed to stand by the side of the fire, cooking very gently, the better it will be, as the flavours are thoroughly blended and mellowed thereby. Serve with a dish of well-boiled rice, of which every grain is separate.

Average cost, 1s. 6d. Time required, as long as possible. Seasonable at all times. Sufficient for 4 persons.

1,041. BABOOTY.

4 ozs. meat.	4 ozs. soaked breadcrumbs.	1 onion.	1 egg.
1 oz. butter.	1 small dessertspoonful curry-powder.	seasoning.	milk.

Chop the meat finely. Soak some breadcrumbs in warm water, squeeze them dry, and weigh them, taking 4 ozs. Mix them with the meat, chop the onions, and add it to the meat and breadcrumbs. Stir in the curry-powder, seasoning, and the butter divided into small pieces. Moisten with milk if necessary, press into a buttered dish, beat up the egg, and pour it over the shape. Bake for one hour. Turn out, and serve with rice.

Average cost, 8d. Time required, 1 $\frac{1}{4}$ hours. Seasonable always. Sufficient for 3 persons.

1,042. KEBOB CURRY.

1 lb. meat (beef, mutton, or veal).	green ginger.	pepper.
2 ozs. butter.	stock.	1 tablespoonful curry-powder.
4 onions.	salt.	$\frac{1}{2}$ apple.

Cut the meat into squares about 1 $\frac{1}{2}$ inches in size. Slice the ginger, skin two onions, and cut them in thick slices. Procure some small skewers 2 $\frac{1}{2}$ inches in length. Take one of the skewers and run it through the centre of a piece of meat, then through a piece of ginger, and then a slice of onion. Repeat with another slice of meat, ginger, and onion. Proceed to fill the remainder of skewers in the same way, until all the ingredients are used up. Chop the remaining two onions, fry them brown in the butter, then add the curry-powder, and cook a few seconds longer; then add the chopped apple, salt, and pepper, moisten with about $\frac{1}{2}$ pint of stock, simmer for ten minutes; then put in the skewers, cover with a lid, and simmer gently for about one and a half hours. Stir occasionally, and add a little more stock if found necessary. Serve without removing the skewers; dish up and pour the curry over.

Average cost, 1s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 4 persons.

1,043. VEGETABLE CURRY.

2 small onions.	2 carrots.	2 ozs. butter.	$\frac{1}{2}$ pint of stock.
2 potatoes.	$\frac{1}{2}$ pint green peas.	1 tablespoonful of curry-	salt.
$\frac{1}{2}$ cauliflower.	1 turnip.	powder.	pepper.

Chop the onions, melt the butter in a stewpan, and fry a nice brown ; then add the curry-powder. Cook for a few seconds, then stir in the stock, and boil for about five minutes. Prepare the vegetables, and then boil them all separately in the usual way in boiling salted water. Take care not to cook them too much. Cut up the carrots, turnip, and potatoes into small pieces ; divide the cauliflower into sprigs ; put all these into the curry, and simmer together without allowing it to boil for twenty minutes. Season the curry with salt and pepper. A little lemon-juice may be added if liked. Serve with a dish of nicely boiled rice.

Average cost, 8d. Time required, after vegetables are cooked, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

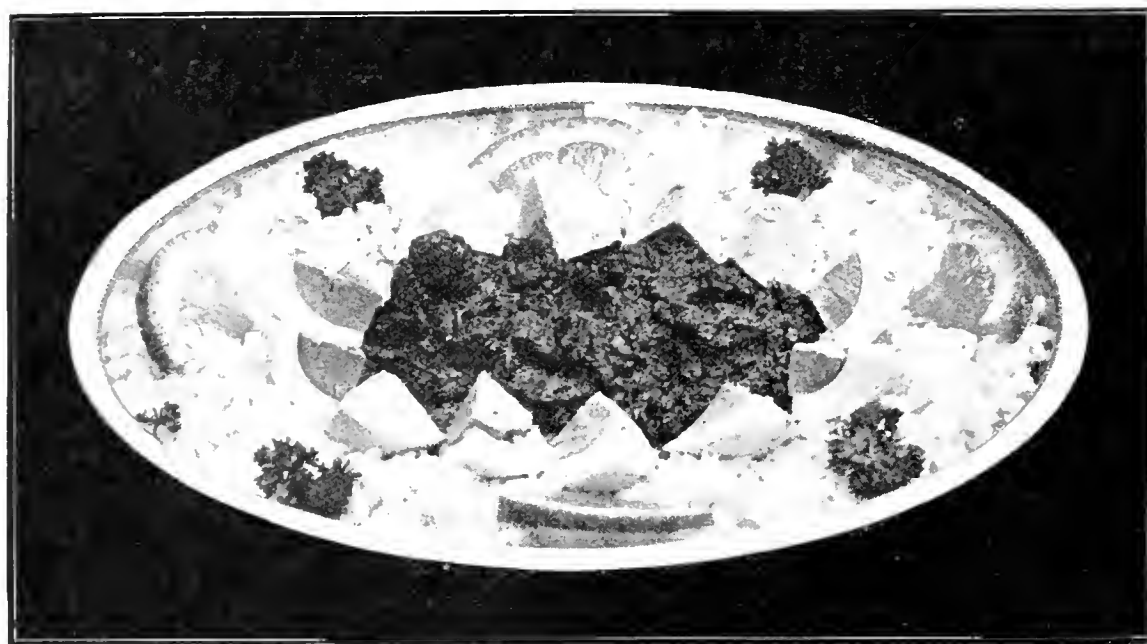


FIG. 55.—CURRIED EGGS.

1,044. CURRIED EGGS.

1 large onion.	1 dessertspoonful curry-	clarified fat.	stock.	salt.
1 small apple.	powder.	boiled rice (No. 1,039).	3 eggs.	pepper.

Boil the eggs hard. This will take twelve to fifteen minutes. Then take them out of the boiling water, and put them into a basin of cold water. Chop the onion, and fry it in the fat until a nice brown ; then stir in the curry-powder, and cook for a few minutes, stirring all the time. Chop the apple and add it to the curry, moisten with stock, season with salt, and cook gently for half an hour. Shell the eggs, and cut each in half ; warm them in the curry. As soon as the eggs are hot, the curry can be served. Lift the eggs out carefully, dish the curry, and place the eggs standing in the sauce alternately, one with the yolk uppermost, the next half egg with the yolk turned down, and so on. Send to table with it a dish of nicely boiled rice.

Average cost, 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,045. COCOANUT CABBAGE.

1 cabbage.	1 teaspoonful curry-powder.	$\frac{1}{2}$ pint shrimps.
3 or 4 onions.	1 teaspoonful tumeric.	salt.
a little garlic.	1 gill cocoanut.	clarified fat or butter.

Parboil a cabbage, which should have a good heart ; take it up, drain, and chop. Cut the onions in rings, and fry them in fat with a tiny piece of garlic. Add the curry-powder, tumeric, and salt : mix all well together : then put in the chopped cabbage, the cocoanut, and shrimps. Allow the whole to cook gently for ten minutes, stirring occasionally.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 persons.

1,046. FISH CURRY.

$1\frac{1}{2}$ lbs. fish (raw).	2 ozs. butter.	1 tablespoonful curry-	$\frac{1}{2}$ pint stock.
2 onions.	salt.	powder.	juice of $\frac{1}{2}$ lemon.

Slice the onions, melt the butter in a saucepan, and fry the onions a golden brown, not too dark. Stir in the curry-powder, and cook a few minutes longer ; then add the salt, lemon-juice, and stock, and simmer for five minutes. Take any kind of fish—*i.e.*, soles, plaice, haddock, etc. Cut it up into square pieces, put it into the curry, and let it cook gently until done, which will be from ten to twenty minutes, according to the kind of fish used. Serve with boiled rice.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,047. CRAB CURRY.

2 large cooked crabs.	2 onions.	2 ozs. butter.
$1\frac{1}{2}$ tablespoonfuls curry-powder.	salt.	rice.

Open the bodies of the crabs, crush the large claws, take out the meat, and cut in nice pieces. Smash the small claws and the shell, put them into a saucepan, and cover with cold water. Put on the fire and simmer for half an hour ; then strain, and use this stock for the curry. Chop the onions, melt the butter, and fry the onions a nice brown, then add the curry-powder, and cook a minute or two longer ; put in the pieces of crab, salt, and the prepared stock ; put over the fire, and cook gently for twenty minutes. Serve with boiled rice. Lobster or prawns can be curried in the same way.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable, August to April. Sufficient for 6 persons.

1,048. CHICKEN CURRY.

1 fowl.	2 ozs. butter.	2 tablespoonfuls curry-powder.	2 gills water.
1 large onion.	salt.	2 ozs. sweet almonds.	rice.

Cut up the fowl into neat joints, peel and chop the onion. Melt the butter in a saucepan, put in the onion, and fry without browning. Put in the pieces of fowl, sprinkle over the curry-powder, and cook over the fire for ten minutes, stirring all the time. Blanch the almonds, put them into a mortar, and pound well with a little water. When they are fine, add the rest of the water to them, then strain through a fine strainer. Add this almond milk to the fowl, put the curry on the fire, and simmer gently for half an hour. If the fowl is old, it will take longer. Before serving, season with salt, and, if liked, a squeeze of lemon-juice. A dish of well-boiled rice should be sent up with the curry.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,049. SARDINE AND EGG CURRY.

6 sardines.	stock.	1 tablespoonful curry-	1 apple.	salt.
3 hard-boiled eggs.	2 onions.	powder.	2 ozs. butter.	$\frac{1}{2}$ lemon.

Fillet the sardines—that is, cut them down the back and take out the bone—boil the eggs hard, and when cooked, cut each in quarters or slices. Chop the onions, melt the butter in a saucepan, and fry the onions a golden brown ; add the curry-powder, and cook for a few minutes longer ; then add the chopped apple, salt, juice of the lemon ; mix all well together, dilute enough stock to make a thick sauce, simmer for ten minutes. Arrange the sardines and quartered eggs on a dish, and pour the prepared curry over. Serve with boiled rice.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,050. CURRY BALLS.

6 ozs. cold meat.	2 ozs. rice.	$\frac{1}{2}$ gill stock.	pepper.
1 teaspoonful curry-	1 oz. butter.	$\frac{1}{2}$ small onion.	1 egg.
powder.	$\frac{1}{4}$ oz. flour.	salt.	breadcrumbs.

Chop the meat finely, first removing fat and gristle. Wash and boil the rice, drain and dry it in a cool oven. Chop the onion, melt the butter in a stewpan, fry the onion a light brown, mix the curry-powder and flour together. Stir them into the onions, cook for a few minutes, then add the stock, and boil until the sauce is very thick. Now add the meat and rice, mix thoroughly over the fire, season to taste with salt and pepper, turn the mixture on to a plate, let it get cold. As soon as the preparation is ready, divide it into equal pieces ; shape them into balls. Beat up the egg on a plate, dip the balls into it ; brush them over, and then lift out into breadcrumbs, and toss each ball in them until thickly coated. Fry them in very hot fat a golden-brown colour. Drain on paper, dish up in a pile, garnish with fried parsley, and serve. These balls can be made with any kind of meat—beef, mutton, veal, etc.

Average cost, 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 balls.

1,051. CURRIED SWEETBREADS.

2 sweetbreads.	4 ozs. butter.	$1\frac{1}{2}$ tablespoonfuls curry-powder.	2 onions.	$\frac{1}{2}$ gill water.
1 oz. cocoanut.	lemon-juice.	boiled rice (No. 1,039).	salt.	1 gill stock.

Soak the sweetbreads for one hour ; drain, put them into a saucepan, and cover with cold water ; bring to the boil over the fire. As soon as the water boils, take up the sweetbreads, and put aside until quite cold. Chop the onions finely, melt 2 ozs. of butter in a saucepan, fry the chopped onions, add the curry-powder. As soon as the onions are a light brown, cook a little longer, then add the stock, bring to the boil, season with salt and lemon-juice. When the sweetbreads are cold, cut them into slices, $\frac{1}{2}$ inch thick, melt the remainder of the butter in a stewpan ; put in the slices of sweetbread, and fry them lightly on each side. Then lift out the slices, and put them into the sauce. Pound the grated cocoanut in a mortar with a little water. When quite fine add the rest of the water ; strain this, and add the cocoanut milk to the curry (almonds can be used instead of cocoanut if preferred). Cook the sweetbread very gently by the side of the fire for about twenty to thirty minutes. When ready, turn the curry out on to a hot dish, and serve a dish of well-boiled rice with it.

Average cost, 6s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,052. PILLAU OF FOWL.

1 fowl.	1 onion.	2 ozs. butter.	salt.
4 ozs. rice.	12 raisins.	1½ pints white	1 clove.
1 oz. sweet almonds.	cayenne.	stock.	cinnamon.

Truss the fowl for boiling. Put the stock in a large saucepan, and as soon as it boils put in the fowl, and cook for twenty minutes. Melt the butter in a stewpan, blanch the almonds, cut them into shreds; stone the raisins, and cut into halves; skin the onion, and cut it in slices. Put these ingredients into the melted butter, and fry brown. When these are browned, strain them, and place on one side. Return the butter to the stewpan; reheat; wash the rice, and fry it in the butter until a light brown. Add the stock gradually to the rice, the clove, and cinnamon. Cook until it is quite tender, then season with salt and a tiny pinch of cayenne. Place the fowl in the pan with the rice, pile the rice on the bird, and let it all cook together for about thirty minutes or longer, according to the size of the bird. To serve, lift the fowl on to a hot dish, surround with the rice, and put some on the bird. Garnish round with little heaps of the fried ingredients.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

CHAPTER XI

CASSEROLE COOKERY

1,053. RUMP STEAK EN CASSEROLE.

1½ lbs. rump-steak.	1 small carrot.	pepper.	1 gill brown sauce
1 small onion.	6 fresh mushrooms.	1 oz. butter.	(No. 6).
1 glass white wine.	salt.	meat-glaze.	1 cooked potato.

Cut the steak into nice pieces ; trim and season them with salt and pepper. Melt the butter in a frying-pan, and fry the steak lightly on each side over a quick fire. Lift the meat out of the butter ; chop the onion finely, and fry it in the same butter ; then add the wine and the brown sauce. Peel and chop the mushrooms ; have the carrot ready cooked, and cut it and the cooked potato into dice ; add these to the brown sauce ; make it all hot together, and put it into a fireproof earthenware casserole. Arrange the pieces of steak on the top ; sprinkle over a little melted meat-glaze, and cook in the oven for five to ten minutes. Serve hot in the casserole.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,054. MUTTON CUTLETS EN CASSEROLE.

8 cutlets of mutton.	1 gill cooked haricot-beans.	2 ozs. butter.	salt.
8 small button onions.	¾ pint brown sauce (No. 6).	8 slices of raw bacon.	pepper.

Cut the cutlets from the best end of a neck of mutton ; trim them, cutting off the greater part of the fat. Melt the butter in an earthenware casserole, and fry the cutlets and the onions a pale brown. Cut the bacon in neat squares ; strain the butter away from the cutlets ; put the bacon, onions, and haricots in with the meat ; season with pepper and salt. Add the brown sauce to the rest of the ingredients ; cover the casserole ; put it into the oven, and cook slowly for about three-quarters of an hour. When ready, send to table in the casserole, first removing the fat.

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,055. NAVARIN D'AGNEAU EN CASSEROLE (FRENCH STEW OF LAMB).

1 loin of lamb.	¾ pint brown sauce (No. 6).	2 ozs. butter.	12 button onions.	2 raw potatoes.
½ small turnip.	¼ pint tomato sauce (No. 77).	1 gill peas.	1 small carrot.	salt and pepper.

Cut the loin into chops ; trim off the fat and skin. Melt the butter in a fire-proof earthenware casserole ; put in the lamb chops, and fry them a little on each side. Take them up and put aside. Peel the onions, and fry them a golden brown in the same butter. Scrape the carrot, and cut it in cubes ; peel the turnip and potatoes ; cut them in the same way. Strain the fat away from the onion, and place the chops and vegetables, including the peas, in alternate layers in the casserole. Season with pepper and salt. Mix the brown and tomato sauces together, and strain them over the meat and vegetables. Cover the casserole with its lid, and put in the oven to cook slowly for half an hour. When ready to serve, skim off the fat, and send to table in the casserole. Serve very hot.

Average cost, uncertain ; depends on size of loin. Time required, 1 hour. Seasonable. December to August. Sufficient for 5 or 6 persons.

1,056. ROAST PHEASANT EN CASSEROLE.

1 pheasant. | 2 ozs. butter. | 1 gill game stock. | 1 tablespoonful white wine. | seasoning.

Truss the pheasant as for roasting. Melt the butter in an earthenware fireproof casserole. When hot, put in the pheasant, and fry it a nice brown all over; then strain away the fat, and add the game stock, white wine, and seasoning. Cover the casserole with the lid, and put it into a moderate oven for twenty minutes. Baste it occasionally whilst cooking. Serve in the casserole very hot.

Average cost, 4s. to 4s. 6d. Time required, 40 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,057. POULET EN CASSEROLE (CHICKEN IN CASSEROLE).

1 fowl.	$\frac{1}{2}$ gill white wine.	1 gill good stock.	salt.
2 ozs. butter.	demi-glaze sauce (No. 29).	a few button onions.	pepper.

Choose a fine, plump fowl; truss it as for roasting. Melt the butter in a fireproof casserole; put in the chicken, and fry it all over a golden-brown colour. When the chicken is a light brown, add to it the wine and stock. Cover the pan, and let the liquor reduce to half-glaze. Skin the onions; put them into cold water in a small stewpan; bring them to the boil, and cook for five minutes, then strain. Melt some butter in a pan, and fry the onions a golden colour. When the chicken is cooked, untruss it, and place it again in the casserole; garnish with the onions, and pour a good demi-glaze sauce over. Place in the oven again to get quite hot, and serve.

Average cost, 3s. to 4s. Time required, 45 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,058. POULET EN CASSEROLE.

ANOTHER WAY.

1 fowl.	seasoning.	2 ozs. butter.	$\frac{1}{2}$ gill good stock.
4 slices streaky bacon.	8 button onions.	1 glass white wine.	1 gill demi-glaze sauce (No. 29).

Truss the fowl for roasting; cut the bacon into dice; melt the butter in an earthenware pan; put in the fowl and the bacon; fry them over a brisk fire until the fowl is a golden colour all over. Pour off the fat; add the wine and stock; cover the pan, and cook gently for half an hour or longer, according to the size of the fowl. Peel the onions; blanch them; then drain and fry brown in the fat that was strained from the fowl. Take up the fowl, untruss it, cut into joints; put the pieces back in the pan. Add the sauce and the onions. Put back on the fire, and cook again for about ten minutes until it is thoroughly hot. When ready to serve, skim well; season to taste with salt and pepper, and send to table in the earthenware pan.

Average cost, 3s. to 5s. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,059. POULET BRAISÉ EN CASSEROLE (BRAISED CHICKEN IN CASSEROLE).

1 chicken.	1 onion.	1 stick celery.	2 ozs. butter.
1 carrot.	3 slices bacon.	salt and pepper.	$1\frac{1}{2}$ gills stock.

Choose a plump and tender chicken; draw it; cut off the neck; wipe the inside with a cloth; truss it for roasting. Cut the vegetables into dice, also the bacon; put these into an earthenware pan. Put the chicken on the top of the vegetables; season it with pepper and salt; put the butter on the top of the chicken, and cook in a hot oven for about twenty minutes, then in a cooler oven for another twenty minutes. Keep it well basted. When the chicken is sufficiently cooked, take it up, untruss it, and keep hot. Pour off the fat from the pan; add the stock; bring to the boil; season to taste, and put in the chicken. Serve very hot.

Average cost, 3s. 6d. to 4s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 3 to 5 persons.

1,060. RABBIT EN CASSEROLE.

1 rabbit.	2 onions.	4 or 5 slices streaky bacon.	1 pint stock.	pepper.
2 ozs. butter.	salt.	bouquet garni (No. 194).	1 glass white wine.	1 oz. flour.

Wash the rabbit ; wipe it well with a cloth, and divide into joints. Melt the butter in an earthenware casserole ; fry the pieces of rabbit, with the sliced onion and the bacon cut in dice. When it is nicely browned, season with salt and pepper sprinkle with the flour. Stir over the fire until the flour is a light brown ; then add the wine, stock, and bouquet garni. Boil up ; cover with the lid ; place the pan in the oven, and cook until the pieces of rabbit are tender. Take out the bouquet garni, and skim. Send to table in the casserole.

Average cost, 2s. Time required, 1 hour. Seasonable, August to March. Sufficient for 4 persons.

1,061. PERDREAUX BRAISÉS (BRAISED PARTRIDGES).

2 partridges.	2 shallots.	bouquet garni (No. 194).	small blade of mace.	salt.
1 pint stock.	1 carrot.	$\frac{1}{2}$ pint brown sauce (No. 6).	slices fat bacon.	pepper.

Draw and truss the partridges. Slice the shallots and carrot. Arrange the slices of bacon at the bottom of an earthenware casserole ; add the vegetables, bouquet garni, and mace ; put in the birds, and cook over a sharp fire until nicely browned. This will take about ten minutes. Then add the stock ; season with salt and pepper ; put the pan in the oven, and cook for about forty minutes. When done, take up the partridges ; untruss them. Strain the stock ; return it to the braising-pan ; add the sauce to it. Boil up ; skim it, and then put in the partridges cover the pan, and cook for ten minutes longer. The birds are now ready to serve, and should be sent to table in the casserole.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable, September to February. Sufficient for 4 persons.

1,062. FILET DE BŒUF EN CASSEROLE (FILLET OF BEEF IN CASSEROLE).

2 lbs. fillet beef.	$\frac{1}{2}$ lb. tomatoes.	8 mushrooms.	pepper.
2 ozs. butter.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 onion.	salt.

Cut the fillet into even-sized square pieces ; trim them, and remove the fat. Melt the butter in a frying-pan ; fry the steak lightly on each side ; then take it up, and place on a plate. Chop the onions and mushrooms finely ; slice the tomatoes. Fry the onions for a few minutes in the butter the steak was fried in ; then add the mushrooms, and cook a few minutes longer. Place the sliced tomatoes on a buttered baking-sheet, and cook in the oven for about five minutes. Now arrange in the fireproof casserole a layer of fillet slices ; sprinkle these with salt and pepper, and then with the chopped mushrooms and onion ; over that a layer of tomato-slices ; again some slices of meat, seasoning, chopped ingredients, and tomatoes. Continue until the meat and vegetables are all used, then add the brown sauce. Cover the casserole with its lid ; put it in a fairly hot oven for ten minutes. Send to table in the casserole.

Average cost, 3s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,063. ROGNON DE VEAU EN CASSEROLE.

1 veal kidney.	1 $\frac{1}{2}$ ozs. bacon.	2 ozs. mushrooms.	meat-glaze.	salt.
2 ozs. butter.	8 button onions.	$\frac{1}{2}$ gill veal gravy.	2 potatoes.	pepper.

Trim the veal kidney, leaving on it only a small quantity of fat. Melt the butter in an earthenware pan ; fry the kidney, and cook it for about thirty minutes ; season it with salt and pepper. Cut the bacon into small pieces ; prepare the mushrooms, and cut them in quarters ; parboil the onions, and finish them in meat-glaze. Wash and peel the potatoes ; then with a vegetable cutter scoop out some rounds ;

blanch these in boiling water. Add to the kidney these ingredients, the pieces of bacon, mushrooms, onions, and potatoes : cover with a lid, and put the pan into the oven to finish cooking. When done sufficiently, add the veal gravy, and send to table in the pan it was cooked in.

Average cost, uncertain. Time required, 50 minutes. Seasonable all the year. Sufficient for 2 or 3 persons.

1,064. QUAILS EN CASSEROLE.

4 quails.		4 chicken livers.		2 ozs. bacon.		1 shallot.
4 slices bacon.		1 gill Madeira sauce (No. 50).		2 ozs. butter.		salt.

Bone the quails. Chop the livers finely, the 2 ozs. of bacon, and the shallot. Put the bacon into a sauté-pan ; add $\frac{1}{2}$ oz. of butter and the chopped shallot ; cook a few minutes ; then add the finely chopped liver ; season with salt and pepper. When cooked, rub through a wire sieve. Stuff the birds with this mixture. Wrap each quail in a thin slice of bacon ; put them into an earthenware casserole with the remainder of the butter, and cook slowly over the fire for twenty minutes. Strain off the fat, add the sauce, and finish the cooking in the oven. Send to table in the casserole.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,065. VEAL CUTLETS EN CASSEROLE.

1 lb. veal cutlets.		2 ozs. butter.		1 gill veal gravy.		salt.		pepper.
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Cut the cutlets from a neck of veal ; trim them free from fat and skin ; flatten them slightly with a cutlet-bat ; season the cutlets with salt and pepper. Melt the butter in an earthenware saucepan ; put in the cutlets ; cook them slowly over the fire, turning them over occasionally. When nearly cooked, strain off the butter, add the veal gravy, and put the pan in the oven to finish cooking. Serve in the casserole.

Average cost, 1s. 4d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

1,066. SWEETBREAD EN CASSEROLE.

1 throat sweetbread.		$\frac{1}{2}$ carrot.		a few peas and beans.		salt.
2 ozs. butter.		$\frac{1}{2}$ onion.		1 gill Madeira sauce (No. 50).		pepper.

Soak the sweetbread in cold water for one hour ; put it into a saucepan with water to cover, and bring to the boil. Let it simmer for ten minutes. Drain and press till cold. Trim the sweetbread, removing skin, fat, and gristle. Melt the butter in an earthenware pan ; put in the sweetbread, and fry it all over a nice brown colour. Strain off the butter, and put in the Madeira sauce, the carrot and onion cut in dice and cooked, the beans cut in dice, and the peas, these also ready cooked ; season with salt and pepper. Cover the pan with the lid, and put it in the oven to finish the cooking. Serve in the casserole.

Average cost, from 3s. 6d. Time required, 1 hour after soaking. Seasonable at all times. Sufficient for 3 or 4 persons.

1,067. PIGEONS EN CASSEROLE AU CHOU.

2 Bordeaux pigeons.		2 ozs. butter.		1 glass white wine.		bacon.		salt.
1 gill brown sauce.		$\frac{1}{2}$ cabbage.		1 gill good stock.		$\frac{1}{2}$ onion.		pepper.

Cut the pigeons into neat joints. Peel and chop the onion. Melt the butter in an earthenware stewpan ; put in the onion and the joints of pigeon, and fry them a nice brown colour. Strain away the butter ; blanch the cabbage, and divide it into six parts. Have ready six slices of thinly cut bacon ; fry them, and roll each slice in one of the pieces of cabbage. Place these in an earthenware casserole : put the joints of pigeon on the top ; add the sauce, stock, and wine ; season with pepper

and salt ; put on the lid ; place in the oven, and cook for about half an hour. When sufficiently cooked, take it out of the oven ; remove the fat on the surface, and send to table in the casserole.

Average cost, 3s. 3d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 persons.

1,068. PIGEONS EN CASSEROLE À LA SOUVAROFF.

2 Bordeaux pigeons.	2 ozs. butter.	4 ozs. chicken forcemeat	2 ozs. foie-gras.
1 gill brown sauce (No. 6).	1 truffle.	(No. 202).	1 gill veal gravy.

Prepare the pigeons. Mix together the chicken forcemeat and the foie-gras, the latter to be cut in dice ; also cut the truffle in the same way, and mix into the other ingredients. Fill the pigeons with this mixture, and truss them a nice shape. Melt the butter in an earthenware stewpan or casserole ; put in the pigeons, and fry a nice colour. Add to them the veal gravy, the brown sauce, salt, and pepper. Cover with the lid of the pan, and put in the oven to cook for about thirty minutes. Serve in the casserole, first removing the fat from the surface.

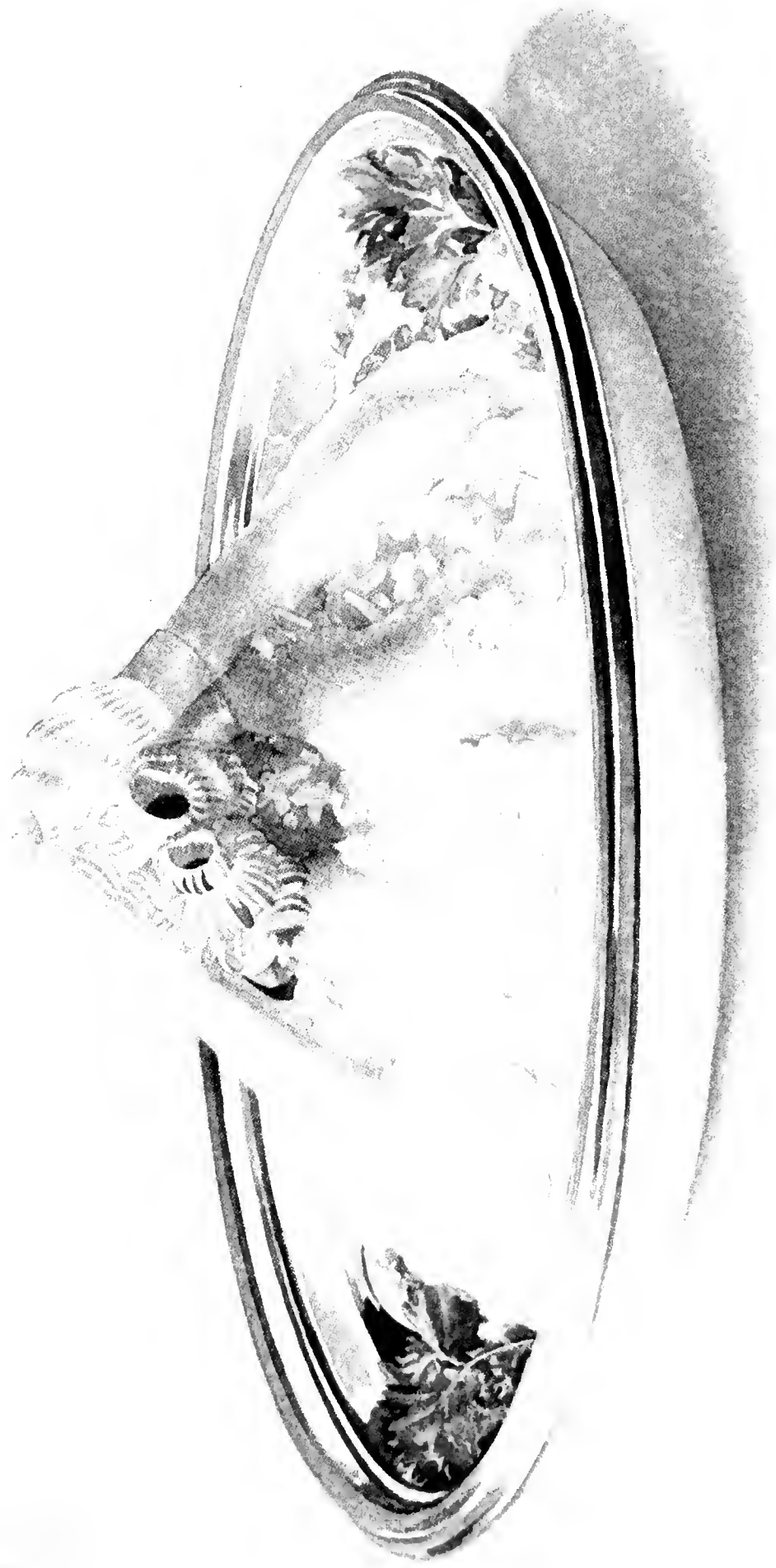
Average cost, 5s. Time required, 1 hour. Seasonable all the year. Sufficient for 3 or 4 persons.

1,069. PERDREAUX EN CASSEROLE À LA DEMIDOFF (PARTRIDGES IN CASSEROLE, DEMIDOFF STYLE).

2 partridges.	1 gill dice of carrots.	1 gill dice of mushrooms.	1 tablespoonful glaze.	1 truffle.
1 gill gravy.	1 gill dice of turnips.	1 gill brown sauce (No. 6).	2 ozs. butter.	stock.

Prepare the partridges ; truss them as for roasting. Melt the butter in an earthenware stewpan ; put in the partridges, and brown them nicely all over. When brown, put them into a casserole. Cut the dice of carrots, turnips, and mushrooms about $\frac{1}{4}$ inch square ; parboil these separately, then cook them in stock. Strain and add them to the partridges ; cut up the truffle, and sprinkle over the birds. Pour in the gravy and the brown sauce ; season with pepper and salt. Cover with the lid ; set it in the oven for half an hour. Send to table in the casserole.

Average cost, 6s. Time required, 1 hour. Seasonable. September to February. Sufficient for 4 persons.



Côtelettes de Mouton Chaudfroid à l'Indienne.

CHAPTER XII

MEAT ENTRÉES (COLD)

1,070. CÔTELETTES D'AGNEAU EN CHAUDFROID (COLD CUTLETS OF LAMB).

2 lbs. neck of lamb (best end).	1 onion.	6 peppercorns.	3 gills brown chaudfroid
macedoine of cooked vegetables.	1 carrot.	$\frac{1}{2}$ pint stock.	sauce (No. 126).
bouquet garni.	1 truffle.	aspic jelly.	mayonnaise (No. 134).

Cut the onion and carrot into good-sized pieces ; put them in a stewpan with the bouquet garni, peppercorns, and stock. Trim the neck ; raise the chine-bone, lay it on the vegetables, and braise for about forty-five minutes. When done, cut it into cutlets ; trim and press until cold. Take off all grease from the braising liquor, strain into another saucepan, and reduce it to half-glaze ; then add it to the brown chaudfroid sauce. Trim the cutlets again after pressing, and coat each one with the sauce. When this is set, decorate each cutlet with a star of truffle ; mask with half-set aspic jelly. Mix the vegetables—*i.e.*, peas, beans, carrots, turnips—with enough mayonnaise to bind them together ; place this vegetable salad in the centre of a dish, and dress the cutlets round in a circle. Garnish the dish with chopped aspic jelly.

Average cost, 4s. Time required, 2 hours. Seasonable, January to August. Sufficient for 6 or 8 cutlets.

1,071. CÔTELETTES D'AGNEAU FROIDES À LA STRASBOURGEOISE.

8 lamb cutlets.	2 tablespoonfuls cream.	1 onion.	1 bouquet garni.
terrines of foie-gras.	green chaudfroid sauce (No. 127).	1 carrot.	6 peppercorns.
1 truffle.	aspic jelly (No. 251).	bacon.	1 pint stock.

Trim the cutlets neatly. They should be cut from the best end of a neck of lamb. Make a horizontal incision in the meaty part of each cutlet. Rub the foie-gras through a sieve ; add the cream to it ; mix well, and then stuff the cutlets with it. Cut the vegetables in pieces ; put them into a saucepan with the bouquet garni, peppercorns, and stock ; lay the cutlets on the top of the vegetables ; cover with slices of fat bacon, and braise for about thirty minutes. When done, take them up, and let them get cold ; trim and coat them with the green chaudfroid sauce. When set, put on each a star of truffle, and mask with half-set aspic jelly. Chop some aspic jelly ; pile it up in the centre of the dish ; dress the cutlets round this, standing against it. Place a cutlet frill on each bone. Arrange chopped aspic between each cutlet ; also garnish the dish with it, and serve cold.

Average cost, 4s. 6d. Time required, 1 $\frac{1}{2}$ hours. Seasonable from January to August. Sufficient for 6 or 7 persons.

1,072. CÔTELETTES D'AGNEAU À LA CONSTANCE.

8 lamb cutlets.	1 pint white chaudfroid sauce (No. 124).	1 onion.	2 lettuces.
a little vinegar.	1 tablespoonful mint.	1 carrot.	$\frac{1}{2}$ pint stock.
1 bouquet garni.	aspic jelly (No. 251).	salt.	1 oz. butter.
6 peppercorns.	mayonnaise sauce (No. 134).	pepper.	2 ozs. bacon.

Cut the cutlets from the best end of a neck of lamb ; trim them neatly. Melt the butter in a stewpan ; cut the bacon into dice, and slice the vegetables. Put the

bacon, vegetables, bouquet garni, and peppercorns into the butter, fry for a few minutes, then put the cutlets on the top; add the stock; cover with a buttered paper, and braise for half an hour at the side of the fire or in the oven. Chop the mint, and while chopping sprinkle with a few drops of vinegar, as this preserves the green colour of the mint. Stir this into the white chaudfroid sauce. As soon as the cutlets are cooked, press them until cold; trim and coat with the sauce. When well coated, mask with half-set aspic jelly. Wash the lettuces, tear into small pieces, mix with mayonnaise, and pile in the centre of a dish; dress the cutlets, leaning against the salad; place a frill on each bone, and garnish between the cutlets with chopped aspic and round the dish.

Average cost, 3s. 6d. Time required, 1½ hours. Seasonable, January to August. Sufficient for 4 or 5 persons.

1,073. CHAUDFROID DE CÔTELETTES D'AGNEAU À LA JARDINIÈRE (COLD LAMB CUTLETS, WITH VEGETABLES).

8 lamb cutlets.	vegetables for braise.	1 truffle.	1 pint macedoine	stock.
sprigs of mint.	½ pint mayonnaise (No. 134).	aspic jelly.	of vegetables.	butter.

Trim the cutlets; make a bed of vegetables at the bottom of a saucepan, pour in ½ pint stock, lay the cutlets on the vegetables, cover with buttered paper, and braise gently for half an hour. Take them up, place on a tin with another on the top, and press under a light weight until cold. Make some aspic jelly in the usual way, with the addition of a few sprigs of mint, to give it a nice flavour. When strained, colour a pale green with green colouring. Retrim the cutlets if necessary, lay them in a deep tin, and cover with the green aspic; let them set, and then cut out each cutlet with a knife; trim neatly. Line a border mould with uncoloured aspic jelly, decorate to taste with truffle, cut in fancy patterns, then line again with aspic mayonnaise (*i.e.*, equal quantities of aspic and mayonnaise mixed together). When this is set, fill the mould with mixed vegetables and mayonnaise aspic; put this aside to set. Turn out on a cold dish; fill the centre hollow with mixed vegetables and mayonnaise sauce; this must be piled up rather high. Dress the coated cutlets on the border, leaning against the macedoine of vegetables. Chop some uncoloured aspic jelly, and place a little between each cutlet, and also round the dish. Garnish with sprigs of parsley or hearts of lettuces. Serve cold.

Average cost, 4s. Time required, 1½ hours. In season, January to August. Sufficient for 6 persons.

1,074. SOUVENIRS DE RIS D'AGNEAU.

2 pairs lambs' sweetbreads.	2 ozs. ham.	6 preserved mushrooms.	pepper.
aspic jelly (No. 251).	1 gill cream.	1 gill Bechamel sauce (No. 4).	salt.
1 pint cooked green peas.	½ oz. gelatine.	vegetables for braising.	½ pint stock.

Soak the sweetbreads, blanch, press, and braise them on a bed of vegetables with the stock; cook for twenty minutes. After the sweetbreads are cooked, let them get cold, then cut in dice, also the cooked ham. Line some dariole moulds with aspic jelly, let them set, then cover the little moulds all over with the cooked green peas (the aspic jelly used to line the moulds and to set in the peas should be tinted green with spinach greening); the peas must be fixed in by sprinkling with the jelly; the bottoms of the moulds should be coated first, and then the sides, a piece at a time, until they are covered all over. Now melt the gelatine in the sauce; cut up the mushrooms into dice. Mix together in a basin the sweetbreads, ham, and mushrooms, season with salt and pepper; add the sauce and the slightly whipped cream. Stir this mixture on ice until it begins to set, then fill up carefully the lined moulds nearly to the top; pour a layer of aspic over each; let them set on ice. When ready to serve, dip into warm water, turn out on to a cold dish, garnish with chopped aspic, and serve.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, January to August. Sufficient for 8 moulds.

1,075. CÔTELETTES DE MOUTON À LA POMPADOUR.

8 mutton cutlets.	$\frac{1}{2}$ pint tomato sauce (No. 77).	2 lettuces.	salt.
aspic jelly.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 truffle.	pepper.
white of egg, hard-boiled.	mayonnaise sauce (No. 134).	$\frac{1}{2}$ oz. gelatine.	1 oz. butter.

Trim the cutlets neatly; melt the butter in a sauté-pan. As soon as it is hot, put in the cutlets, seasoned, and fry them quickly on both sides. When sufficiently cooked, take them up, drain, and place on a baking-sheet, place another tin on the top with a weight, and press the cutlets until cold. Warm the tomato and Bechamel sauces separately, and melt in each half the gelatine. When this is melted, strain into basins, and let them get cold. Coat the cutlets with the sauces, four to be masked with tomato and four with Bechamel sauce. As soon as the sauce is set on each, decorate the red cutlets with hard-boiled white of egg cut out in a fancy pattern, and the white cutlets with truffle; glaze them with half-set aspic jelly. Prepare a salad with the lettuces, mix with mayonnaise, and season to taste. Arrange the salad in the centre of a dish; dress the cutlets, standing round; place a frill on each bone, and garnish between the cutlets and round the dish with chopped aspic jelly. The dish is then ready to serve.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

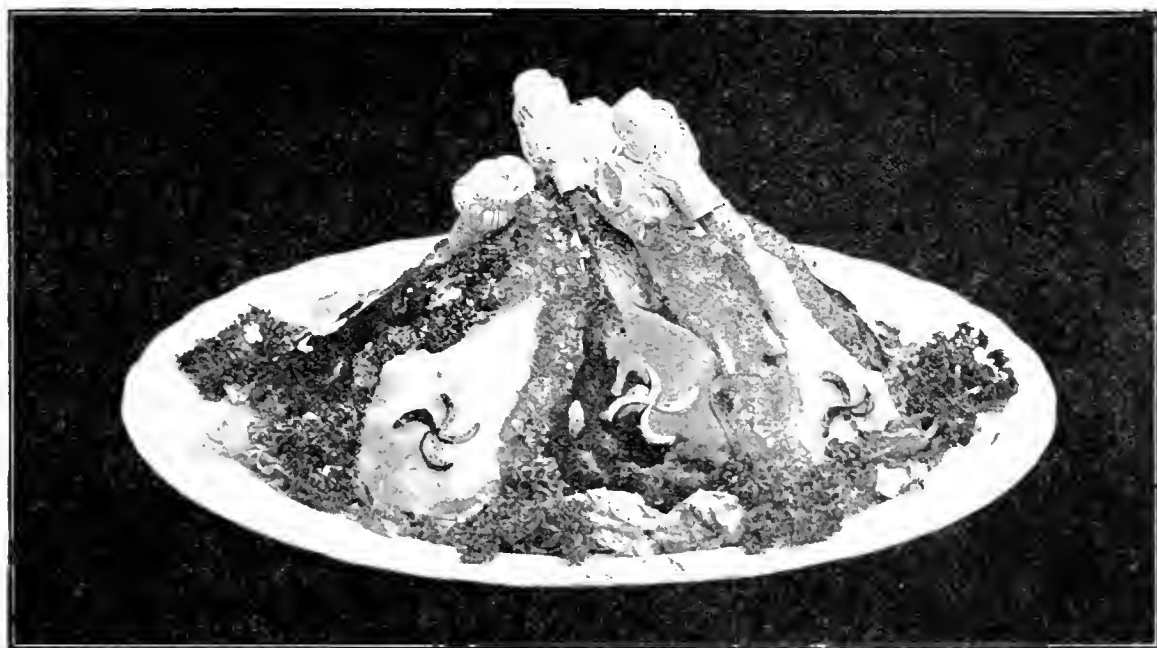


FIG. 56.—CÔTELETTES DE MOUTON À LA POMPADOUR.

1,076. CÔTELETTES DE MOUTON À L'INDIENNE.

8 mutton cutlets.	$\frac{1}{2}$ pint curry sauce (No. 23).	1 tomato.	boiled rice (No. 1,039).	$1\frac{1}{2}$ ozs. butter.
$\frac{1}{2}$ oz. gelatine.		beetroot.	aspic jelly (No. 251).	1 white of egg.

Cut the cutlets from the best end of a neck of mutton, trim them nicely free from fat, and scrape the bone clean about 1 inch from the end; season them with salt and pepper. Melt the butter in a sauté-pan, put in the cutlets, and fry them quickly on each side until done. Place on a baking-sheet, put another tin on the top, place on that a light weight, and press until cold, then trim again. Heat the sauce, melt the gelatine in it, strain it into a basin, and let it get cold. Place the cutlets on a wire tray, and mask one side with the prepared sauce; let this set, then decorate each cutlet in the following manner: Grease a small dariole mould, put into it the raw white of an egg, and steam it until firm; turn it out, and cut into slices, then, with a star cutter, stamp out a round for each cutlet; in the centre

of each star stamp out a small round with a very small cutter, fill up this cavity with a piece of tomato-skin, fix one of these stars on each cutlet, have ready some half-set aspic jelly, and mask the cutlets with it. To dish the cutlets, arrange some cold boiled rice in the centre of a dish, pile it up high, dress the cutlets standing up round the rice, put a cutlet frill on each bone, and decorate the dish with chopped aspic jelly, sprigs of parsley, and crescents of beetroot (see coloured plate).

Average cost, 2s. Time required, 1 hour. Seasonable at all times. Sufficient for 8 persons.

1,077. CÔTELETTES DE MOUTON EN ASPIC (MUTTON CUTLETS IN ASPIC JELLY).

6 mutton cutlets.	1 onion.	1 small carrot.	bouquet garni.	salad.	1 hard-boiled white	meat-glaze.
1 pint aspic jelly.	1 truffle.	$\frac{1}{2}$ pint stock.	6 peppercorns.	salt.	of egg.	cutlet-frills.

Trim the cutlets neatly, take off most of the fat, and scrape an inch of the bone at the end quite clean. Cut the onion and carrot into pieces, put them into a stew-pan with the bouquet garni, peppercorns, celery, and stock; season the cutlets with



FIG. 57.—CÔTELETTES DE MOUTON EN ASPIC.

salt and pepper, and lay them on the vegetables; cover with buttered paper and the lid of the pan, and braise slowly for thirty minutes over the fire or in the oven. When done, take up, drain and press until cold, then glaze them with melted meat-glaze; let this set. Decorate each cutlet with a star of hard-boiled white of egg, with a small round of truffle in the centre of each star; set these on the cutlets, with a few drops of aspic dropped on them. When the decorations are set, place the cutlets in a deep tin, cover with aspic jelly, and let set on ice until quite firm. Then, with a sharp knife dipped in hot water, cut out the cutlets, trim them neatly, and put a cutlet-frill on each bone. Dress a nicely seasoned salad in the centre of an entrée-dish, arrange the cutlets standing up round it, garnish between each with chopped aspic, and also round the dish.

Average cost, 3s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

1,078. CÔTELETTES DE MOUTON À LA RIPON.

8 mutton cutlets.	1 truffle.	$\frac{1}{2}$ pint sauce velouté (No. 82).	$\frac{1}{2}$ oz. gelatine.	salad.
$\frac{1}{2}$ pint soubise sauce (No. 75).	chervil.	$\frac{1}{2}$ pint tomato sauce (No. 77).	aspic jelly.	butter.

Cut the cutlets from the best end of a neck of mutton, trim them neatly; season with pepper and salt. Melt some butter in a frying-pan; fry the cutlets brown on

both sides. When sufficiently cooked, take them up, drain them, place on a tin, place another on the top with a weight, and press until cold. Reduce the soubise sauce well, and mask the cutlets with it ; on one side melt half the gelatine in the white sauce, and the other half in the tomato sauce. Strain the sauces into separate basins, and let them get cold, but not set. Coat the cutlets with the two sauces ; four cutlets to be coated with white, and four with tomato ; this is done on the sides that have been masked with soubise sauce. After the cutlets are coated in this way, put them on ice to set, then decorate with truffle and chervil leaves ; have ready some half-set aspic jelly ; put a layer of this over the cutlets. Prepare a salad of mixed vegetables and mayonnaise, or a lettuce salad. Arrange this in the centre of a dish ; dress the cutlets round, put a frill on each cutlet-bone, garnish with chopped aspic jelly, and serve.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

1,079. FILETS DE VEAU À LA MADRAS (FILLET OF VEAL, MADRAS STYLE).

1½ lbs. fillet of veal.	3 gills white chaudfroid sauce	3 ozs. butter.	4 ozs. rice.
1 pint white stock.	(No. 124).	aspic jelly.	truffle.
mayonnaise sauce (No. 134).	½ tablespoonful curry-powder.	2 shallots.	2 lettuces.

Cut the fillet into rounds of even size, flatten them with a cutlet-bat, trim away skin and fat. Melt 2 ounces of butter in a sauté-pan ; chop the shallots, put them into the butter, and fry a few minutes without browning ; put in the filets, and cook without allowing them to colour ; keep turning them in the pan to prevent this. As soon as they are cooked, put them between two tins or plates, and press until cold. Trim again. Melt 1 ounce of butter in a stewpan, put in the curry-powder, and fry a little ; add the chaudfroid sauce to this, mix well together, strain into a basin, and let cool. Coat the filets thickly with this sauce, let set, then decorate each fillet with a star of truffle ; coat with half-set aspic jelly. Boil the rice in the stock until tender, season to taste, and press into a border-mould. Make a salad with the lettuces and mayonnaise. As soon as the rice border is cold, turn it out on to a round entrée dish, fill the centre with the salad, and dress the cutlets round on the top of the border, standing round the salad ; garnish with chopped aspic, and serve.

Average cost, 4s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

1,080. FILET DE VEAU EN BELLE VUE (FILLET OF VEAL, BELLE VUE STYLE).

¾ lb. veal cutlet.	mixed vegetables (carrot, turnip, peas, and beans).	1 carrot.	½ pint stock.
bouquet garni (No. 194).	larding bacon.	1 onion.	meat-glaze.
6 peppercorns.	aspic jelly (No. 251).	salt.	1 oz. butter.

Cut the veal into rounds, not too thin, about 1½ inches across. Lard one side of each with strips of larding bacon. Melt the butter in a stewpan ; slice the carrot and onion, add to the butter ; also the bouquet garni, peppercorns, a pinch of salt, and the stock. Place the rounds of veal on the top of the vegetables, and braise for twenty minutes ; baste the veal occasionally while cooking. When cooked, allow them to get cold ; then brush them over with meat-glaze. Rinse out in cold water eight shell-shaped tins, set a thin coating of jelly at the bottom of each. When this is firm, decorate them with the cooked mixed vegetables : fix these in with a few drops of aspic dropped on them. Put one of the larded filets in each mould, larded side down ; pour in some aspic jelly, sufficient to fix the fillet. When this is set, put round the fillet a border of vegetables ; sprinkle these with a little jelly to set them. When this is done, fill up the moulds with more jelly. When ready to serve, dip the moulds in warm water, turn out on to a dish, garnish with chopped aspic, and serve.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

1,081. FILETS DE VEAU FROIDES (COLD VEAL FILLETS).

1½ lbs. veal cutlet.	1 truffle.	bouquet garni (No. 194).	2 ozs. bacon.
aspic jelly (No. 251).	1 onion.	3 gills white chaudfroid sauce (No. 124).	2 lettuces.
cooked green peas.	1 clove.	½ gill mayonnaise sauce (No. 134).	½ pint stock.
8 peppercorns.	1 carrot.	½ gill cream.	salt.

Cut the veal fillet into rounds of even size, flatten them with a cutlet-bat, and trim neatly. Cut up the bacon into squares, put it into a stewpan with the sliced onion, carrot, bouquet garni, clove, peppercorns, and stock; lay the pieces of veal on the vegetables, cover with a buttered paper and the lid of the saucepan, and braise on the fire or in a moderate oven for about thirty minutes. When cooked, take up, drain, and press until cold. Have ready the chaudfroid sauce, cold, but not set. Mask the veal with this, let set; then repeat. Continue in this way until the cutlets are thoroughly coated. Mask them with half-set aspic jelly. Rub some cooked green peas through a fine sieve, mix with them a little cream; put this into a forcing-bag, and force out a rose in the centre of each fillet.



FIG. 58.—FILETS DE VEAU FROIDES.

Mix the remainder of the cream with the mayonnaise sauce. Wash the lettuces, divide into small pieces, and mix them with the mayonnaise. Dress this salad on a round dish in pyramid form, stand the fillets in a circle round it, garnish with finely chopped aspic between the cutlets and round the dish, and serve.

Average cost, 4s. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 fillets.

1,082. GÂTEAU DE VEAU (VEAL CAKE).

1 lb. veal cutlet.	½ lemon-rind.	parsley.	2 to 3 leaves of	pepper.
¼ lb. streaky bacon.	2 eggs.	½ pint stock.	gelatine.	salt.

Cut up the veal into dice; boil the eggs hard, chop the parsley, grate the lemon-rind; cut the bacon into strips and the eggs into slices. Rinse out a plain charlotte mould, decorate the bottom with slices of hard-boiled egg and strips of bacon; do the same round the sides of the mould. Mix the veal cutlet with the remainder of the eggs cut in dice, the bacon and parsley chopped, grated lemon-rind, salt, and pepper. Fill the mould three parts full with this, add enough stock or water to cover, cover with paper, and put in a cool oven for 1½ hours. When sufficiently cooked, fill it up again with stock in which the gelatine has been melted. Let the

shape get perfectly cold and set. Turn out on to a cold dish, and garnish with sprigs of fresh parsley or watercress.

Average cost, 1s. 9d. Time required, 3 hours. Seasonable at all times. Sufficient for 5 persons.

1,083. MOUSSE DE VEAU.

$\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	$\frac{1}{4}$ oz. gelatine.	2 tomato skins.	salt.
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ pint aspic jelly (No. 251).	1 truffle.	salad.	pepper.

Chop the veal (fillet of veal is best for this), put it in the mould, add to it the Bechamel sauce, and pound well. Season with pepper and salt, and rub through a wire sieve. Rinse out some moulds, the shape and size of playing-cards, with cold water; put in the bottom of each a thin layer of aspic-jelly; let this set. Then cut out with card-cutters shapes in truffle and the very thinly-peeled skin of tomatoes; arrange in the moulds so as to represent playing-cards; fix these in with a little aspic-jelly. When this is set, fill with the following mixture: Whip the cream slightly; melt the gelatine in about 1 gill of aspic-jelly, let the latter get cold;

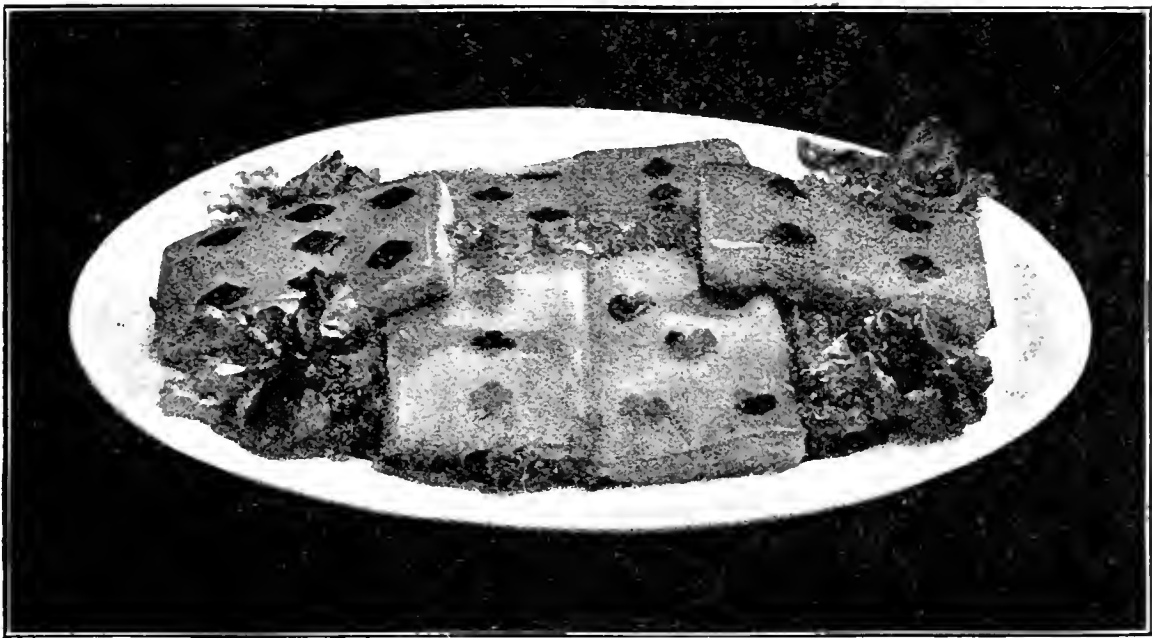


FIG. 59.—MOUSSE DE VEAU.

then mix it into the sieved veal; stir in the cream lightly. Arrange a nicely-made salad in the centre of a dish, dress the veal mousses round it, and garnish with chopped jelly. Serve cold.

Average cost, 2s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 moulds.

1,084. RIS DE VEAU À LA ST. MICHEL.

2 sweetbreads.	1 terrine foie-gras.	2 truffles.	1 carrot.
3 or 4 tomatocs.	aspic jelly (No. 251).	seasoning.	bouquet garni.
larding bacon.	chaufroid sauce blanche (No. 124).	1 onion.	$\frac{1}{2}$ pint stock.

Soak and blanch the sweetbreads; press, trim, and lard them with a few strips of larding bacon. Cut the onion and carrot into large pieces, place them in a saucepan; add the stock and the bouquet garni; place the sweetbreads on the top of them, cover with a buttered paper and a lid, and cook over the fire for about thirty minutes. Take up and let cool. Cut each sweetbread in half lengthways; stamp out some rounds with a cutter about 2 inches across; put these rounds on a wire tray, and coat them with the white chaufroid sauce. Turn out the foie-gras, take away the fat from it, cut it into rounds a little smaller than the sweetbread, place one of these in the centre of each round of the latter, and coat with the sauce. Cut

the tomatoes into slices. season them with pepper and salt, and stand the prepared sweetbread on them. Decorate the tops of the foie-gras with pieces of truffle, cut out with a fancy cutter. Have ready some half-set aspic jelly ; pour this over, dish up on an entrée dish, and garnish with chopped aspic jelly. A nicely prepared salad can be sent up with it separately (see coloured plate).

Average cost, 10s. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 persons.

1,035. TIMBALE DE RIS DE VEAU (TIMBALE OF SWEETBREAD).

1 sweetbread.	1 slice tongue.	1 pint aspic jelly (No. 251).	½ gill sherry.
1 truffle.	½ gill cream.	a few preserved mushrooms.	2 ozs. ham.

Line a plain timbale mould with aspic jelly ; when this is set, decorate the sides and bottom with truffle and tongue cut out in fancy shapes ; set this decoration with a little aspic jelly, put on very carefully. Mix together the cream and 1 gill of aspic jelly ; put this on ice, and when it is half set, coat the mould all over with it over the decoration. Cook the sweetbread in the usual way, and, when cold, cut into dice ; also the ham, the remainder of the tongue, truffle, and the mushrooms, in strips. Put these ingredients into a basin, pour the wine over, also any aspic

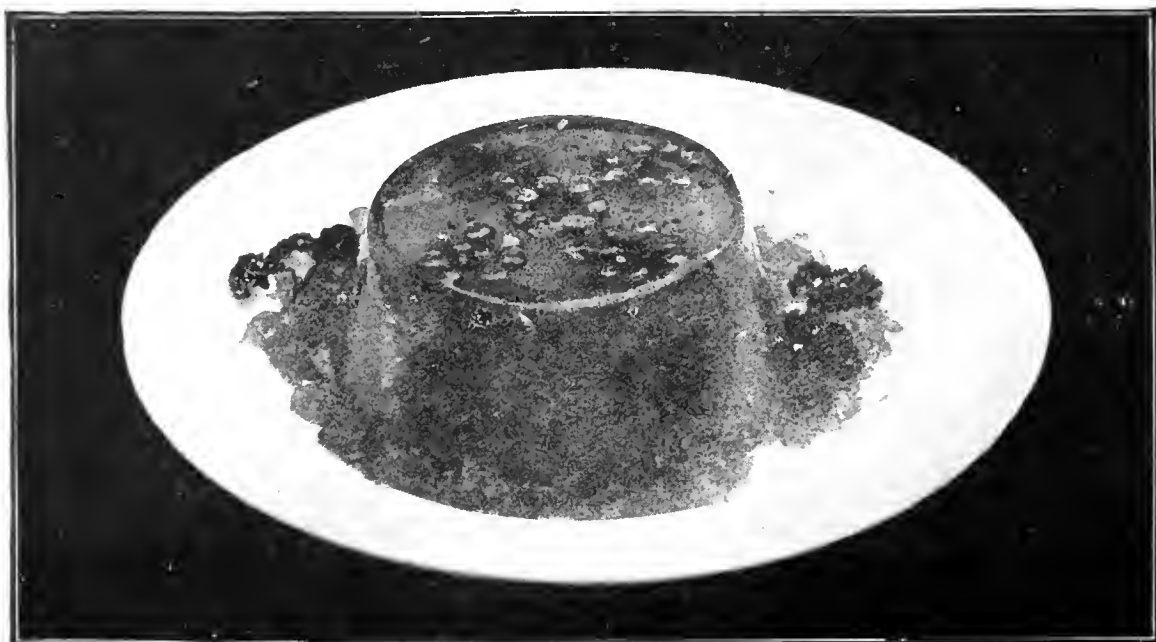


FIG. 60.—TIMBALE DE RIS DE VEAU.

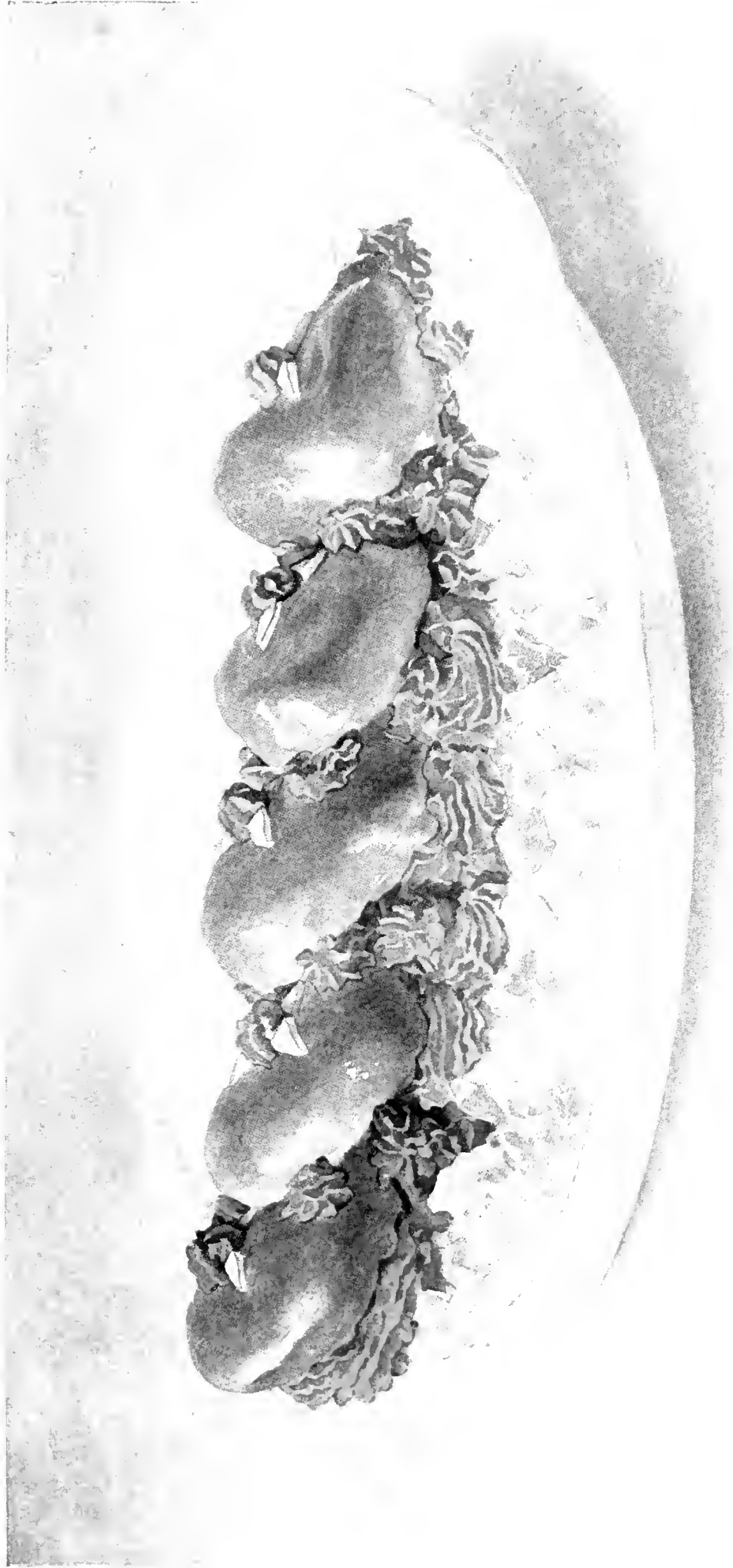
cream that is left after coating the mould, and about 1 gill of aspic jelly. Mix all well together, and season to taste. Stir on ice until the mixture begins to set, then fill the mould. When it is well set, dip it quickly into hot water, and turn out on to an entrée dish. Garnish the base with chopped aspic jelly.

Average cost, 7s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 5 or 6 persons.

1,086. RIS DE VEAU À LA SAN REMO.

2 sweetbreads.	1 gill tomato sauce	1 gill sauce Villeroi (No. 84).	½ oz. gelatine.
mirepoix, etc.	(No. 77).	1½ pints aspic jelly.	seasoning.
1 truffle.	½ gill white wine.	mixed cooked vegetables.	salad.

Blanche the sweetbreads, trim and press them, then braise with the mirepoix, wine, etc. As soon as they are cooked, take them up, drain, and let them get cold. Mix the sauces together, put them into a stewpan, and make hot ; add the gelatine, and let it melt in the sauce (the sauce should be pink) ; strain into a basin, and let it cool. Cut the sweetbread into slices ; coat each slice with the prepared sauce,



Filets de Bœuf en Chaudfroid.

then decorate each with pieces of truffle cut out in fancy patterns ; mask them with half-set aspic jelly. Coat a border mould with a thin layer of aspic jelly on the bottom and sides ; sprinkle some mixed cooked vegetables over the bottom of the mould, set them in with aspic jelly, and fill the mould with the vegetables and aspic. Put on ice to set. The vegetables used should be peas, beans, carrots, and turnips, the two last to be cut into dice. As soon as the border is set, turn it out, fill the centre with a nicely prepared salad, pile it up high, and dress the slices of sweetbread on the border leaning against the salad. Garnish between the slices of sweetbread with chopped aspic, and also round the base of the mould (see coloured plate).

Average cost, 8s. 6d. Time required, 2 hours. Seasonable in the summer months. Sufficient for 6 persons.

1,087. CHAUDFROID DE RIS DE VEAU EN CAISSES.

1 large sweetbread.	mayonnaise sauce (No. 134).	truffle.	mirepoix, etc. (No. 250),	cooked peas.
aspic jelly.	artichoke bottoms.	cream.	for braising.	8 soufflé cases.

Blanch, press, trim, and braise the sweetbread with the mirepoix, etc. ; drain, and let it cool. Cut the sweetbread into rounds the same shape and size as the soufflé cases (china or silver). Make the mayonnaise, mix some cream into it. Cut

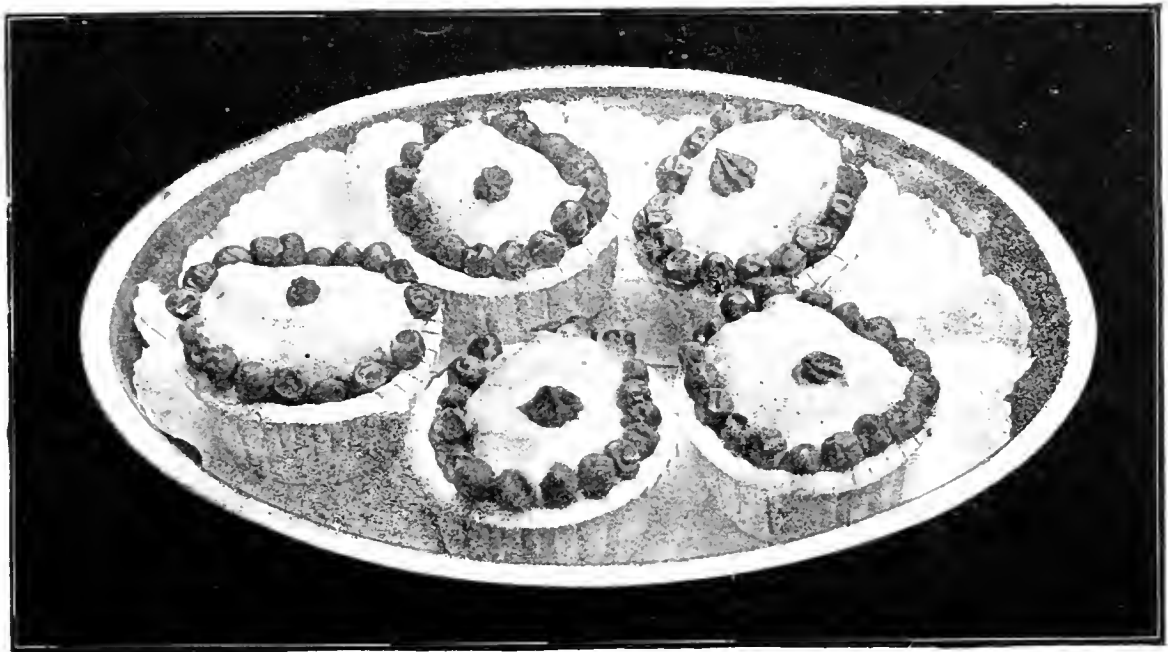


FIG. 61.—CHAUDFROID DE RIS DE VEAU EN CAISSES.

the artichokes into strips, mix them with some of the mayonnaise cream, and season nicely. About half-fill the soufflé cases with the artichoke salad, place on the top of each a slice of sweetbread, pour over the aspic mayonnaise so as to thoroughly coat the sweetbread, put the cases on ice, and let them set. Cut out some pieces of truffle with a fancy cutter, decorate the top of each slice with these prettily, mask with half-set aspic, and put a row of peas round the inside of each dish ; put them on the ice again to get quite set. Dish on a silver entrée dish ; garnish the latter with a few sprigs of crisp parsley, and serve.

Average cost, 6s. Time required, 1½ hours. Seasonable in the summer. Sufficient for 8 persons.

1,088. FILETS DE BŒUF EN CHAUDFROID.

2 lbs. fillet of beef.	½ pint brown chaudfroid sauce (No. 126).	white of egg (hard-boiled).
larding bacon.	½ pint aspic jelly (No. 251).	mashed potatoes.
1 truffle.	1 gill cooked green peas.	1 tablespoonful cream.
salt.	pepper.	2 ozs. butter.

Take away all skin and gristle from the fillet ; cut it into rounds all the same size, and about ½ inch thick ; lard one side of each with strips of larding bacon

Melt the butter in a sauté-pan, and fry the fillets in it a nice brown on both sides, allowing about three minutes for each side ; they should be underdone. Place them between two plates with a weight, and press until cold. Trim the fillets, and coat them with the brown chaudfroid sauce. Let the sauce set ; place on each a garnish of truffle and hard-boiled white of egg, cut out in a fancy pattern ; pour over half-set aspic jelly. Rub the cooked peas through a hair sieve ; mix to this purée the tablespoonful of cream and a little spinach greening, if found necessary. Put this purée into a forcing-bag with a rose-pipe, and make a border with it round each fillet. Make a bed of mashed potatoes on a silver dish, arranging it straight down the dish ; dress the fillets on this ; decorate the sides of the dish with the green-pea purée, garnish with chopped aspic, and serve (see coloured plate).

Average cost, 4s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

1,089. FILETS DE BŒUF À L'ESPAGNOLE.

2 lbs. fillet of beef.	horseradish.	mayonnaise sauce	2 shallots.
2 ozs. butter.	½ gill cream.	(No. 134).	salt.
2 or 3 tomatoes.	½ pint aspic jelly (No. 251).	sprigs of parsley.	pepper.

Take away all skin and fat from the fillet. Cut it into slices ½ inch thick, and the slices into rounds all the same size. Chop the shallots. Melt the butter in a sauté-pan, put in the shallots, and fry a little ; then place the fillets on the top, and fry them quickly over a brisk fire (they should be underdone), until nicely coloured on both sides. Take them up, drain, put them on a wire tray ; season with salt and pepper, and let them get cold. Mix the whipped cream with the mayonnaise, add a little grated horseradish, season to taste, and coat the fillets with it. Skin the tomatoes by dipping them into boiling water, cut them into slices, and place a fillet on each slice of tomato. Coat all over with half-set aspic jelly. Put in the centre of each fillet a little shredded horseradish and a pinch of chopped parsley. Dish up, and garnish with chopped aspic jelly and sprigs of fresh parsley.

Average cost, 4s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 or 7 persons.

1,090. PETITES TIMBALES DE BŒUF À LA BETTERAVE (LITTLE SHAPES OF BEEF AND BEETROOT).

4 ozs. cooked beef.	a few slices of beet-	aspic jelly.	salt.
2 hard-boiled eggs.	root.	parsley.	pepper.

Mince the beef finely, chop the beetroot, place these ingredients in a basin, mix them together, season highly with salt and pepper ; add to these some aspic jelly, sufficient to dilute well. Rinse out some dariole moulds with cold water, and fill them with this mixture. Place the little moulds on ice to set. When these shapes are quite firm, turn them out on to a cold dish. Cut the hard-boiled eggs into slices or quarters, garnish the dish with these, also with chopped aspic jelly and sprigs of fresh parsley.

Average cost, 1s. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 or 8 moulds.

1,091. PETITS SOUFFLÉS À L'ÉCARLATE (OX-TONGUE SOUFFLÉS).

½ lb. ox-tongue.	1 gill brown sauce	1½ gills cream.	cochineal.	salt.
aspic jelly (No. 251).	(No. 6).	1 truffle.	8 soufflé cases.	pepper.

Chop the tongue finely. Put it into a mortar, and pound well ; add the brown sauce, and mix thoroughly, rub through a wire sieve. Put this purée into a basin, season to taste, mix into it about 1½ gills of aspic jelly, whip the cream lightly, and stir it into the mixture. Fasten a band of stiff paper round the outside of each case, so that it comes about an inch above the cases. Fill up the cases with the tongue preparation. Put on ice, or place in an ice cave, until thoroughly set ; garnish the

surface of each with a star of truffle; put over some half-set aspic. When quite firm, take off the paper bands, dish up, and garnish the dish with sprigs of parsley.

Average cost, 3s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

1,092. GALANTINE DE BŒUF (BEEF ROLL).

1 lb. lean beef (raw).	2 eggs.	1 tablespoonful chopped	salt.	meat-glaze.
4 ozs. breadcrumbs.	$\frac{1}{2}$ lb. fat bacon.	parsley.	pepper.	parsley.

Chop the meat and bacon finely, or pass them through a mincing-machine. Rub the bread through a fine wire sieve. Put the meat, bacon, and crumbs into a basin; add the parsley, pepper, and salt, and mix all well together; beat the eggs, and add them to the dry ingredients, and, if necessary, a little stock. After mixing well, put this preparation into a pudding-cloth, shape it into a roll, making it short and thick, roll it up in the cloth, and tie at each end with string. Put the roll into a saucepan, containing enough boiling water or stock to cover it; boil for about



FIG. 62.—GALANTINE DE BŒUF.

two hours. When cooked, take it up, put it on a baking-tin, place another on the top, put on a weight—not too heavy—and press until cold. As soon as the roll is quite cold, glaze it thickly with meat-glaze. Dish it up, and garnish it with sprigs of parsley, or, if handy, some chopped aspic jelly is an improvement.

Average cost, 2s. Time required, 3 to 4 hours. Seasonable at all times. Sufficient for 8 persons.

1,093. PETITS SOUFFLÉS AU JAMBON (LITTLE HAM SOUFFLÉS).

$\frac{1}{2}$ lb. lean cooked ham.	$1\frac{1}{2}$ gills cream.	seasoning.
$1\frac{1}{2}$ gills aspic jelly.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	1 truffle.

Cut the ham into pieces, put these into a mortar with the sauce, and pound until it becomes a smooth paste; rub it through a wire sieve. Melt the aspic, and whisk over ice till it becomes white and frothy and begins to set, then stir it into the ham purée. Whip the cream slightly, and mix it into the ham preparation. Stir all well together, and then fill up some little china soufflé cases. Cut out stars of truffle, and place one on the top of each soufflé; run a little aspic jelly over, and put on ice or into an ice cave for one to two hours. Dish up and serve.

Average cost, 2s. 9d. Time required, 2 or 3 hours. Seasonable at all times. Sufficient for 8 persons.

1,094. PETITES LANGUES À L'ESPAGNOLE (SHAPES OF OX-TONGUE).

$\frac{1}{2}$ lb. cooked tongue.	pepper.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ gill Espagnole sauce (No. 33).	salad.
2 ozs. cooked veal.	salt.	$\frac{1}{2}$ pint aspic jelly.	cochineal or carmine.	meat-glaze.

Cut up the tongue and veal, put into a mortar, and pound well together. Add the sauce, season to taste, colour with a few drops of cochineal or carmine, and rub through a wire sieve. Whip the cream slightly, add it to the purée mixture, stir in sufficient aspic jelly to set the mixture, about three parts of a gill. Rinse out some little tongue moulds with cold water, fill them with the above mixture, put on ice to set. Prepare a salad of lettuces mixed with mayonnaise; arrange this in the centre of a dish. Turn out the little moulds, and glaze them with meat-glaze. Dish the little tongues round the salad, arranging them with the points to the centre. Decorate with chopped aspic jelly, and serve cold.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 moulds.

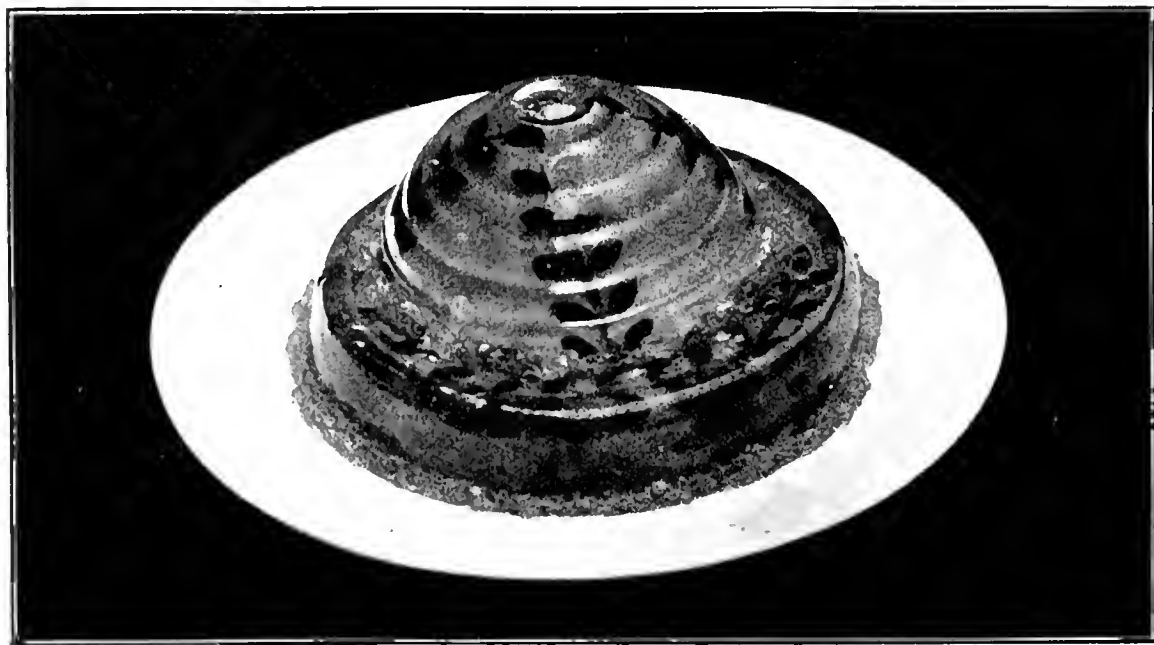


FIG. 63.—MOUSSE DE JAMBON.

1,095. MOUSSE DE JAMBON.

1 lb. cooked ham.	aspic jelly (No. 251).	$\frac{1}{2}$ pint cream.	truffles.
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Line a dome-shaped mould with a thin layer of aspic jelly, also a plain round tin, larger than the base of the first mould. When these are set, decorate both with slices of truffle, cut in fancy shapes, and with tarragon leaves or parsley stalks. Set these decorations in with a little more aspic jelly, taking care that the layer of jelly is not too thick. Remove some of the fat from the ham, and then put it through a mincing-machine; pound well in a mortar, and rub through a wire sieve. Place this mixture in a basin, add to it $\frac{1}{2}$ pint of melted aspic jelly, and lastly the cream, slightly whipped. When this mousse begins to set, fill up both the moulds with it, and put aside to set. When ready, turn out the large mould first on to an entrée dish, then turn out the dome-shaped mould, and place it on the top of the first one. Garnish round the base of the dish, and also where the two shapes join, with a little chopped aspic jelly.

Average cost, 3s. 6d. Time required, about 2 hours. Seasonable always. Sufficient for 6 or 7 persons.

1,096. CÔTELETTES FROIDES À LA PRINCESSE.

2 hard-boiled eggs.	4 ozs. cooked veal.	salt.	oil.
$\frac{1}{2}$ gill cream.	aspic jelly (No.	pepper.	vinegar.
1 oz. butter.	251).	tomatoes.	parsley.

Put the hard-boiled eggs into a mortar, cut up the veal into small pieces, add it and the butter to the eggs, and pound all together to a smooth paste ; rub through a wire sieve, season with pepper and salt ; whip the cream, and stir it into the mixture. Divide this purée into six equal parts, shape each portion into the form of a cutlet, place them on a dish, and cover with aspic. When set, cut them out carefully. Peel the tomatoes, cut them in slices, pile them in the centre of a dish, sprinkle with oil, vinegar, salt, and pepper ; arrange the cutlets round this, standing against it ; garnish with chopped aspic and sprigs of parsley or watercress.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 persons.

CHAPTER XIII

ENTRÉES OF POULTRY, ETC. (HOT)

1,097. POULET SAUTÉ À LA CHASSEUR (CHICKEN SAUTED, HUNTER'S STYLE).

1 chicken.	½ oz. butter.	½ pint chasseur sauce (No. 19).	2 shallots.	pepper.
¼ gill salad-oil.	1 glass white wine.	12 mushrooms.	chopped parsley.	salt.

Cut the fowl into six or eight neat joints. Put the butter and oil into a stewpan ; when hot, put in the pieces of chicken, add the chopped shallots, and fry quickly over the fire until the pieces of chicken are lightly browned. Strain off the fat, add the wine and the sauce, and simmer gently for half an hour. Slice the mushrooms, and add them to the chicken ten minutes before it is cooked. Dish up the chicken in a pile on a hot dish, arranging it neatly, pour the sauce over, and sprinkle with chopped parsley. All fat must be removed from the sauce before it is poured over the chicken. The dish is now ready to serve.

Average cost, 5s. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

1,098. POULET SAUTÉ À LA DORIA (CHICKEN SAUTED WITH CUCUMBER).

1 chicken.	1½ ozs. butter.	½ gill veal stock.	pepper.
¼ gill oil.	1 small cucumber.	lemon-juice.	salt.

Cut the chicken into six or eight neat joints. Put ½ oz. of butter and the oil into a stewpan. As soon as it is hot, put in the pieces of chicken, and fry them quickly a light brown. Peel the cucumber, cut it in quarters lengthways, and remove the seeds ; then cut the pieces into dice, add these to the chicken, put the pan in the oven, and stew gently for half an hour. Dish up the chicken on a hot dish, arrange the cucumber on it. Pour the veal stock into the saucepan the chicken was cooked in, add a few drops of lemon-juice, salt, and pepper. Put the remaining 1 oz. of butter in a small stewpan, and cook it over the fire until nut brown ; add this to the sauce. Strain this liquor over the chicken and cucumber, and serve very hot.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable, May to September. Sufficient for 6 or 7 persons.

1,099. POULET SAUTÉ AUX FINES HERBES (CHICKEN SAUTED WITH FINE HERBS).

1 chicken.	¼ teaspoonful chopped tarragon.	½ gill brown sauce	salt.
2 ozs. butter.	½ teaspoonful chopped parsley	(No. 6).	pepper.
2 shallots.	and chervil.	½ gill white wine.	½ gill veal stock.

Chop the shallots finely. Divide the chicken into joints. Melt the butter in a stewpan, put in the chicken, sprinkle over the chopped shallots, season with salt and pepper, and fry a pale brown. Put the pan in the oven to finish cooking ; this will take about half an hour. Dish up the chicken on to a hot dish, and put in a warm place. Pour into the stewpan the ½ gill of white wine ; let this reduce to half, then add the veal stock and the brown sauce, put over the fire, and simmer for a few minutes ; just at the last add the herbs. Pour over the chicken, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,100. POULET SAUTÉ À LA FORESTIÈRE (CHICKEN SAUTED, FORESTER'S STYLE).

1 chicken.	12 small heads of mushrooms.	3 ozs. butter.	pepper.
3 or 4 potatoes.	$\frac{1}{2}$ gill brown veal stock.	lemon-juice.	salt.
1 glass white wine.	$\frac{1}{2}$ gill brown sauce (No. 6).	chopped parsley.	2 shallots.

Cut the chicken into six or eight joints. Melt 2 ozs. of butter in a stewpan; put in the pieces of chicken, sprinkle with the chopped shallots, pepper, and salt, and fry a light brown over a quick fire; put the pan into the oven for twenty minutes; then add the mushrooms and the potatoes, which are first cut in large dice and tossed in butter. Put all into the oven again for ten minutes longer. Dish up the chicken, arrange the vegetables round it in groups. Strain off the butter in the pan, add the white wine, reduce to half, then pour in the veal stock and the brown sauce, reduce to a good consistency, season to taste with salt, pepper, and a few drops of lemon-juice, lastly stir in by degrees 1 oz. of butter. Pour this sauce over the chicken, sprinkle with chopped parsley, and serve.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

1,101. POULET SAUTÉ À LA HONGROISE (CHICKEN SAUTED, HUNGARIAN STYLE).

1 chicken.	3 ozs. butter.	$1\frac{1}{2}$ pints stock.	salt.	1 gill cream.
2 small onions.	paprika pepper.	$\frac{1}{2}$ gill tomato sauce (No. 77).	4 ozs. rice.	2 tomatoes.

Cut the chicken into joints. Melt 2 ozs. of butter in a stewpan, chop one onion finely, put the pieces of chicken and the onion into the butter and fry a light brown, season with salt and paprika pepper. Peel the tomatoes, cut them in quarters, and add to the chicken; cook in the oven for ten minutes; then pour over the cream, and cook for ten minutes longer. Melt 1 oz. of butter in a stewpan, slice the remaining onion, fry it in the butter without browning, add the rice, and fry a little; stir in the stock by degrees until the rice is done and has absorbed the stock; season with salt and pepper; add the tomato sauce, cook a little longer, stirring well. Make a border on a hot dish with the rice, arrange the pieces of chicken in the centre, and keep hot. Rub the tomatoes and the cream in which the chicken was cooked through a sieve or tammy, reheat, and pour it over the chicken.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

1,102. POULET SAUTÉ À LA CRÈME.

1 fowl.	2 ozs. butter.	seasoning.	$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ lemon.	chopped parsley.
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Cut the fowl into neat joints. Melt the butter in a stewpan; when hot, put in the pieces of fowl, sprinkle with pepper and salt, and fry them a light brown on both sides. Drain off the butter, mix the flour with the cream, pour this over the chicken, put on the lid of the saucepan, place again on the fire, and cook gently for twenty minutes. When the chicken is tender, take it up and dish it in a pile on a hot dish. Add a little fresh butter to the sauce and the juice of half a lemon. Pour this over the chicken, sprinkle with chopped parsley, and serve.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

1,103. POULET SAUTÉ À LA MARENGO.

1 fowl.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 glass white wine.	salt and pepper.
1 truffle.	$\frac{1}{4}$ pint tomato sauce (No. 77).	12 fresh mushrooms.	1 shallot.
4 eggs.	croûtons of puff-paste.	1 gill salad-oil.	butter.

Cut the fowl into neat joints, either six or eight according to the size of the fowl. Put the salad oil into a stewpan, and as soon as hot put in the pieces of chicken; sprinkle over the chopped shallot, pepper, and salt, and fry them a light brown. This will take about ten minutes. Drain away the oil, add the brown

and tomato sauces and the wine, cover with the lid of the stewpan, place the pan in the oven, and let stew gently for about half an hour. Melt a little butter in a stewpan, and cook the prepared mushroom heads; toss them over the fire until done. Fry the eggs in the salad oil the fowl was fried in, keeping them round like poached eggs. When the chicken is sufficiently cooked, dress it on a silver entrée dish, strain the sauce over, which must first have the fat removed, arrange the mushrooms in four groups round the dish, place the fried eggs between the mushrooms, and garnish with the puff-paste croûtons, cut out in crescent shapes and baked, sprinkle with chopped truffle and a little chopped parsley. Serve hot.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 persons.

1,104. POULET SAUTÉ À LA PRINCESSE (CHICKEN SAUTED, PRINCESS STYLE).

1 chicken.	1 gill cream.	1½ gills velouté sauce (No. 82).	salt.
2 ozs. butter.	asparagus tips.	4 or 6 artichoke bottoms.	pepper.

Cut the chicken into neat joints. Melt the butter in a stewpan, put in the pieces of chicken, and cook over a slow fire until a very light brown. When nearly cooked, add the cream and sauce; put the pan in the oven to finish cooking. Dish up the chicken, pour the sauce over, and keep hot. Have ready cooked sufficient asparagus tips to fill the artichoke bottoms; toss the tips in a little butter. If the preserved artichokes are used, heat them in hot water. Drain the artichokes, season them with salt and pepper, and fill them with the asparagus tips. Arrange these round the chicken, sprinkle a little chopped parsley over the chicken, and serve.

Average cost, 5s. 6d. Time required, 45 minutes. Seasonable, February to June. Sufficient for 4 or 5 persons.

1,105. POULET SAUTÉ À LA PORTUGAISE (CHICKEN SAUTED, PORTUGUESE STYLE).

1 chicken.	2 shallots.	½ gill white wine.	1 gill brown veal stock.	salt.
½ oz. butter.	3 tomatoes.	1 gill tomato sauce.	1 teaspoonful chicken	pepper.
savoury rice.	6 mushrooms.	chopped parsley.	glaze.	¼ gill oil.

Cut the chicken into joints, chop the shallots, and slice the mushrooms. Put the butter and oil into a stewpan. As soon as it is hot, add the chicken, and fry it a light brown colour. Then add the shallots and cook a little longer. Now put in the mushrooms, the wine, stock, tomato sauce, and the chicken glaze. Cover with the lid, and put it in the oven for half an hour to cook gently. Dish up the chicken on a hot dish, pour the sauce over, garnish round with the tomatoes cut in halves and filled with rice. Sprinkle over a little chopped parsley, and serve.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

1,106. POULET SAUTÉ À LA STANLEY (CHICKEN SAUTED, STANLEY STYLE).

1 chicken.	3 onions.	12 mushrooms.	salt.
3 ozs. butter.	1 gill cream.	1 truffle.	pepper.

Cut the chicken into joints; season them with salt and pepper. Melt 2 ozs. of butter in a stewpan, put in the pieces of chicken, and sauté them in the butter. Chop the onions finely, and add them to the chicken; cover with the lid, and place in a moderate oven to finish cooking. It will take about half an hour. When ready, dish up the chicken, and keep warm. Add the cream to the onions, cook for ten minutes, then rub through a sieve. Add to this sauce when reheated 1 oz. of butter in small pieces. Pour it over the chicken. Sprinkle over the truffle, chopped or shredded, and garnish the dish with groups of cooked mushrooms, and serve hot.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.



Chaudfroid de Ris de Veau San Remo.

1,107. POULET FRIT À LA VILLEROI.

1 fowl.	2 ozs. bacon.	3 gills Villeroi sauce (No.	bouquet garni (No.	2 cloves.
1 onion.	$\frac{1}{2}$ pint stock.	84).	194).	1 oz. butter.
1 carrot.	breadcrumbs.	tomato sauce (No. 77).	fried parsley.	2 eggs.

Truss the fowl. Melt 1 oz. of butter in a stewpan. Cut up the onion and carrot into slices and the bacon into dice. Put these into the butter in the stewpan. Put in the fowl, and fry it a nice brown. Then add the stock, bouquet garni, and the cloves. Cook over the fire or in the oven until done. Take up the fowl, untruss, and cut it up into joints. Let them get cold. Then dip each piece into Villeroi sauce, lay them on an oiled tin or dish, and put on ice to set the sauce thoroughly. When ready, roll each piece in breadcrumbs; then dip them in beaten egg, and toss again in breadcrumbs. Fry in very hot fat a golden brown. Drain, dish up, and garnish with fried parsley. Serve a tureen of tomato sauce separately.

Average cost, 4s. 6d. Time required 2 hours. Seasonable at all times. Sufficient for 5 or 6 persons.

1,108. POULARDE SOUFFLÉ.

1 pullet or capon.	1 lb. chicken forcemeat	truffles.	1 gill cream.	velouté sauce (No. 82).
4 ozs. foie-gras.	(No. 202).	tongue.	6 ozs. boiled rice.	$1\frac{1}{2}$ pints chicken stock.

Draw the pullet, truss it a nice shape, and braise in stock. When done, raise the fillets; cut away the breast-bones, so as to leave a hollow. Mix together the chicken forcemeat, the foie-gras, which has been rubbed through a sieve, and the whipped cream. Stuff the bird with this forcemeat in layers. Between each layer put the fillets, which have been cut in slices, and slices of truffle. Give the bird its original shape. Put the fowl in a saucepan; add sufficient chicken or veal stock to steam the preparation; cover, and put on the fire or in the oven for about thirty minutes. Boil the rice in the stock, and, when cooked, shape a flat bed of it on a hot dish. Dress the pullet on this; coat with velouté sauce, and decorate it with truffle and tongue, cut in fancy shapes. Serve hot.

Average cost, 8s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

1,109. SUPRÊMES DE VOLAILLE À LA DUCHESSE (FILLETS OF CHICKEN, DUCHESS STYLE).

2 chickens.	$\frac{1}{2}$ gill stock.	mashed potato.	6 artichoke bottoms.	1 truffle.
3 ozs. butter.	$\frac{1}{2}$ gill cream.	cooked asparagus	$\frac{1}{2}$ pint velouté sauce	pepper.
1 oz. flour.	1 egg.	heads or peas.	(No. 82).	salt.

Raise the breast fillets of the two chickens. This will make four large fillets and four small ones, which are underneath the large fillets nearest to the breast-bone. Melt 2 ozs. of butter in a sauté-pan; put in the fillets, and fry lightly for a few minutes, without allowing them to brown. Press lightly until cold. Take all the rest of the meat off the chickens, put it into a mortar, and pound till smooth. Melt 1 oz. of butter in a small stewpan; stir in the flour; dilute with the stock, and boil until thick; add this sauce to the chicken in the mortar; pound all well together; break in the egg; season with pepper and salt. Mix thoroughly; rub through a wire sieve, and then add the cream. Put a thick layer of this forcemeat on each fillet; smooth with a wet knife; put them on a buttered baking-tin; cover with a buttered paper, and cook in a moderate oven for about fifteen minutes. Make a flat bed of mashed potato on a hot dish; arrange the fillets on it; garnish them with truffle, cut out in the shape of a star. Have ready the cooked asparagus heads or peas and the artichoke bottoms. Toss the green vegetables in 1 oz. of butter, and fill the artichoke bottoms with them. Garnish the dish with these, and send the sauce to table separately.

Average cost, 7s. Time required, $1\frac{1}{2}$ hours. Seasonable in the summer. Sufficient for 4 or 6 persons.

1,110. POULET PORTUGAISE.

1 fowl.	3 ozs. grated Dutch	2 ozs. lean ham.	4 mushrooms.	1 onion.
2 ozs. butter.	cheese.	3 ozs. breadcrumbs.	1 glass sherry.	pepper.
$\frac{1}{4}$ lb. spaghetti.	1 pint tomato pulp.	1 dessertspoonful vinegar.	$\frac{1}{4}$ oz. cornflour.	salt.

Truss the fowl for boiling ; soak the breadcrumbs in a little milk ; chop the ham and mushrooms finely ; mix these with the breadcrumbs ; season with pepper and salt. and stuff the fowl. Melt 2 ozs. of butter in a stewpan. When hot, put in the fowl. and fry it a light brown. Slice the onion ; put it into a stewpan with the tomato pulp, sherry, and vinegar ; stir until it boils, and then simmer for ten minutes. Mix the cornflour with a little water to a smooth paste ; add it to the tomato. and boil for a few minutes longer ; season to taste ; strain into a clean saucepan ; add the fowl to it. and simmer until the bird is done. Cook the spaghetti for twenty minutes in boiling salted water. When tender, drain. Melt 1 oz. of butter in a saucepan ; put in the spaghetti ; add the cheese, and toss over the fire until the cheese is melted ; season with salt and cayenne. Dish up the fowl on a hot dish ; pour the sauce over, and serve, accompanied with the dressed spaghetti.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,111. FILETS DE POULETS À L'OPÉRA (FILLETS OF CHICKEN, OPERA STYLE).

2 chickens.	clarified butter.	1 oz. foie-gras.	1 teaspoonful Bovril.
1 egg.	$\frac{1}{2}$ pint Bechamel	1 oz. butter.	salt.
breadcrumbs.	sauce.	$\frac{1}{2}$ gill cream.	cayenne.

Lift the breasts of the chickens as in previous recipe (No. 1,110). Remove the skin, and dip them in the beaten egg ; then toss in breadcrumbs. Fry these in clarified butter. Pound the foie-gras in a mortar with 1 oz. of butter ; rub through a fine sieve. Heat the sauce ; add the Bovril and cream to it ; season with salt and cayenne. Work in the foie-gras and butter ; make hot, but do not boil. Dish up the fillets on a hot dish, and serve the sauce separately.

Average cost, 3s. 6d., allowing for half the price of chickens. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,112. CUISSES DE VOLAILLE AUX ÉPINARDS (CHICKEN LEGS WITH SPINACH).

4 chicken legs.	2 ozs. bacon.	1 onion.	mashed potatoes.
6 chicken livers.	1 shallot.	$\frac{1}{2}$ pint stock.	spinach.
1 oz. foie-gras.	1 carrot.	bouquet garni.	brown sauce (No. 6).

After removing the breasts of a chicken for an entrée, the legs can be used up in the following way : Leave on when removing the breasts as much of the skin as possible ; bone the legs, leaving a small portion of the leg-bone attached. Chop the bacon and the livers, the shallot and one small slice of carrot ; put the bacon into a sauté-pan ; cook a little, then add the livers, the shallot, and carrot ; stew over the fire until cooked ; season with salt and pepper ; add a little brown sauce, and rub through a wire sieve. Stuff the legs with this purée, and fold the skin over the stuffing. Cut the onion and carrot into pieces ; put them into a pan with the bouquet garni and the stock ; place the stuffed legs on the top, and braise for thirty minutes. When cooked sufficiently, take them up and drain. Shape a circular border of mashed potato on a hot dish ; dress the legs on this ; pour some brown sauce over, and fill the centre with spinach.

Average cost, 3s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,113. POULET CRAPAUDINE (SPATCHCOCK OF CHICKEN).

1 chicken. | 1 oz. butter. | breadcrumbs. | piquant sauce (No. 59). | salt. | pepper.

Split the chicken down the backbone. Open it without separating the two halves ; flatten it, and wipe with a damp cloth. Fix it with a skewer through the wings ; season with salt and pepper, and sprinkle with butter. Put it in the oven to partly cook it. Take it up ; sprinkle again with butter, and then with breadcrumbs, and grill it over or in front of a bright fire until it is quite cooked. This will take about twenty minutes. Remove the skewer ; dish it up, and send to table with piquant sauce, served separately. Serve very hot.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,114. POULET GRILLÉ À LA DIABLE (CHICKEN DEVILLED).

1 chicken. | breadcrumbs. | cayenne. | sauce diable (No.
1 oz. butter. | mustard. | 1 lemon. | 31).

Split the chicken down the backbone ; flatten it ; season with pepper and salt, and sprinkle with melted butter. Put into the oven to half cook it. Take it up, coat with mustard mixed with cayenne ; sprinkle thickly with breadcrumbs. Press these on with the blade of a knife, so that they stick to the mustard. Sprinkle with a few drops of melted butter, and finish the cooking of the bird, either over or in front of a clear fire. When cooked, dish it up, and garnish the dish with thin slices of lemon. Serve with the sauce separately.

Average cost, 4s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,115. POULET GRILLÉ À L'ITALEINNE (GRILLED CHICKEN, ITALIAN STYLE).

1 chicken. | 2 shallots. | $\frac{1}{2}$ pint brown sauce (No. 6). | pepper.
2 ozs. butter. | $\frac{1}{2}$ gill white wine. | 1 gill tomato sauce (No. 77). | salt.

Split the chicken down the back, flatten, and skewer it so as to keep it flat ; season with salt and pepper, and sprinkle with butter. Cook it in a hot oven for fifteen minutes. Take it up ; sprinkle over some more butter, and grill it over a clear fire until cooked. Melt 1 oz. of butter in a stewpan ; put in the chopped shallots, and fry ; then add the wine, boil, and reduce. Stir in the brown and tomato sauces. Cook for ten minutes ; season to taste with salt and pepper. Dish up the chicken ; take out the skewers. Send to table with the sauce separately.

Average cost, 4s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,116. POULET À LA CATALANE.

1 chicken. | $\frac{1}{2}$ pint tomato sauce (No. 77). | $\frac{1}{4}$ lb. mushrooms. | 2 tomatoes.
2 ozs. butter. | $\frac{1}{2}$ pint Espagnole sauce (No. 33). | 8 chestnuts. | salt.
1 gill white wine. | meat or chicken glaze. | 8 glazed onions. | pepper.

Cut up the chicken into small joints. Melt the butter in a sauté-pan ; put in the chicken, and fry a nice brown colour, then add the wine ; reduce until nearly dry ; season with pepper and salt, then add the tomato and Espagnole sauces ; put on the cover, and cook in the oven for thirty minutes. Peel the mushrooms, sauté them in butter, and cut in halves or quarters. Cook the chestnuts in consommé ; parboil the button onions ; then finish cooking them in meat-glaze. Peel the tomatoes ; cut them in quarters, press out the seeds, sauté in butter. When the chicken is cooked, dish it in pyramid form on a hot dish ; remove all fat from the sauce ; strain it over the chicken ; arrange the chestnuts, mushrooms, and tomatoes round the chicken in groups ; sprinkle with a little chopped parsley, and serve.

Average cost, 4s. Time required, 30 minutes. Seasonable, October to February. Sufficient for 4 or 5 persons.

1,117. POULARDE À L'AURE.

1 pullet.	3 tomatoes.	$\frac{1}{2}$ pint velouté sauce (No. 82).	salt.
8 chicken quenelles (Nos. 202 and 324).	2 ozs. ham.	$\frac{1}{2}$ pint tomato sauce (No. 77).	pepper.
	3 ozs. butter.	chopped parsley.	1 truffle.

Truss the pullet for boiling ; boil in white stock until done—this depends on the size of the bird. Heat the velouté sauce ; mix in the tomato sauce ; bring to the boil, and simmer gently for ten minutes ; then work in by degrees 1 oz. of butter in little bits, but do not let the sauce boil again. Prepare the chicken quenelles, poach them, and keep hot till required. Cut each tomato in half ; squeeze out the seeds, and fill with chopped ham, mixed with chopped parsley, and diluted with a little of the sauce. As soon as the pullet is cooked, dish in the centre of a hot dish ; coat it all over with the sauce ; surround with the quenelles and stuffed tomatoes, arranged alternately. Garnish the chicken and quenelles with chopped truffle ; sprinkle a little chopped parsley over each tomato, and serve.

Average cost, 6s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 6 or 7 persons.

1,118. BORDURE DE FILETS DE VOLAILLE (BORDER OF FILLETS OF CHICKEN).

2 fowls.	bouquet garni.	$\frac{1}{2}$ gill tomato sauce (No. 77).	3 ozs. rice.	salt.
1 carrot.	$1\frac{1}{2}$ pints stock.	$\frac{1}{2}$ pint demi-glace sauce (No. 29).	1 oz. butter.	pepper.
2 onions.	larding bacon.		1 oz. Parmesan cheese.	2 ozs. bacon.

Lift the breasts from the fowls ; remove the skin and sinews ; cut the larding bacon into strips, and lard the fillets. Slice the carrot and one onion ; cut the bacon into dice. Put these into a stewpan ; add $\frac{1}{2}$ pint of stock, and bring to the boil. Put the fillets on the vegetables, and braise in the oven for twenty minutes. Take them up, drain, and finish cooking in the demi-glace sauce. Melt 1 oz. of butter in a stewpan ; put in the other onion, sliced, and fry a little ; then add to it the raw rice ; fry a light brown ; moisten with the stock, and boil until the rice has absorbed all the stock and is quite tender. A little more stock may be added, if found necessary. Now stir in the tomato sauce, salt, and pepper. Mix all together thoroughly. With this risotto mixture make a neat border on a hot dish ; arrange the fillets neatly in the centre. Sauce over the fillets with the demi-glace sauce, and pour the remainder round the base of the border.

Average cost, 7s. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,119. CÔTELETTES DE VOLAILLE (CHICKEN CUTLETS).

chicken meat left from last recipe.	$\frac{1}{2}$ oz. flour.	2 teaspoonfuls chopped parsley.	salt.
1 oz. butter.	1 gill stock.	fried parsley.	1 egg.
	breadcrumbs.	$\frac{1}{2}$ pint suprême sauce (No. 74).	pepper.

Take the fowls left over from last recipe (No. 1,118) ; draw and truss them for boiling. Put into boiling water, and simmer until done. Take them up, and let cool ; then remove all the meat from the bones ; chop it up finely, rejecting all gristle and sinews. Melt the butter in a stewpan ; stir in the flour ; add the stock, and boil until very thick. Mix the chopped chicken into this ; season with salt and pepper ; add the chopped parsley ; mix thoroughly. Turn this preparation on to a plate ; shape it into a round cake of even thickness, and let it stand until cold. Divide the mixture into even-sized pieces. Shape each piece to the shape of a cutlet. Dip in beaten egg, and then in breadcrumbs, and fry a golden brown in smoking fat. Dish in a circle on a hot dish ; garnish with fried parsley, and send to table with them a sauce-tureen of suprême sauce.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 10 or 12 cutlets.

1,120. MÉDAILLONS DE POULARDE À LA PRINCESSE (MEDALLIONS OF FOWL, PRINCESS STYLE).

1 large fowl.	1 gill cream.	$\frac{1}{2}$ lb. cooked tongue.	1 gill stock.
2 eggs.	4 ozs. butter.	3 gills asparagus points or peas.	1 truffle.
$\frac{1}{4}$ lb. veal.	2 ozs. flour.	$\frac{1}{2}$ pint velouté sauce (No. 82).	pepper and salt.

Raise the fillets of the fowl carefully, take off all the rest of the meat from the bird, remove the skin and sinews. Flatten the fillets slightly, and cut them into rounds all of an even size, about 2 inches across. Shape as many as are wanted in addition to these (about eight medallions) from the best parts of the rest of the fowl. Melt 2 ozs. of butter in a sauté-pan, put in the medallions, and cook for a few minutes; then take them up, and press between two baking-sheets, with a light weight on top, until cold. Cut up the rest of the meat of the fowl, put it into the mortar with the veal and tongue, and pound all well together. Melt the remainder of the butter (2 ozs.) in a small stewpan, stir in the flour, add the stock,

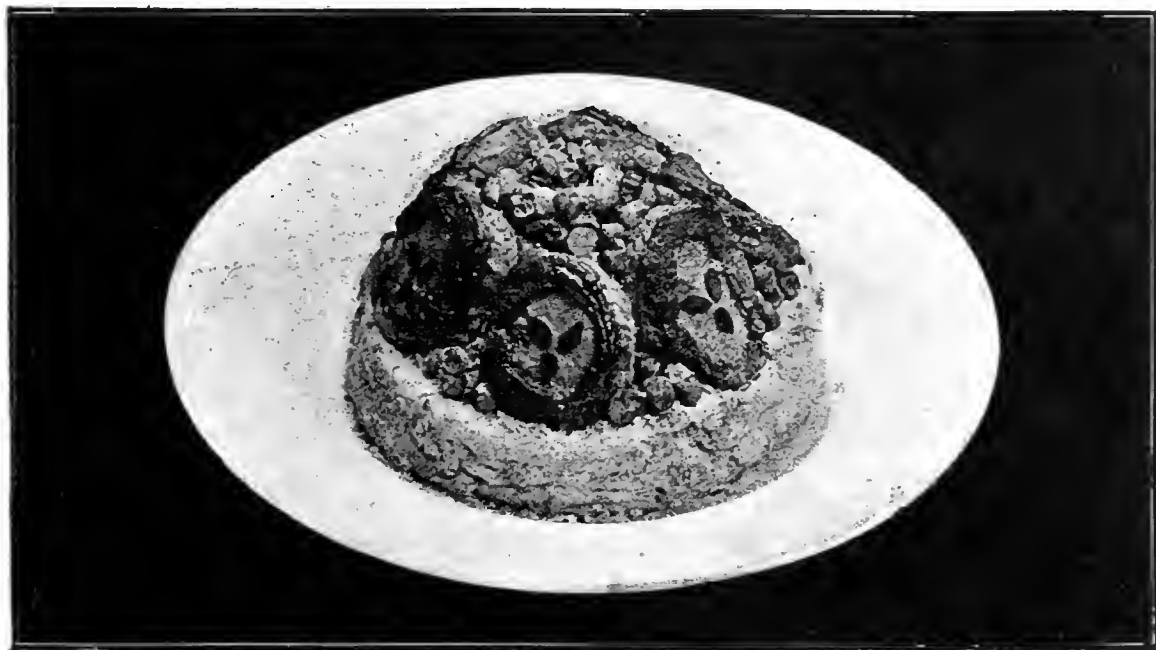


FIG. 64.—MÉDAILLONS DE POULARDE À LA PRINCESSE.

and boil until thick. Pound this panade with the meat, add two eggs, salt and pepper; rub through a wire sieve. Put this purée into a basin, and mix the cream, lightly whipped, to it. Cover the medallions on one side with a thick layer of the forcemeat. Put a small portion into a forcing-bag with a pipe attached, and pipe a border round the medallions. Place in the centre of each a slice of truffle. With the remainder of the mixture fill a buttered border mould, cover with a buttered paper, and steam in the oven or in a steamer for half an hour. Place the medallions on a greased baking-tin, cover with a buttered paper, and cook in a slow oven for fifteen minutes. As soon as the border of forcement is cooked, turn it out on to a hot dish, fill the centre with either asparagus-tips or peas tossed in butter: arrange the medallions round the top of the border, leaning against the vegetable. Pour the sauce round the base of the dish.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

1,121. BARQUETTES DE POULET À LA NANCY.

1 chicken.	2 ozs. foie-gras.	1 tablespoonful port wine or sherry.	pastry.	1 egg.
1 truffle.	asparagus heads.	1 oz. flour.	salt.	$\frac{1}{2}$ gill cream.
half-glaze.	2 ozs. butter.	$\frac{1}{2}$ gill chicken stock.	pepper.	glaze.

Line some barquette moulds with tartlet pastry, fill them with raw rice, and bake in a moderate oven, keeping as white as possible. Take the meat off the chicken, free it from skin and sinews, and pound in a mortar. Melt 1 oz. of butter in a small stewpan, put in the flour, mix to a smooth paste; then add the stock, and cook until the sauce is thick. Add this panade to the chicken, and pound together until quite fine. Then break in the egg, season with salt and pepper, mix thoroughly, and rub through a wire sieve. Place this purée into a basin, and stir in the whipped cream. Shape some of the forcemeat into large, round, flat quenelles, put them into a buttered sauté-pan, pour in gently some hot stock or water, and poach them over the fire for ten minutes. Pass the foie-gras through a sieve, dilute it with a little half-glaze, flavoured with the wine; stir into this the remainder of the forcemeat after the quenelles have been made. Fill the barquette crusts with this preparation; place in moderate oven for ten minutes; place one of the quenelles on the top of each, garnish each quenelle with a slice of truffle. Have ready the asparagus heads, mix them with 1 oz. of melted butter, and make them thoroughly hot in it. Brush over the quenelles with melted glaze, and place at each end of the barquettes, at each side of the quenelles, a little heap of the asparagus heads. Dish up and serve hot.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 or 8 barquettes.

1,122. TURBAN DE FILETS DE VOLAILLE (TURBAN OF CHICKEN FILLETS).

2 fowls.	2 ozs. tongue.	$\frac{1}{2}$ pint suprême sauce (No. 74).	2 eggs.
8 mushrooms.	small quenelles.	2 ozs. flour.	$\frac{1}{2}$ gill cream.
2 truffles.	4 ozs. butter.	1 gill stock.	salt and pepper.

Take off the breasts of the two fowls, remove the skin, divide them into thin slices. Butter a border mould, and line it with the fillets, so that these hang over the top of the mould. Take the remainder of the meat off the chickens, take away the sinews and skin. This amount of chicken should weigh 1 lb.; if not, make up the quantity with veal. Melt 2 ozs. of butter in a stewpan, stir in the flour, add the stock, and boil until thick. Put the chicken into a mortar with the panade; pound well; then add the eggs, salt, and pepper; rub through a sieve. Mix the cream, lightly whipped, into the purée. Fill up the lined mould with this forcemeat, draw over it the fillets that overlap the edge of the mould, cover with a buttered paper, and steam in a steamer for about thirty minutes. With the remainder of the forcemeat make some small quenelles in teaspoons. Cut the truffle, tongue, and the cooked mushrooms in julienne strips. Melt the remainder of the butter, toss the julienne garnish in it until quite hot, add the quenelles to it, and keep hot. As soon as the turban is cooked, turn it out on to a hot dish, arrange the garnish in the centre, and pour the sauce round.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,123. CHICKEN PIE.

1 fowl.	3 hard-boiled eggs.	pepper.	puff-pastry.
$\frac{1}{2}$ lb. veal fillet.	$\frac{1}{4}$ lb. mushrooms.	salt.	stock.
4 ozs. bacon.	1 oz. butter.	chopped parsley.	1 egg.

Cut the fowl into small joints, season these with salt and pepper. Slice the veal thinly, line the bottom of a pie-dish with this, place on the top a layer of chicken. Chop the mushrooms finely, sauté them in the butter in a small stew-

pan ; sprinkle half of this over the pieces of chicken, then a layer of hard-boiled eggs, over that thin slices of bacon and chopped parsley. Continue in this way until all the ingredients are used up and the pie-dish is full ; fill the dish three parts full with stock. Put a strip of pastry round the edge of the dish, wet this lightly with water, cover the pie with puff-pastry rolled out to the proper size and thickness ; press down the paste on to the wet edge of paste, trim round. Decorate the paste at the edge according to taste ; brush over the pie with beaten egg, make a slit in the centre of the lid, and place a circle of pastry leaves in the centre of the paste. Put the pie in a moderate oven, and bake for about one hour and a half. Before serving pour in a little stock.

Average cost, 6s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

1,124. VOL-AU-VENT DE VOLAILLE AUX TRUFFES (VOL-AU-VENT OF CHICKEN WITH TRUFFLES).

$\frac{1}{2}$ lb. puff-paste.	$\frac{1}{2}$ pint suprême sauce (No. 74).	2 ozs. tongue.	salt.
$\frac{1}{2}$ cold chicken.	6 small quenelles of chicken.	6 mushrooms.	2 truffles.

Make the puff-paste, which must only have six turns. Cut a round with a sharp knife, egg over the top, and then with a round cutter mark the top, cutting partly

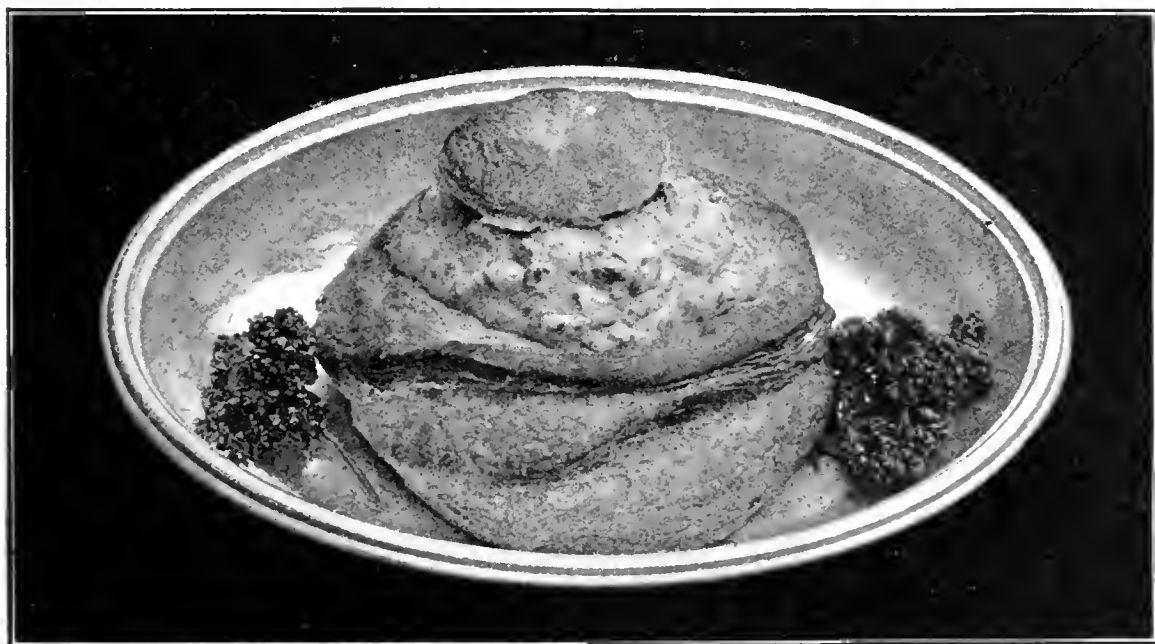


FIG. 65.—VOL-AU-VENT DE VOLAILLE AUX TRUFFES.

through the pastry, leaving a margin of 1 inch wide all round. Put the case into a hot oven and bake a nice brown. When baked, lift the centre piece of pastry, scoop out the soft paste inside, and fill with the mixture. Cut the chicken meat, free from bone, skin, and sinew, into neat pieces ; slice the truffles ; cut the cooked mushrooms and the tongue into dice. Put these ingredients into a saucepan, with the quenelles and the sauce, season to taste, and stir over the fire until hot, but do not let it boil. As soon as the vol-au-vent is required for table, fill with the mixture, put the piece cut from the centre on the top to form a lid, and serve on a folded napkin.

Average cost, 3s. 9d. Time required, 2½ hours. Seasonable at all times. Sufficient for 4 persons.

1,125. FRICASSÉ DE POULET (FRICASSÉ OF CHICKEN).

1 chicken.	1 clove.	sprig parsley.	2 ozs. flour.	lemon-juice.
1 quart water.	1 carrot.	1 bay-leaf.	yolks of 2 eggs.	pepper.
1 onion.	1 stalk celery.	2 ozs. butter.	$\frac{1}{2}$ gill cream.	salt.

Truss the chicken for boiling ; put it into a stewpan with 1 quart of hot water ; bring to the boil. and skim well. Add the onion, stuck with 1 clove, the carrot, celery, parsley, and bay-leaf : simmer gently for thirty minutes or longer, according to the size of the fowl. As soon as the bird is cooked, take it up ; drain, and let cool. Strain the stock, and measure 1 pint. Now proceed to make the sauce. Melt the butter in a stewpan ; stir in the flour ; add the pint of stock, and bring it to the boil, stirring all the time ; simmer gently for twenty minutes ; season to taste with pepper and salt. Bind the sauce with the egg-yolks and cream ; do not allow it to boil ; add a squeeze of lemon-juice. Cut the chicken into neat joints ; put these into the sauce ; let them get thoroughly hot. Dish up the fowl ; pour the sauce over, and serve.

Average cost, 3s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,126. POUSSINS A LA VIENNOISE.

3 chicks (baby chickens).	flour.	fried parsley.	salt.
breadcrumbs.	egg.	lemons.	pepper.

Cut the chicks into four pieces each ; season them with pepper and salt, and dredge with flour ; dip them in beaten egg, and toss in breadcrumbs. Fry in very hot fat ; drain and dish them in a pile, on a folded napkin arranged on a hot dish. Garnish the dish with fried parsley and quartered lemons. Serve very hot.

Average cost, 1s. 9d. to 2s. 6d. each. Time required, fifteen minutes. Seasonable, April to September. Sufficient for 3 persons.

1,127. POUSSINS A LA PORTUGAISE.

3 chicks.	1 pint brown sauce	$\frac{1}{2}$ gill sherry.	pepper.
2 ozs. butter.	(No. 6).	2 tomatoes.	salt.

Cut the chicks into four pieces, melt the butter in a sauté-pan, and fry the pieces of chicken a nice brown colour. Heat the sauce ; put in the pieces of chicken, and stew gently until done. Ten minutes before the chicks are cooked, add the wine and sliced tomatoes, and finish cooking. Season to taste with salt and pepper. Dish up the pieces of chicken in the form of a pyramid on a hot dish, and pour the sauce over.

Average cost, 1s. 9d. to 2s. 6d. each. Time required, 30 minutes. Seasonable, April to September. Sufficient for 3 persons.

CANARD (DUCK)

1,128. SALMI DE CANARD (SALMI OF DUCK).

1 large duck.	2 ozs. butter.	1 oz. flour.	1 onion.	1½ pints stock.	salt.	pepper.
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Roast the duck, cook it very underdone. Take it up, cut it in neat joints. Chop the carcass into small pieces ; melt 1 oz. of butter in a stewpan, put in the pieces of the carcass and the onion sliced, fry it brown. Then add the stock, simmer gently for about one hour, then strain it. Melt the remainder of the butter in a stewpan, stir in the flour, and add $\frac{3}{4}$ pint of the stock made from the carcass, season with pepper and salt, and simmer gently for fifteen minutes. Add to it the gravy from the pan in which the duck was roasted. Put the joints of duck into this sauce, and simmer gently for twenty minutes. A glass of red wine may be added to the

sauce before the duck is put in (if liked). When cooked, dish the duck on a hot dish, and strain the sauce over : it is then ready to serve.

Average cost, 4s. Time required, 2 hours. Seasonable all the year. Sufficient for 4 persons.

1,129. CANARD BRAISÉ AUX NAVETS (BRAISED DUCK WITH TURNIPS).

1 duck.	bay-leaf.	2 ozs. butter.	6 turnips.	$\frac{1}{2}$ gill cream.
1 large onion.	1 carrot.	$\frac{1}{2}$ pint stock.	pepper and salt.	flour.

Prepare duck, and truss it for roasting. Slice the onion and carrot. Melt the butter in a stewpan, put in the sliced vegetables and the duck, fry over the fire until the duck is a nice brown colour. Strain off the fat, add the stock and bay-leaf, place the pan in the oven, and cook until the bird is done. Peel the turnips, cut two of them into quarters, and fry them brown in butter : put them, with the duck, to finish cooking. Boil the other four turnips until tender, rub them through a fine sieve, put them in a stewpan with a little butter, and make hot ; season to taste with salt, pepper, and a pinch of sugar ; stir in the cream, make very hot. Take up the duck, dish it on a bed of mashed turnips, and arrange the fried quarters round. Strain the liquor from the duck, remove the fat, and thicken with a little flour, pour it over the duck and serve. or the sauce can be sent to table separately.

Average cost, 4s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,130. CANARD AUX MARRONS (BRAISED DUCK WITH CHESTNUTS).

1 duck.	6 slices streaky bacon.	$\frac{1}{2}$ gill port wine.	pepper and salt.
butter.	$\frac{1}{2}$ pint brown sauce (No. 6).	24 chestnuts.	1 gill gravy.

Truss the duck. Cut the bacon into 2-inch pieces, put these into a stewpan. place the duck on it, season with pepper and salt, put some pieces of butter on the duck, and cook in the oven until brown, and half cooked. Butter a baking-tin, slit the chestnuts, put them on the baking-tin, and roast in the oven until done ; skin and peel them, and keep hot. As soon as the duck is half cooked, take it up, and cut into neat joints. The carcass of the bird should be chopped into pieces, and the brown sauce and gravy added to it. Simmer all together for twenty minutes. Put the pieces of duck into a clean stewpan, strain the sauce over it, and simmer gently for thirty minutes. Ten minutes before dishing, add the wine, season to taste, and simmer for the remainder of the time. Dish up the duck, remove the fat from the sauce, and strain over the bird. Arrange the roasted chestnuts round the dish, and serve.

Average cost, 4s. 6d. Time required 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,131. SALMI DE CANARD À LA MONTGLAS.

2 ducks.	1 oz. butter.	$\frac{1}{2}$ pints Epagnole sauce (No. 33).	$\frac{1}{2}$ pint stock.	2 truffles.
6 mushrooms.	$\frac{1}{2}$ gill sherry.	1 gill tomato sauce (No. 77).	1 small onion.	salt.
bouquet garni.	2 slices ox-tongue.	croûtons of fried bread.	1 small carrot.	pepper.

Clean and prepare the ducks, half roast them, let them cool, then cut into joints. Melt the butter in a stewpan, slice the onion and carrot, add them to the butter and the bouquet garni, lay on these the pieces of duck, season with pepper and salt, and cook over the fire for about ten minutes. Strain off the butter ; add the wine, stock, Espagnole, and tomato sauces ; cover with the lid of the pan ; put it in the oven, and cook for thirty minutes gently. Dish the pieces of duck on a hot dish : take off the fat from the sauce ; put into it the cooked mushrooms, ox-tongue, and truffles all cut in julienne strips or dice ; put these into the sauce, warm up, and pour it over the pieces of duck. Garnish the dish with some fried bread croûtons, and serve.

Average cost, 8s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 8 persons.

CANETON (DUCKLING)

1,132. CANETON À LA BIGARADE.

1 duckling.	piece of celery.	1 teaspoonful lemon-juice.	$\frac{1}{2}$ gill white wine
$\frac{1}{2}$ onion.	2 ozs. fat bacon.	1 teaspoonful orange and lemon-rind.	1 gill veal gravy.
$\frac{1}{2}$ carrot.	2 ozs. butter.	seasoning.	1 orange.

Cut the onion, celery, and carrot into thin slices, and the bacon into inch square pieces. Put these into a stewpan, place the duckling on the top of the vegetables, cover with the butter, and cook the bird for twenty minutes. Lift the lid, and place the pan in the oven to brown the bird. Dish up the duckling. Strain the fat away from the stewpan, add the wine and gravy, and reduce over the fire for ten minutes. Add the juice of one orange and a teaspoonful of lemon-juice. Cut a little orange and lemon-rind into julienne strips, cook for five minutes in boiling water, then add to the sauce. Pour the sauce over the bird, and serve.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable, March to August. Sufficient for 4 persons.

1,133. CANETON À LA ROUENNAIS (DUCKLING, ROUEN STYLE).

1 duckling.	$\frac{1}{2}$ small onion.	$\frac{1}{2}$ lb. ducks' livers and hearts.	pepper and salt.
4 ozs. larding bacon.	chopped parsley.	2 tablespoonfuls breadcrumbs.	1 egg.

Cut the bacon into dice, chop the onion and slice the livers and hearts, put the bacon into a sauté-pan with the chopped onion, and fry over the fire for a few minutes; then add the sliced livers, and cook them a little, but they should be underdone; stir in some salt and pepper and a teaspoonful of chopped parsley. Turn this mixture into a mortar and pound well, then rub the mixture through a wire sieve. Put this forcemeat into a basin, mix in the breadcrumbs, beat the egg, and stir in sufficient to bind the mixture. Stuff the duckling with this forcemeat, put it on a baking-tin, and roast in the oven, keeping it rather underdone. Make the gravy from the essence of the duck left in the baking-tin, pour this round the duckling, and serve.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable, March to August. Sufficient for 4 persons.

1,134. CANETON AUX PETITS POIS (DUCKLING WITH PEAS).

1 duckling.	12 button onions.	4 ozs. salt breast of pork.	1 gill stock.
2 ozs. butter.	1 pint peas.	$\frac{1}{2}$ pint demi-glaze sauce (No. 29).	seasoning.

Melt the butter in a stewpan, cut the pork into dice, fry it in the butter with the onions. Take out the pork and onions, and fry the duckling in the same butter a nice brown; strain off the butter; add the stock and sauce, the peas, pork, and onions; finish cooking. Dish the duckling, cover it with the garnish, pour the sauce over, and serve.

Average cost, 5s. Time required, 1 hour. Seasonable, March to August. Sufficient for 4 persons.

1,135. BALLONTINES DE CANETON (BALLONTINES OF DUCKLING).

1 duckling.	1 oz. butter.	1 oz. flour.	seasoning.
veal.	$\frac{1}{2}$ gill stock.	3 ozs. mushrooms.	meat-glaze.
fat pork.	3 ozs. foie-gras.	4 egg-yolks.	cooked peas.

Bone the duckling, keep the skin but remove the tendons, chop the flesh, take half its weight in veal, the same of fat pork, and pound these in a mortar together. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the stock, and boil until thick. Put this panade to the meat in the mortar, pound all well together, add the eggs, and mix thoroughly. Rub this mixture through a wire sieve, then mix into it the foie-gras, cut in dice, and the mushrooms, previously chopped and

sautéd in butter. Divide this mixture into equal portions, each weighing about 2 ozs. ; wrap each portion in a piece of the skin of the duckling, wrap each in a piece of muslin, and poach in stock prepared from the carcass of the duckling. These ballontines will take about thirty minutes to cook. When cooked take them up, remove the muslin, and glaze them. Dish in a circle, and arrange the cooked peas or any other suitable vegetable in the centre.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable, March to August. Sufficient for 3 or 4 persons.

1,136. COMPÔTE DE PIGEONS.

3 or 4 pigeons.	1 pint brown sauce	salt.	cooked peas.
2 ozs. butter.	(No. 6).	pepper.	1 glass port wine.

Cut each pigeon in half. Melt the butter in a stewpan, put in the halved pigeons, and fry them a nice colour. When the pigeons are brown, strain off the fat, and add the sauce ; bring to the boil, and then simmer gently for forty-five minutes ; season to taste with salt and pepper, stir in the port wine, and cook for ten minutes longer.

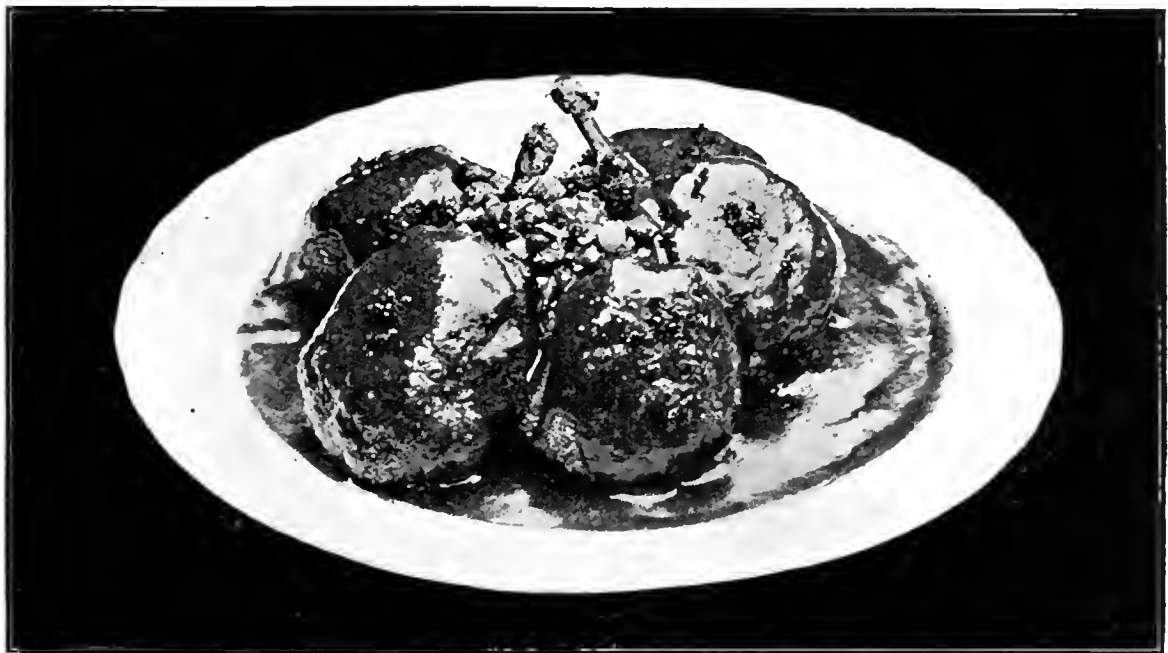


FIG. 66.—COMPÔTE DE PIGEONS.

When the pigeons are sufficiently cooked, dish them neatly on an entrée dish, strain the sauce over, and arrange the cooked peas in the centre of the dish.

Average cost, 3s. Time required, 1 hour. Seasonable all the year. Sufficient for 3 or 4 persons.

1,137. COMPÔTE DE PIGEONS À LA BOURGEOISE.

2 Bordeaux pigeons.	cooked green peas.	6 mushrooms.	glaze.
$\frac{1}{2}$ pint brown sauce (No. 6).	6 pieces carrot.	salt.	$\frac{1}{2}$ gill claret.
6 small button onions.	butter.	6 pieces turnip.	pepper.

Truss the pigeons, and braise them for about forty minutes ; then cut them in halves. Heat the brown sauce, add the claret to it, put in the pigeons, and cook for ten minutes longer. Cut the carrots and turnips to the shape of olives, toss in butter, and finish cooking them in stock. Parboil the onions, strain, and add to them about 2 ozs. of meat-glaze ; toss them in this until they are nicely glazed and sufficiently cooked. Melt a little butter in a stewpan ; put in the mushroom heads, and toss them in it until cooked. Dish the pigeons neatly on an entrée dish, pour

the sauce over and round, and garnish with the carrots, turnips, mushrooms, and peas in groups round the dish.

Average cost, 3s. Time required, 1 hour. Seasonable all the year. Sufficient for 2 persons.

1,138. CÔTELETTES DE PIGEONS FARCIS À LA DUCHESSE (CUTLETS OF PIGEON, DUCHESS STYLE).

3 pigeons.	cooked peas.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	salt.
$\frac{1}{4}$ lb. veal.	2 eggs.	$\frac{1}{4}$ gill stock.	pepper.
$2\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ oz. flour.	mashed potatoes.	breadcrumbs.

Bone the pigeons, leave on the leg-bone, cut in halves. Melt 2 ozs. of butter in a frying-pan, and fry the pigeons on each side until half done; take them up, and put on a tin; place another tin on the top, with a weight, and press until cold. Chop the veal, put it into a mortar, and pound well. Melt $\frac{1}{2}$ oz. of butter in a small stewpan, stir in the flour, then add the stock, and boil until thick, until it leaves the sides of the saucepan clean. Put this panade to the veal in the mortar, mix well, then add one egg, season with pepper and salt, pound all well together, then rub

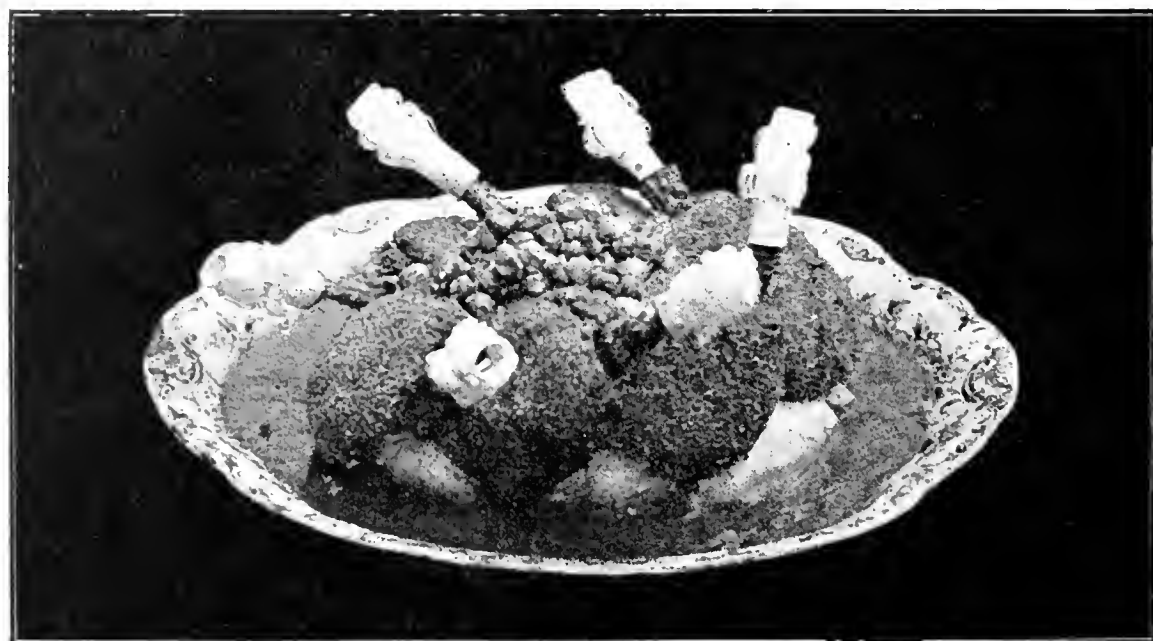


FIG. 67.—CÔTELETTES DE PIGEONS À LA DUCHESSE.

through a wire sieve. Sprinkle the cut side of each half-pigeon with salt and pepper, and cover them with a layer of the veal forcemeat, shaping them neatly to the form of a cutlet—this is best done with a wet knife. Beat up the remaining egg on a plate, dip the cutlets into it, toss in breadcrumbs, and fry a golden brown in very hot fat. Make a circular border on a hot dish with mashed potato, dress the cutlets round the border, put a cutlet frill on each bone, arrange the cooked peas in the centre, and pour the sauce round the base of the border. Serve hot. Instead of peas, spinach or French beans can be used.

Average cost, 4s. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.

1,139. PIGEONS À LA FINANCIÈRE.

4 pigeons.	bouquet garni (No. 194).	spinach.	mushrooms.
1 onion.	$\frac{1}{2}$ pint stock.	1 oz. meat-glaze.	truffles.
1 carrot.	$\frac{1}{2}$ pint financière sauce (No. 34).	small quenelles.	cockscombs.

Truss the pigeons, peel the onion, scrape the carrot, and cut them in slices; put them into a stewpan with the bouquet garni and the stock. Place the pigeons on



Ris de Veau à la St. Michel

the top of the vegetables, season with salt and pepper, cover with a buttered paper and the lid of the pan, and braise over the fire in the oven for thirty minutes. When done, take up, and glaze them with the meat-glaze. Arrange the spinach in the centre of the dish; dress the pigeons against it. Pour the sauce round, and arrange the garnish of quenelles, mushrooms, truffles, and cockscombs round in groups, and serve.

Average cost, 7s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable all the year. Sufficient for 4 or 6 persons.

1,140. PETITES TIMBALES DE PIGEON À LA SUPRÊME.

3 pigeons.	2 ozs. panade.	2 tablespoonfuls Bechamel	2 ozs. butter.	2 ozs. ham.
4 ozs. veal.	2 eggs.	sauce (No. 4).	suprême sauce	salt.
2 ozs. bacon.	2 truffles.	6 preserved mushrooms.	(No. 74).	pepper.

Lift the breasts from two of the pigeons; cook these in butter; when done, put aside to cool. Take all the rest of the flesh from the three raw pigeons. Cut the veal into small pieces, put this into a mortar with the pigeon-meat, the bacon cut up small, and the panade; season with pepper and salt, and pound all well together; add the eggs one at a time, and mix thoroughly. Rub through a wire sieve. Butter ten small timbale moulds, line them thickly with the forcemeat. Cut the cooked breast of pigeon, the ham, one truffle, and the preserved mushrooms into dice; mix them with the Bechamel sauce; season to taste. Fill the centres of the lined timbale moulds with this mixture; cover each with the forcemeat. Stand them in a sauté-pan, pour in a little boiling water, cover with a greased paper, and put them into the oven to steam for twenty to thirty minutes. When cooked, unmould them on to a hot dish, pour the sauce over them, and round the dish garnish the top of each with a slice of truffle, and serve.

Average cost, 6s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,141. PIGEONS À L'ESPAGNOLE.

3 pigeons.	bouquet garni (No. 194).	$\frac{1}{2}$ lb. veal.	3 ozs. butter.
1 carrot.	1 glass white wine.	1 oz. flour.	$\frac{1}{2}$ gill stock.
1 onion.	$\frac{3}{4}$ pint Espagnole sauce (No. 33).	cooked ham.	1 egg.
$\frac{1}{2}$ pint stock.	spinach or peas.	truffle.	salt and pepper.

Bone the pigeons, leaving on the leg-bone; cut each in half; trim and shape to the form of cutlets. Melt 2 ozs. of butter in a frying-pan; put in the pigeons, and fry them lightly, in order to brown. Put them between two tins, and press until cold. Prepare the onion and carrot; cut in pieces; put them into a stewpan; add the bouquet garni and the stock; place the halved pigeons on this, and braise for half an hour. Make a panade with the butter, flour, and $\frac{1}{2}$ gill of stock. Cut up the veal; pound it in a mortar with the panade, egg, and seasoning; rub through a wire sieve. When the pigeons are braised, take them up. Let cool a few minutes; then coat with the forcemeat, shaping them neatly with a wet knife. Add the wine to the Espagnole sauce; pour this into a sauté-pan; place the pigeons in it, so as not to quite cover them. Put over a buttered paper, and cook gently over the fire for eight minutes. Dish the cutlets on a border of mashed potatoes in a circle; pour the sauce over; garnish each cutlet with chopped truffle and ham alternately. Arrange the vegetable in the centre, and serve.

Average cost, 6s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,142. LAPIN À LA VÉNÉTIENNE (RABBIT, VENETIAN STYLE).

1 rabbit.	$\frac{1}{2}$ lb. mushrooms.	4 shallots.	pepper and salt.
2 ozs. bacon.	2 teaspoonfuls chopped parsley.	$\frac{1}{4}$ pint stock.	$\frac{1}{2}$ lemon.
2 ozs. butter.	$\frac{1}{2}$ pint velouté sauce (No. 82).	2 yolks of eggs.	cayenne.

Clean and wash the rabbit; divide it into neat, small joints, by cutting the legs into halves and the back into quarters. Chop the bacon; put it into a saucepan

with the butter. Let this melt and get hot. Chop finely the mushrooms, shallots, and parsley ; add these to the bacon and butter. Sprinkle with salt and pepper ; cook until nearly done. Put the pieces of rabbit on the top of the herbs ; add the stock ; cover the saucepan, and cook gently until the rabbit is tender. Take out the pieces of rabbit ; skim off all fat from the liquor in the saucepan ; add the velouté sauce ; boil up, and simmer for ten minutes ; then work in the yolks of the eggs. Cook without boiling. Add the strained juice of $\frac{1}{2}$ a lemon and a pinch of cayenne. Mix well, and then put in the rabbit ; warm up without boiling. Dish neatly ; pour the sauce over, and serve.

Average cost, 2s. 9d. Time required, 1 hour. Seasonable, September to March. Sufficient for 4 or 5 persons.

1,143. LAPIN SAUTÉ AUX TOMATES (RABBIT SAUTED WITH TOMATOES).

1 rabbit.	3 ozs. lean bacon.	salt.	bouquet garni (No. 194).	6 tomatoes.
2 ozs. butter.	1 onion.	pepper.	chopped parsley.	meat-glaze.

Clean the rabbit ; cut it into joints. Melt the butter in a saucepan ; put in the pieces of rabbit, and fry for a few minutes over the fire ; sprinkle them with salt and pepper, the onion chopped, the bouquet garni and the bacon cut up in small pieces. Cook all together for ten minutes over the fire. Cut up four tomatoes ; remove the seeds, and add to the rabbit. Cover the pan ; put it in the oven, and cook until the rabbit is tender. When done, take out the herbs ; strain off the fat ; pour some liquid meat-glaze over the rabbit ; toss it in this for a few minutes. Have ready the remaining two tomatoes, cut in slices, and cooked in the oven on a buttered tin ; season them nicely. Dish up the rabbit on a hot dish ; turn out the contents of the saucepan over it ; sprinkle over some chopped parsley, and arrange the slices of tomato round the dish, and serve very hot.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable, September to March. Sufficient for 5 persons.

1,144. LAPIN AU SPAGHETTI (RABBIT WITH SPAGHETTI).

1 rabbit.	6 peppercorns.	$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ gill cream.
1 pint milk.	1 clove.	2 yolks of	salt.
4 shallots.	2 ozs. butter.	eggs.	$\frac{1}{4}$ lb. spaghetti.

Cut the rabbit into neat joints ; put them into a saucepan with the milk, the chopped shallots, peppercorns, and clove ; bring to the boil, and then simmer slowly until the rabbit is tender. Then take out the pieces and keep warm ; strain the milk the meat was cooked in. Melt the butter in a saucepan ; stir in the flour ; add the milk, and bring to the boil ; simmer for ten minutes ; let it cool a little. Mix the yolks of the eggs with the cream ; stir into the sauce ; cook over the fire, without allowing it to boil ; season to taste with salt and pepper. Have ready the spaghetti, which should be dropped into plenty of fast-boiling salted water ; boil for twenty minutes, then drain. Mix over the fire with a little butter ; arrange a border of this on a hot dish ; dress the rabbit in the centre ; pour the sauce over the meat ; sprinkle with chopped parsley, and serve.

Average cost, 2s. Time required, 1 hour. Seasonable, September to March. Sufficient for 5 persons.

1,145 GIBELLOTTE DE LAPIN (FRENCH STEW OF RABBIT).

1 Ostend rabbit.	bouquet garni (No. 194).	12 button onions.	$1\frac{1}{2}$ ozs. flour.	12 mushrooms.
3 ozs. fat bacon.	1 glass white wine.	2 ozs. butter.	1 pint stock.	pepper and salt.

Wipe the rabbit ; cut it up into joints, rather small. Cut the bacon into small pieces ; put this, with the butter, into a stewpan, and cook over the fire for a few minutes, stirring meanwhile. Take out the bacon, and put aside ; add the peeled onions ; fry them a golden brown, and then put with the bacon. Next, fry the pieces of rabbit in the butter until a golden brown ; sprinkle over with salt, pepper,

and the flour ; let the latter brown ; then dilute with the wine and stock ; add the bouquet garni. Bring to the boil, and simmer gently for about three-quarters of an hour. Then put in the onions and mushrooms, and cook for half an hour longer. When ready, dish the rabbit on a hot dish ; keep warm ; skim the fat off the sauce in the stewpan ; take out the herbs, and add the bacon to it. Strain the sauce over the rabbit, and put the garnish of onions, mushrooms, and bacon over the rabbit and round the dish, and serve.

Average cost, 3s. Time required, 1½ hours. Seasonable, September to March. Sufficient for 5 persons.

1,146. DARIOLES DE LAPIN À LA REINE (DARIOLES OF RABBIT, QUEEN STYLE).

1 rabbit.	½ gill stock.	½ pint celery sauce (No. 22).	2 ozs. lean ham.
1 oz. butter.	1 egg.	1 truffle.	salt.
1 oz. flour.	1 gill cream.	½ gill Bechamel sauce (No. 4).	pepper.

Take off all the meat from the rabbit ; reserve one of the fillets. Cut up all the rest of the meat, which should weigh ½ lb. ; if not, mix with it some veal or fat pork. Put this into a mortar, and pound well. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until thick. Put this to the meat in the mortar ; pound well together ; mix in the egg, pepper, and salt. Rub through a wire sieve. Whip the cream lightly ; mix it into the purée. Butter some dariole moulds ; line them with this forcemeat, leaving a hollow in the centre. Cook the fillet of rabbit by braising on a mirepoix of vegetables. Cut up into dice, mix with it the cooked ham cut in the same way, season to taste, and bind with the Bechamel sauce. Put a small quantity of this preparation into the centre of each mould, cover with some of the forcemeat, and steam for about fifteen minutes, with a buttered paper over, either in a steamer or in the oven. Turn out on to a hot dish, pour the celery sauce over and round, and place a slice of truffle on the top of each.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable, September to March. Sufficient for 4 or 5 persons.

1,147. GRENADINES DE LAPIN À LA FINANCIÈRE (GRENADINS OF RABBIT, FINANCIÈRE STYLE).

2 rabbits.	demi-glace sauce (No. 29).	1 onion.	½ pint stock.
larding bacon.	financière garnish (No. 223).	1 carrot.	6 peppercorns.
meat-glaze.	2 ozs. butter.	bouquet garni.	salt.

Take off the fillets from the rabbits, cut them into nice pieces, and lard them with strips of fat bacon. Put the butter into a saucepan, slice the vegetables, add them to the butter, sauté slightly, then place the fillets on the top ; add the stock, salt, peppercorns, and bouquet garni ; cover with the lid ; simmer gently for half an hour or longer. When sufficiently cooked, take up the fillets and glaze them. While the fillets are cooking, prepare a forcemeat (No. 202) with the remainder of the meat of the rabbit ; put this forcemeat into a border mould, place it in a steamer, and cook gently for twenty to thirty minutes. Turn out the border of forcemeat on to a hot dish, fill the centre with the garnish, place the pieces of fillets on the top of the border, pour the sauce round the base, and serve.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable, September to March. Sufficient for 8 persons.

1,148. LAPIN À L'ITALIENNE (RABBIT, ITALIAN STYLE).

1 rabbit.	bouquet garni.	2 ozs. butter.	2 boned anchovies.
1 gill olive-oil.	6 peppercorns.	1½ ozs. flour.	2 teaspoonfuls capers.
1 gill white wine.	salt.	1½ pints stock.	2 shallots.

Cut up the rabbit into joints. Pour the olive-oil into a sauté-pan ; as soon as hot, put in the pieces of rabbit, and fry until a nice brown colour. Drain off the oil,

add the wine, $\frac{1}{2}$ pint of stock, the bouquet garni, and peppercorns ; stew gently over the fire until the pieces of rabbit are tender. When done, take up the rabbit, pile the pieces on a hot dish, and keep hot. Strain the liquor from the saucepan, and into the same pan put the butter as soon as it is melted ; stir in the flour, add 1 pint of stock and the liquor from the rabbit. Stir until it boils, then simmer for ten minutes. Chop the capers, shallots, and boned anchovies finely ; put these into the sauce, and simmer for ten minutes longer ; season nicely to taste, pour the sauce over the rabbit, and serve.

Average cost, 3s. Time required, about 1 hour. Seasonable, September to March. Sufficient for 5 or 6 persons.

1,149. DINDE À LA CHIPOLATA (TURKEY, CHIPOLATA STYLE).

1 young turkey.	$\frac{1}{2}$ pint demi-glace sauce (No. 29).	12 glazed onions.	12 olive-shaped and
1 gill Madeira wine.	$\frac{1}{2}$ pint tomato sauce (No. 77).	4 ozs. fresh pork.	glazed carrots
12 glazed chestnuts.	10 chipolata sausages.	4 ozs. butter.	seasoning.

Cut up the turkey into joints. Melt the butter in a large stewpan, put in the pieces, and fry them a nice brown ; then add the wine and the sauces ; cover with the lid of the saucepan, and cook gently over the fire or in the oven for forty-five minutes. Cut the pork in dice or in strips, parboil, and then finish cooking them by frying. Cook the chestnuts in stock, keeping them whole ; cook the onions and carrots in the same way separately ; finish the cooking of this garnish in glaze. Put the pieces of turkey into a clean saucepan, add to it the above garnish, also the pieces of cooked pork and the sausages. Strain the sauce over, and cook until the turkey is quite tender. Dish up on a hot dish, place the garnish round, strain the sauce over, and serve.

Average cost, 7s. 6d. Time required, $1\frac{1}{4}$ hours. Seasonable, October to March. Sufficient for 8 persons.

1,150. FRICANDEAU DE DINDE.

2 turkey legs.	6 mushrooms.	1 pint white stock.	larding bacon.
2 ozs. cooked ham.	2 tablespoonfuls breadcrumbs.	1 head celery.	lemon-peel.
1 egg.	$\frac{1}{4}$ teaspoonful sweet herbs.	$\frac{1}{2}$ pint velouté sauce (No. 82).	salt and pepper.

Bone the drumsticks, trim them, and lard with the bacon cut in thin strips. Chop the ham, the cooked mushrooms, and a small quantity of lemon-peel. Mix all together, and add the herbs, breadcrumbs, and seasoning ; beat the egg, and mix the ingredients to a paste with it. Stuff the legs with this mixture, flatten the stuffing, and shape it with a wet knife, levelling the edges. Put them into a stewpan with the stock, and simmer gently until cooked ; they will take about thirty minutes. Wash, cut up, and stew the celery. When done, drain, arrange it on a hot dish, and place the turkey-legs on the top. Add some of the cooking-liquor to the velouté sauce, reduce to a good consistency, and then pour it over the turkey legs and round the dish. Serve very hot.

Average cost, 1s. 2d. without turkey. Time required, 40 to 50 minutes. Seasonable, September to March. Sufficient for 4 persons.

1,151. CÔTELETTES DE DINDE À LA BÉARNAISE (TURKEY CUTLETS WITH BÉARNAISE).

$\frac{1}{2}$ lb. turkey (cooked).	3 ozs. ham.	$\frac{1}{2}$ oz. flour.	asparagus tips.
2 or 3 mushrooms.	1 oz. butter.	1 truffle.	breadcrumbs.
Béarnaise sauce (No. 7).	$\frac{3}{4}$ gill stock.	1 egg.	salt and pepper.

Chop the turkey and ham very finely, or pass it through a fine mincing-machine. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until it is thick and leaves the sides of the pan. Cook the button mushrooms in a little butter, chop them and the truffle ; mix them with the turkey and ham. Put these

chopped ingredients into the stewpan with the panade, mix thoroughly until hot, season to taste with salt and pepper. Turn the mixture on to a plate, and put it in a cool place to set. When ready for use, divide it into equal parts, shape into cutlet shapes, dip into beaten egg, toss in breadcrumbs, and fry in boiling fat or clarified butter. Arrange them in a circle on a hot dish. Toss the asparagus tips in a little butter, arrange these in the centre of the cutlets, and serve with Béarnaise sauce sent to table with them separately.

Average cost, 2s. without the turkey. Time required, 45 minutes. Seasonable, February and March. Sufficient for 8 cutlets.

1,152. CÔTELETTES DE DINDE À LA HONGROISE (TURKEY CUTLETS WITH HUNGARIAN SAUCE).

$\frac{1}{2}$ lb. breast of cooked turkey.	Hungarian sauce (No. 38).	milk.
2 ozs. beef-marrow.	1 egg.	salt.
2 ozs. white bread.	breadcrumbs.	pepper.

Chop the breast of the turkey finely. Put the bread into a basin, cover with milk, and let it soak for fifteen minutes. Put the chopped turkey into a mortar, add the beef-marrow, squeeze the bread in a cloth to take away some of the mixture, add this to the other ingredients, pound all well together, season with salt and pepper, and put aside on a plate to set. Divide the mixture into equal parts; make them up into the shape of cutlets. Do this on a floured board, egg and crumb them, and fry in very hot fat or clarified butter. Drain them free from grease, and dress in a circle on a dish paper, garnish with fried parsley, and serve Hungarian sauce separately.

Average cost, 1s. 6d. without turkey. Time required, 30 minutes. Seasonable, September to March. Sufficient for 10 cutlets.

1,153. PAUPIETTES DE DINDE AU RISOTTO (ROLLS OF TURKEY WITH RISOTTO).

1 turkey.	risotto (No. 543).	salt.	2 gills velouté sauce (No. 82).
2 truffles.	2 ozs. butter.	$\frac{1}{2}$ gill cream.	juice half lemon.
4 ozs. ham.	1 gill white wine.	pepper.	1 tablespoonful stock.

Remove the breast of a turkey, cut it into thin slices, bat them out with a cutlet-bat, and trim them all to the same size. With some of the turkey prepare a forcemeat; mix it with cream, and put a layer over each slice of turkey. Chop the truffles and ham finely, sprinkle these over the forcemeat, roll up the slices of turkey, and tie with string. Butter a sauté-pan well, put in the rolls, cover with a buttered paper, and the lid of the pan; cook very gently over the fire or in the oven for twenty to thirty minutes. Have ready some risotto, arrange it in the form of a flat bed on a hot dish, dress the rolls on it, and keep hot. Add the wine to the pan in which the rolls were cooked, reduce to half the quantity, then stir in the velouté sauce, the cream, stock, and seasoning; reduce until of a right consistency, add the juice of the lemon, and strain over the turkey.

Average cost, 7s. 6d. Time required, 45 minutes. Seasonable, September to March. Sufficient for 8 to 10 persons.

1,154. OISON BRAISÉ À LA PAYSANNE (YOUNG GOOSE, PEASANT STYLE).

1 gosling.	1 bouquet garni.	12 glazed button onions.	$\frac{1}{2}$ gill sherry.	1 clove.
2 onions.	4 ozs. butter.	12 olive-shaped carrots.	1 pint stock.	salt.
1 carrot.	$\frac{1}{2}$ pint cooked peas.	12 olive-shaped turnips.	1 $\frac{1}{2}$ ozs. flour.	pepper.

Cut up the gosling in nice pieces, season them with salt and pepper. Cut the onions and carrot in slices. Melt 2 ozs. of butter in a stewpan, put in the sliced vegetables, the clove, and the bird; fry all together until brown; then add the

bouquet garni and the stock. Cover with the lid of the pan, and cook gently over the fire for forty-five minutes. Prepare while the bird is cooking the glazed vegetables: parboil them in salted water separately. Finish the cooking in liquid glaze, shaking the vegetables about in it until well-coated. As soon as the bird is cooked, take it up and dish it. Strain the liquor from the pan into a clean saucepan, add the sherry to it, thicken it with a roux made with 2 ozs. of butter and the flour; simmer for ten minutes; season to taste. Skim off the fat, and pour over the goose; garnish the dish with the glazed vegetables and cooked peas arranged in groups, and serve.

Average cost, uncertain, according to size. Time required, 1 hour. Seasonable, September to March. Sufficient for 6 persons.

1,155. PÂTÉS DE FOIE-GRAS.

$\frac{1}{2}$ lb. puff-paste.	brown sauce (No. 6).	salt.	1 egg.
4 ozs. foie-gras.	1 truffle.	pepper.	parsley.

Roll out the puff-pastry, line some small patty-pans with it, and fill them with raw rice. Place over each a piece of pastry to form a cover, trim neatly, brush them over with beaten egg, and bake them a nice colour. When done, take off the cover and empty the rice out. Cut the foie-gras in dice, put it into a stewpan, add to it the truffle cut small, and sufficient brown sauce to bind, let the mixture get hot through, season to taste, and fill the patties; put on the covers. Arrange a napkin or an ornamental dish-paper on a hot dish, dress the patties on it, garnish with parsley, and serve.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable always. Sufficient for 6 or 8 patties.

1,156. CROQUETTES DE FOIE-GRAS.

1 terrine of foie-gras (large).	1 oz. tongue.	1 egg.	salt.
Espagnole sauce (No. 33).	2 or 3 mushrooms.	breadcrumbs.	pepper.

Turn out the foie-gras, take away the coating of fat, take out the truffle. Cut the foie-gras and the truffle into small dice, cook the mushrooms, chop them and the tongue finely, add to the foie-gras. Mix in a saucepan, with sufficient sauce to bind; season to taste; turn the mixture on to a plate to cool. Shape into little balls or cork shapes, dip them in beaten egg, toss in breadcrumbs, and fry them in boiling fat a golden colour. Take up, drain, dish up on a napkin on a dish, garnish with parsley, and serve.

Average cost, 6s. Time required, 20 minutes. Seasonable all the year. Sufficient for 8 croquettes.

1,157. COQUILLES DE FOIE-GRAS.

1 terrine foie-gras (large).	6 mushrooms.	pepper.	glaze.
Bechamel sauce (No. 4).	breadcrumbs.	butter.	salt.

Turn out the foie-gras, remove the fat, take out the truffle, chop the foie-gras and truffle into small dice, cook the mushrooms in a little butter, chop them small. Put the foie-gras, truffle, and mushrooms into a saucepan; season with salt and pepper, and add sufficient Bechamel sauce to moisten the mixture. Heat over the fire until thoroughly mixed, add some meat-glaze. Butter some shells, fill them with the mixture, sprinkle with breadcrumbs and a few bits of butter, and place them under a salamander to brown the surface. Dish up on a folded napkin arranged on a dish, and serve.

Average cost, 6s. Time required, 20 minutes. Seasonable all the year. Sufficient for 6 shells.

CHAPTER XIV

ENTRÉES OF GAME, ETC. (HOT)

PERDREAUX (PARTRIDGES)

1,158. PERDREAUX BRAISÉS AUX CHOUX (BRAISED PARTRIDGES WITH CABBAGE).

2 partridges.	½ lb. salt pork.	2 carrots.	1 pint stock.	1 gill demi-glace
2 small cabbages.	salt and pepper.	larding bacon.	1 onion.	sauce (No. 29).

TRUSS and lard the birds ; put them on a baking-tin. Put on them some dripping or butter, and roast in the oven for about ten minutes. Cut each cabbage into four pieces, remove the hard stalk, and soak them in cold water ; then parboil them for ten to fifteen minutes. Cut the pork into nice slices, arrange these at the bottom of a large stewpan ; slice the carrots and onion ; put these next. Place the partridges on this. Add the stock, and lay the cabbages on the top of the birds. Cover with the lid of the pan, bring to the boil, and stew gently on the top of the fire or in the oven for thirty to forty minutes. When cooked, drain the cabbages, arrange them on a dish, untruss the birds and place them on the top of the cabbages, garnish round the dish with slices of pork and the carrots cut in pieces. Strain the liquor in the pan, skim off the fat, and add the demi-glace sauce. Season to taste with salt and pepper, boil up, pour it over the partridges, and serve.

Average cost, 6s. Time required, 1 hour. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,159. PERDREAUX FRITS À LA PORTUGAISE (FRIED PARTRIDGES, PORTUGUESE STYLE).

2 partridges.	1 gill salad oil.	½ pint tomato sauce (No. 77).	salt.
1 Spanish onion.	12 stoned olives.	croûtons of fried bread.	pepper.

Draw the partridges, cut them into joints ; season with salt and pepper. Heat the oil in a stewpan, put in the partridges, slice the onion and add it, fry the birds a nice brown. Drain away the oil and stir in the tomato sauce, bring to the boil, and then simmer gently until the partridges are tender. Dish up on a hot dish, strain the sauce over, and garnish with stoned olives and croûtons of fried bread.

Average cost, 7s. Time required, 45 minutes. Seasonable from September 1 to February 1. Sufficient for 4 persons.

1,160. PERDREAUX SAUTÉS À LA MADÈRE.

2 partridges.	salt and pepper.	1 shallot.	12 mushrooms.
1 oz. butter.	½ pint Espagnole sauce (No. 33).	½ gill Madeira wine.	6 bread croûtons.

Prepare the partridges, and cut them into joints ; each bird will cut into six pieces. Melt the butter in a stewpan, put in the partridges, season with salt and pepper, and cook for three minutes on each side until nicely browned. Chop the shallot, and add it ; also the wine, the Espagnole sauce, and the mushrooms. Put the lid on the stewpan, place it on the fire, and cook gently for twenty to thirty minutes. Dish up, pour the sauce over, and garnish the dish with the fried bread croûtons.

Average cost, 6s. 6d. Time required, 45 minutes. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,161. PERDREAU BOUILLI, SAUCE AU CELERI (BOILED PARTRIDGE WITH CELERY SAUCE).

1 partridge.	1 pint chicken stock.	1 onion.	1 gill cream.	1 carrot.
2 ozs. butter.	1 head of celery.	1 clove.	salt and pepper.	1 oz. flour.

Truss the partridge. Put the stock into a stewpan, with the onion stuck with the clove, carrot, and the best part of the celery, cleaned and cut in small pieces. Put the pan on the fire and make hot, then add the partridge, bring to the boil, and simmer until the bird is cooked. When the partridge is done, take it up on to a hot dish, untruss it, and keep hot. Take away the carrot and onion from the stock, and pass the liquor and celery through a fine sieve. Melt the butter in a stewpan, stir in the flour; add the stock and purée of celery, and stir until it boils; simmer for ten minutes, then add the cream, and season to taste. Pour the sauce over the partridge, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable, September 1 to February 1. Sufficient for 2 persons.

1,162. CÔTELETTES DE PERDREAUX GRILLÉS À LA COLBERT (GRILLED CUTLETS OF PARTRIDGE, COLBERT STYLE).

2 or 3 partridges.	pepper.	breadcrumbs.
salt.	butter.	Colbert sauce (No. 20).

Singe and draw the partridges, cut them in halves lengthways, sprinkle them with salt and pepper. Melt some butter, pour it on to a plate, dip the partridges into it, and then into breadcrumbs. Put them on a gridiron, and broil over a clear, slow fire. When done on one side, turn over and do the other. When the partridges are cooked, dish them on a hot dish, pour some Colbert sauce over, and serve.

Average cost, 5s. 6d. or 8s. Time required, 20 minutes. Seasonable, September 1 to February 1. Sufficient for 4 or 6 persons.

1,163. PERDREAUX À LA TOMATE.

2 partridges.	$\frac{1}{2}$ pint tomato sauce (No. 77).	salt.
2 tablespoonfuls oil.	1 oz. glaze.	pepper.
2 shallots.	1 gill white wine.	a few olives.

Truss the partridges as for boiling. Chop the shallots. Put the oil into a stewpan, add the shallots and partridges, and fry together until the birds are a nice brown; season with salt and pepper. Then add the tomato sauce, the glaze, and the wine, bring to the boil, and then simmer for twenty minutes. Dish the partridges on a hot dish, strain the sauce over, taking care that it is free from fat; garnish the dish with olives, and serve.

Average cost, 7s. Time required, 35 minutes. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,164. SOUFFLÉ DE PERDREAUX (SOUFFLÉ OF PARTRIDGES).

2 partridges.	pepper.	$\frac{1}{2}$ gill glaze.
2 ozs. butter.	2 ozs. panada.	yolks of 4 eggs.
salt.	1 gill brown sauce (No. 6).	whites of 2 eggs.

Take all the meat from the partridges, remove the skin and sinews, and chop the meat finely. Put it into a mortar with the panada, butter, and seasoning, pound well until a smooth paste, then pass through a wire sieve. Work in the yolks of the eggs, the brown sauce, and glaze. Whip the two whites of eggs very stiffly, and stir lightly into the mixture. Grease a mould, put the forcemeat into it, and bake in a quick oven. Chop up the bones of the partridges, stew them, and make into a good gravy to serve with the soufflé.

Average cost, 6s. Time required, 1 hour. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,165. PÂTÉ DE PERDREAUX (PARTRIDGE PIE).

2 partridges.	$\frac{1}{2}$ lb. bacon.	salt and pepper.	$1\frac{1}{2}$ ozs. butter.	puff paste.
$\frac{1}{2}$ lb. veal.	parsley.	2 hard-boiled eggs.	6 mushrooms.	1 gill stock.

Cut the partridges into four pieces each. Melt the butter in a sauté-pan, put in the birds, and fry them lightly. Cut the veal and bacon into thin slices, line a pie-dish with these slices, put on them the pieces of partridge, season with salt, pepper, chopped parsley, and mushrooms, then put over another layer of bacon and veal. Cut the hard-boiled eggs in slices, and put a layer on the top; pour in the stock. Cover the pie with the pastry, and bake for about one hour in a hot oven. When done, fill up with stock, and serve either hot or cold.

Average cost, 7s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,166. POITRINES DE PERDREAUX À LA COMTESSE (BREASTS OF PARTRIDGES, COUNTESS STYLE).

breasts of 2 partridges.	breadcrumbs.	Béarnaise sauce (No. 7).	salt.
1 egg.	2 ozs. butter.	pepper.	mushrooms.

Raise the breasts from the partridges, trim them neatly, and season with salt and pepper. Beat up the egg on a plate, dip in the fillets, brush them well all over with the egg, toss in breadcrumbs. Melt 2 oz. of butter in a sauté-pan, put in the fillets of partridge, and fry them. When cooked, take them up, drain, and dish on a hot dish. Sauté some mushrooms in butter, garnish the fillets with them, and serve with a tureen of Béarnaise sauce separately.

Average cost, 7s. Time required, 20 minutes. Seasonable, September 1 to February 1. Sufficient for 4 persons.

N.B.—Use up remainder of partridges for other dishes.

1,167. POITRINES DE PERDREAUX À LA MADÈRE (BREASTS OF PARTRIDGES WITH MADEIRA).

breasts of 2 partridges.	3 ozs. breadcrumbs.	Madeira sauce
2 ozs. butter.	1 oz. chopped ham.	(No. 50).

Raise the breasts from the partridges. Melt the butter, mix the breadcrumbs and ham together, dip the breasts into the butter, then into the breadcrumbs and ham; grill over a bright fire. When done, dish up, and serve with Madeira sauce separately.

Average cost, 6s. Time required, 20 minutes. Seasonable, September 1 to February 1. Sufficient for 4 persons.

1,168. CROUSTADE DE PERDREAUX.

2 partridges.	2 ozs. butter.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	salt.
larding bacon.	meat glaze.	$\frac{1}{2}$ lb. short pastry.	pepper.

Cut off the fillets of the partridges, slice them in halves lengthways, trim and lard them with thin strips of larding bacon, put these on a buttered tin, cover with a buttered paper. Roast the partridges, after removing the fillets from the breasts, let them get cold, then cut off all the meat from the bones, put it into a mortar, and pound well with 1 oz. of butter; work in $\frac{1}{2}$ gill of the sauce, and rub through a wire sieve. Heat the remainder of the sauce, add to it the essence from the pan in which the partridges were roasted, reduce this sauce well, and stir it into the forcemeat; season to taste. Line a flan ring with the short pastry, fill with raw rice, and bake in a quick oven. When cooked, remove the rice carefully, and fill with the partridge forcemeat. The larded fillets are put into the oven to cook for about ten to fifteen minutes, taken up and glazed, and dished in the croustade in a circle on the forcemeat, the latter being piled high in the centre. Place in the oven with a buttered paper over for a few minutes before serving.

Average cost, 6s. Time required, 1 hour. Seasonable, September to February. Sufficient for 6 persons.

1,169. PERDREAU AUX NAVETS (PARTRIDGE WITH TURNIPS).

1 partridge.	salt.	$\frac{1}{2}$ teaspoonful tarragon vinegar.	breadcrumbs.
$2\frac{1}{2}$ ozs. butter.	pepper.	$\frac{1}{2}$ pint mashed turnips.	$\frac{1}{2}$ pint stock.
flour.	2 eggs.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ oz. meat-glaze.

Take all the flesh off the bird—this must be done carefully, so as to have nice-shaped pieces—trim these pieces neatly, take away all skin and sinews. Put the bones and carcass of the bird into a stewpan, cover with cold water, and stew gently. Melt $1\frac{1}{2}$ ozs. of butter in a sauté-pan, put in the pieces of partridge, and fry them a light brown. Mix together a little flour, salt, and pepper, and roll the fried meat in it; dip them in beaten egg, toss in breadcrumbs, put them on a baking-tin, and place in a sharp oven. Strain the stock from the bones of the partridge (this should be made before the cooking of the partridge meat), measure off $\frac{1}{2}$ pint, drain away the fat from the pan that the partridge fillets were cooked in, stir in the stock, add the glaze and the tarragon vinegar, season to taste, and boil until reduced by one-third. Melt 1 oz. of butter in a stewpan, stir in the mashed turnips, put over the fire, and make thoroughly hot. Add the egg, cook a little, then mix in the cream, and season to taste. Butter some little timbale moulds, fill them with the turnip mixture, and steam for fifteen minutes. Dress the fillets on a hot dish, turn out the turnip shapes, arrange them round the partridge-fillets, pour the sauce round, and serve hot.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable, September to February. Sufficient for 3 or 4 persons.

1,170. FILLETS DE PERDREAU EN CAISSES (FILLETS OF PARTRIDGE IN CASES).

1 partridge.	Espagnole sauce	mushrooms.	salt.
2 ozs. butter.	(No. 33).	6 or 8 paper cases.	pepper.

Remove the meat from the partridge, trim into nice pieces, cut them into rounds the right size for the paper cases, allowing three thin rounds for each case. Melt the butter in a sauté-pan, put in the rounds of partridge meat, and fry them. When done, drain them. Butter the cases lightly, put them into the oven to warm; cook the mushrooms in butter. Place a round fillet in each case; sprinkle with pepper and salt; on that place a cooked mushroom, then another fillet and mushroom. Continue until the cases are full. Pour over the top layer a small quantity of Espagnole sauce. Dress the cases on a hot dish, and serve.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable, September to February. Sufficient for 6 or 8 cases.

1,171. PERDREAUX SAUTÉS À LA CHASSEUR (PARTRIDGES SAUTED, HUNTER'S STYLE).

2 partridges.	bread croûtons.	pepper.
2 ozs. butter.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	1 shallot.
salt.	mushrooms.	$\frac{1}{2}$ glass white wine.

Cut the partridges into joints; each partridge should cut into six pieces. Chop the shallot finely. Peel the mushrooms, stew them in butter, and keep hot; fry the bread croûtons. Melt the butter in a stewpan, put in the pieces of partridge, and fry them for six or seven minutes until they are a nice brown; then add the chopped shallot, the wine, and the Espagnole sauce. Cook for twenty minutes longer. When the birds are cooked sufficiently, take them up and dress on a hot dish in a neat pile. Remove the fat from the sauce that the partridges were cooked in, season to taste, and strain it over the birds. Garnish round the partridges with the cooked mushrooms, arranged in groups, and the bread croûtons between. Serve very hot.

Average cost, 6s. 6d. Time required, 40 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,172. PAIN DE PERDREAUX AUX OLIVES (SHAPE OF PARTRIDGES WITH OLIVES.)

2 partridges.	1 pint brown sauce	salt.	butter.
4 ozs. panada.	(No. 6).	meat-glaze.	pepper.
2 eggs.	1 glass Madeira wine.	truffles.	stoned olives.

Remove the flesh from the partridges, cut it up small, put into a mortar with the panada, add the eggs one at a time, pound well, season to taste, and rub through a wire sieve. Warm $\frac{1}{2}$ gill of brown sauce, add to it a little meat-glaze and half of the Madeira wine, bring to the boil, and simmer for a few minutes: add this to the partridge forcemeat. Butter a plain border-mould, chop some truffles and sprinkle them on the bottom and sides of the mould. Let it stand for ten minutes, then fill up with the forcemeat; poach in the oven or in a steamer for about twenty minutes. Stone some olives and blanch them. When the partridge shape is done, turn it out on to a hot dish. Mix the remainder of the wine with the rest of the brown sauce, boil up, and simmer for ten minutes (this should be prepared while the partridge shape is cooking). Pour the sauce over the border, fill the centre with the olives, and serve.

Average cost, 8s. Time required, 45 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,173. PERDREAUX BRAISÉS À LA ST. CLAIR (PARTRIDGES BRAISED, ST. CLAIR STYLE).

2 partridges.	6 peppercorns.	1 teaspoonful anchovy	$\frac{1}{2}$ pint stock.
4 ozs. bacon.	$\frac{1}{2}$ gill cream.	essence.	1 wineglassful port-wine.
1 onion.	1 carrot.	1 dessertspoonful mush-	salt.
butter.	1 bouquet garni.	room ketchup.	flour.

Cut the partridges into joints—each bird should cut into six—slice the bacon thinly, and place half of it at the bottom of a stewpan. Peel the onion, scrape the carrot, and cut them in slices. Put these on the bacon in the stewpan, add the peppercorns, bouquet garni, and the stock. Put in the pieces of partridge, cover with the remainder of the bacon. Put the lid on the pan, and braise for thirty minutes. When the birds are cooked, take them up, place on a hot dish, and keep warm. Strain the liquor from the pan into a clean saucepan, take off the fat; then add the port-wine, anchovy essence, ketchup, pepper, and salt. Let it cook for a few minutes, then add a roux made with butter and flour mixed together—just sufficient to make the sauce a nice consistency. Lastly, add the cream. Pour this sauce over the partridges, and serve.

Average cost, 6s. 3d. Time required, 40 minutes. Seasonable, September to February. Sufficient for 6 persons

1,174. POITRINES DE PERDREAUX À LA DUCHESSE (BREASTS OF PARTRIDGES, DUCHESSE STYLE).

breasts of 2 partridges.	6 ozs. butter.	salt.	juice of $\frac{1}{2}$ lemon.
1 teaspoonful chopped	$\frac{1}{2}$ gill white wine.	pepper.	8 artichoke bottoms.
parsley.	meat-glaze.	truffles.	2 potatoes.

Lift the breasts from the partridges, trim, and season them with salt and pepper. Melt 2 ozs. of butter in a sauté-pan, put in the breasts of partridges, and sauté them over a sharp fire. When cooked, take up the fillets, put them on a dish. Drain away the butter from the pan, add the wine, reduce to half, then add two tablespoonfuls of meat-glaze. Stir in by degrees 2 ozs. of butter—do this gradually—also the juice of the lemon and the parsley. Peel the potatoes, cut them in dice, fry them brown in butter. Cut some truffles in the same way, and mix with the potatoes while frying. Heat the artichoke bottoms, season with salt and pepper, and fill them with the garnish of potatoes and truffles. Pour the sauce over the

breasts of partridges, garnish them with the stuffed artichoke bottoms, and serve.

Average cost, 7s. Time required, 45 minutes. Seasonable, September 1 to February 1. Sufficient for 4 persons.

N.B.—The remainder of the partridges should be used up for other dishes—*i.e.*, rissoles, croquettes, cutlets, etc.

1,175. CRÊPINETTES DE PERDREAU.

1 partridge.	demi-glace (No. 29).	salt.	pepper.
2 ozs. chopped ham.	pig's caul.	Bechamel sauce (No. 4).	breadcrumbs.
1 truffle.	1 yolk of egg.	1 whole egg.	fried parsley.

Roast the partridge, let it get cold, then remove all meat from the bones, take away the skin and sinews. Chop the meat of the partridge, the ham, and truffle finely. Put these into a small stewpan; season with salt and pepper. Add sufficient Bechamel sauce to bind the mixture, stir over the fire until hot, then add the yolk of the egg. Cook a little in order to bind the preparation, then turn on to a plate to cool. Divide into equal parts (six or eight), make these pieces up into rolls, the shape of corks; wrap each in a piece of pig's caul, fasten at the ends with a little white of egg. Beat an egg on a plate, dip in the rolls, toss in breadcrumbs, and fry them in very hot fat. Drain them on paper, dress on a hot dish, garnish with fried parsley, and serve. A tureen of demi-glace or any other suitable sauce should be sent up with the crêpinettes.

Average cost, 4s. Time required after partridge is cooked, 30 minutes. Seasonable, September to February. Sufficient for 6 or 8 crêpinettes.

FAISAN (PHEASANT)

1,176. CHARTREUSE DE FAISAN À LA CHASSEUR (CHARTREUSE OF PHEASANT, HUNTER'S STYLE).

$\frac{3}{4}$ lb. raw pheasant meat.	6 ozs. panada.	1 truffle.
10 preserved mushrooms.	2 eggs.	1 oz. butter.
$\frac{1}{2}$ pint Madeira sauce (No. 50).	$\frac{1}{2}$ gill cream.	salt and pepper.

Remove all skin and gristle from the pheasant meat, cut it up into small pieces, put into a mortar, add the panada to it, and pound well together. Season well with salt and pepper, stir in the butter and the eggs, one at a time. Pound again until the mixture is quite smooth, then rub through a wire sieve. Put this purée into a basin, and add the cream, slightly whipped. Butter a plain Charlotte-mould thickly, decorate it with the mushrooms, nicely trimmed, and stars of truffle, chop the trimmings of the mushrooms and truffle finely, and stir into the forcemeat. Put this into the decorated mould, press it down carefully, so as not to disturb the decorations, cover with a piece of buttered paper, and steam slowly for half an hour or longer. When cooked, turn it out on to a hot dish, and pour the sauce round.

Average cost, 5s. Time required, 1 hour. Seasonable, October to February. Sufficient for 5 persons.

1,177. FAISAN À LA BONNE FEMME (PHEASANT, GOOD-WIFE STYLE).

1 pheasant.	4 Spanish onions.	1 teaspoonful	pepper.
$\frac{1}{2}$ lb. ham.	2 ozs. butter.	chutney.	salt.

Draw and truss the pheasant for boiling. Melt the butter in a stewpan. Cut the ham in square pieces, put it with the bird into the melted butter, and fry over the fire until brown all over. Slice the Spanish onions, and add them to the pheasant. Season with pepper and salt, stir in the chutney. Put on the lid of the saucepan, and place it by the side of the fire to simmer gently for about forty

minutes. The pheasant by that time should be sufficiently cooked, and the onions reduced to a pulp. Dish the pheasant. Cook the onions a little longer over the fire, stirring all the time. Cook and reduce until the sauce is a nice consistency, season to taste, pour it over the pheasant, and serve.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,178. PÂTES DE FAISAN (PHEASANT PATTIES).

1 lb. puff-pastry.	6 preserved mushrooms.	$\frac{1}{2}$ gill cream.
2 cold pheasant fillets.	1 slice of ham.	parsley.
1 gill suprême sauce (No. 74).	salt and pepper.	1 egg.

Prepare the pastry, roll it out thinly, fold in three, and let it stand for a few minutes; then with a 2-inch cutter cut out some rounds, put them on a baking-sheet, and brush over with beaten egg. Take a smaller cutter, and mark the top of each round with it. Bake in a hot oven until done (this will take from fifteen to twenty minutes). Remove the centre-piece from each round—these will form the

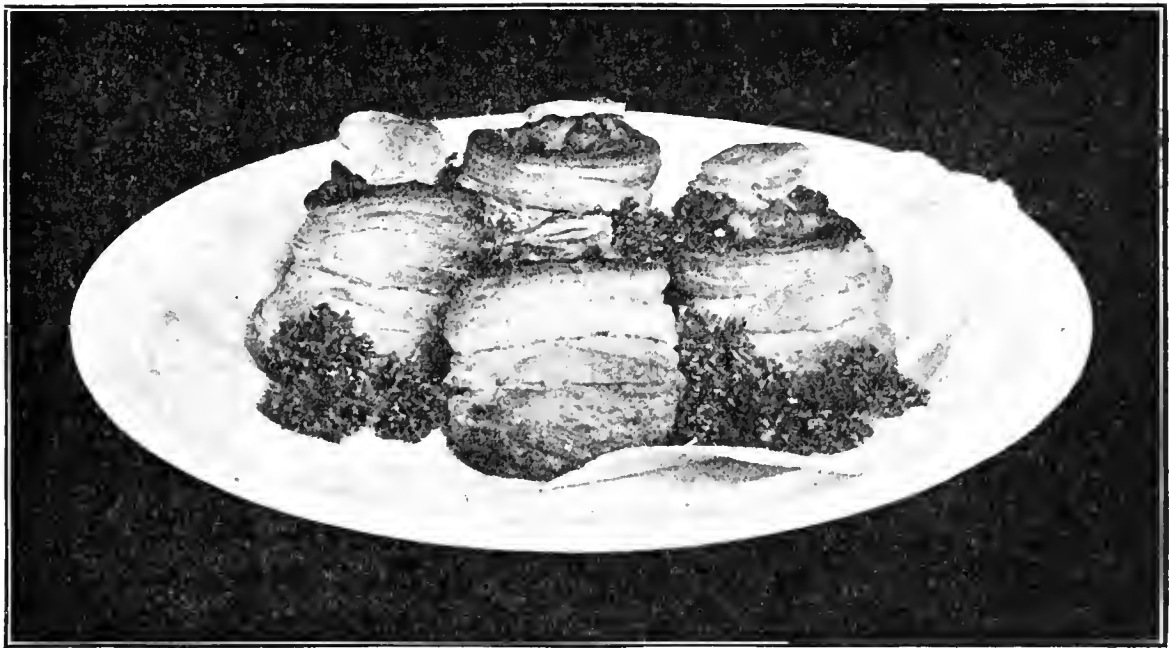


FIG. 68.—PÂTES DE FAISAN.

lids—scoop out some of the soft inside. While the cases are cooking, prepare the filling. Cut the pheasant, ham, and mushrooms into dice, heat the sauce, add the cream to it, mix in the dice of cooked ingredients, season to taste, and make very hot. Fill the pastry-cases with this mixture, put on the lids. Dish up on a dish with a fancy dish-paper, garnish with sprigs of parsley, and serve.

Average cost without pheasant, 2s. 6d. Time required, $2\frac{1}{2}$ hours. Seasonable October to February. Sufficient for 8 or 10 patties.

1,179. FRIANDINES DE FAISAN AU MADÈRE.

$\frac{1}{2}$ lb. cooked pheasant meat.	1 truffle.	1 egg.	$\frac{1}{2}$ lb. puff-pastry.
3 ozs. ox-tongue.	salt.	breadcrumbs.	Bechamel sauce (No. 4).
6 preserved mushrooms.	pepper.	frie 1 parsley.	Madeira sauce (No. 50).

Remove all fat and sinews from the pheasant; cut the meat, tongue, mushrooms, and truffle into small dice. Mix these ingredients with sufficient Bechamel sauce to bind, season to taste with salt and pepper. Roll out the puff-paste thinly, cut out some rounds with a cutter. On half the rounds place a small quantity of the mixture, wet the edge all round with a brush, and place another round on the top

of each ; press the edges together. Beat up the egg on a plate, dip the friandines into it, brush them over, and toss in breadcrumbs. Fry a golden colour in very hot fat. Dish them in a circle on a hot dish, and garnish with fried parsley in the centre. Send to table with them some Madeira sauce separately.

Average cost without pheasant, 2s. Time required, 1 hour. Seasonable, October to February. Sufficient for 10 friandines.

1,180. MEDAILLONS DE FAISAN À LA SUPRÊME (MEDALLIONS OF PHEASANT, SUPRÊME SAUCE).

1 pheasant.	2 cloves.	8 preserved mushrooms.	2 ozs. cooked ham.
1 onion.	1 carrot.	1 oz. meat-glaze (No. 247).	mashed potatoes.
1 oz. butter.	6 peppercorns.	2 hard-boiled eggs.	$\frac{1}{2}$ pint suprême sauce
1 turnip.	$\frac{1}{2}$ pint stock.	1 small piece of mace.	(No. 74).

Bone the pheasant, and then cut the fleshy parts into neat rounds. Clean the vegetables, cut in slices, place them at the bottom of a stewpan, add the spices and stock. Lay the pheasant-fillets on this, cover with buttered paper and the lid of the pan, and let them simmer for twenty minutes. Have ready the suprême sauce, add to it the meat-glaze. Let this get thoroughly hot, but not boiling. Cut the ham, mushrooms, and white of egg into strips, warm them up in the butter without discolouring them. Make a border of mashed potatoes on a hot dish, arrange the pheasant-fillets on this, overlapping each other. Fill the centre with the ham, mushrooms, and egg-garnish, and pour the sauce round the dish. Sprinkle a little chopped parsley on the garnish in the centre, and serve hot.

Average cost, 5s. 6d. Time required, 30 minutes. In season, October to February. Sufficient for 3 or 4 persons.

1,181. FILETS DE FAISAN, FARCIS AUX ÉPINARDS (PHEASANT-FILLETS STUFFED WITH SPINACH).

1 pheasant.	1 lb. veal forcemeat (No. 201).	2 ozs. butter.
seasoning.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	1 egg.
3 lbs. spinach.	1 tablespoonful cream.	1 hard-boiled egg.

Bone the pheasant, as in recipe No. 1,253. Cut down the centre of the back, and cut out as many rounds as possible from the fleshy parts. Fry these quickly in 1 oz. of butter, take them up, and press until cold. Mince the rest of the pheasant finely, and mix with the veal when making the veal forcemeat. Well butter a border-mould, fill with the forcemeat, cover with buttered paper, and steam gently for twenty minutes. Pick and wash the spinach thoroughly, boil in salted water until tender ; take up, drain well, and then rub through a sieve. Melt the rest of the butter in a saucepan, put in one-third of the sieved spinach, season to taste, add the cream, and bind with the yolk of an egg. Coat one side of the pheasant-fillets thickly with this mixture, place a star of hard-boiled white of egg on each, cover with buttered paper, and place in a cool oven for ten minutes. Turn out the veal-border on a hot dish, dress the pheasant-fillets on it, with the rest of the spinach piled in the centre. Pour Espagnole sauce round the dish, and serve hot.

Average cost, 6s. Time required, 1 $\frac{1}{2}$ hours. In season, October to February. Sufficient for 4 or 5 persons.

1,182. FILETS DE FAISAN À LA FINANCIÈRE (PHEASANT FILLETS WITH FINANCIÈRE GARNISH).

1 pheasant.	$\frac{1}{2}$ lb. veal.	$\frac{1}{2}$ gill white sauce.	mashed potato.	4 ozs. cooked ham.
1 oz. butter.	1 onion.	1 bouquet garni.	1 pint stock.	salt and pepper.
2 egg-yolks.	1 carrot.	1 gill white wine.	meat-glaze.	financière garnish (No. 223).
4 ozs. bacon.	1 truffle.	$\frac{1}{4}$ lb. ox-tongue.	$\frac{1}{2}$ gill cream.	1 gill demi-glaze sauce (No. 29).

Bone the pheasant, cut up the veal and ham into small pieces, put into a mortar and pound until smooth ; then add the yolks of eggs and the white sauce, season with salt and pepper, and rub through a wire sieve. Put this purée into a basin,

and add to it the slightly-whipped cream. Lay the boned pheasant out flat on a board with the skin side down, sprinkle all over with salt and pepper, then spread an even layer of the forcemeat over it. Cut the ox-tongue and truffle into strips, lay these on the forcemeat in rows. Roll up the bird, and sew the ends. Chop the bones and carcass of the pheasant. Melt the butter in a stewpan, put in the bones, and fry a little ; then add the vegetables cut up, the bacon sliced, the bouquet garni, the wine and stock. Put in the pheasant, cover with a buttered paper and the lid of the stewpan, and braise the contents gently in a moderate oven for about forty-five minutes or one hour, according to the size of the bird. When cooked, take up and drain, untie it, brush over with meat-glaze, and keep hot. Strain the liquor from the braise, remove the fat, and reduce to half-glaze. Add to this the gill of demi-glaze sauce. Have ready some mashed potato mixed with a little cream and yolks of eggs, season it nicely, and shape a circular border with it on a hot dish. Put into the oven for a few minutes to brown the surface. Cut the pheasant-roll into slices, arrange them on the border of potato in a circular row overlapping each other, pour some of the sauce over and round the dish. Fill the centre of the border with the financière garnish, and serve. The remainder of the sauce should be sent to table separately.

Average cost, 7s. 6d. Time required, 1½ hours. Seasonable, October to February. Sufficient for 8 persons.

1,183. FILETS DE FAISAN À LA MAINTENON.

1 pheasant.	1 tablespoonful chopped parsley.	salt.	mashed potatoes.
1 onion.	2 ozs. butter.	pepper.	½ pint Espagnole sauce
6 mushrooms.	a few fresh breadcrumbs.	spinach.	(No. 33).

Bone the pheasant, lay it flat on a board, skin side down. With a cutlet-cutter stamp out some shapes (as many as can be cut from the bird) ; season these with salt and pepper. Melt the butter in a sauté-pan, put in the cutlet-shapes of pheasant, and fry them lightly on both sides. Chop the onion, the mushrooms, and the parsley. Put these ingredients into the sauté-pan with the pheasant-cutlets when the latter are half-done. Cook all together, leaving the cutlets underdone. Take up the cutlets, and place them on a buttered baking-sheet. Mix a few breadcrumbs with the chopped ingredients (just sufficient to give a firm consistency) ; season to taste. Spread this mixture over the meaty side of each cutlet of pheasant, pat it on firmly with the blade of a knife. Place over them a piece of buttered paper, and put in the oven for about ten minutes (the oven must not be too hot). Have ready some nicely-prepared spinach ; rub through a fine sieve ; mix it with a little cream and butter over the fire until thoroughly hot. Shape a circular border of mashed potatoes on a hot dish, dress the cutlets on this, arrange the spinach in the centre of the border, and pour the sauce round the base of the dish. Serve hot.

Average cost, 5s. Time required, 1 hour. Seasonable, October to February. Sufficient for 6 cutlets.

1,184. FAISAN BRAISÉ AUX MARRONS (BRAISED PHEASANT WITH CHESTNUTS).

1 pheasant.	1 bouquet garni (No. 194).	1 lb. chestnuts.	½ pint stock.	pepper.
4 ozs. bacon.	1 gill white wine.	larding bacon.	2 ozs. butter.	salt.

Truss the pheasant, cut the bacon in slices, and line a stewpan with it ; add the bouquet garni and 1 oz. of butter broken into small pieces. When this is melted and hot, put in the pheasant, and fry it all over a golden colour ; then add the stock and wine. Cover with the lid of the stewpan, and place it in a moderate oven for about half an hour. The bird should be basted occasionally. In the meanwhile prepare the chestnuts, split them, place them on a baking-sheet, and cook in the oven until the shell and underskin can be removed ; then put them in a stewpan with sufficient stock to cover, and cook over the fire until quite soft. Rub through

a wire sieve. Melt the remaining 1 oz. of butter in a stewpan, and when hot add the purée of chestnuts; season with pepper and salt, and mix thoroughly until quite hot. Arrange this purée on a hot dish, drain and untruss the pheasant, and put it on the chestnut puree. Reduce the cooking liquor, skim off the fat, and strain over the bird.

Average cost, 4s. 6d. Time required, 45 minutes, according to size. Seasonable, November to January. Sufficient for 4 persons.

1,185. CÔTELETTES DE FAISAN À LA RICHELIEU.

1 pheasant.	1 oz. butter.	salt and pepper.	1 egg.
6 mushrooms.	$\frac{1}{2}$ oz. flour.	breadcrumbs.	mashed potatoes.
1 truffle.	$\frac{1}{2}$ gill stock.	Perigieux sauce (No. 62).	spinach or peas.

Take all the meat off the pheasant, remove skin and gristle, and chop it up finely. Melt the butter in a saucepan, stir in the flour, add the stock, and boil until thick; cook the mushrooms in a little butter, drain and chop them finely; chop the truffle. Add these to the pheasant mixture; season to taste with salt and pepper.

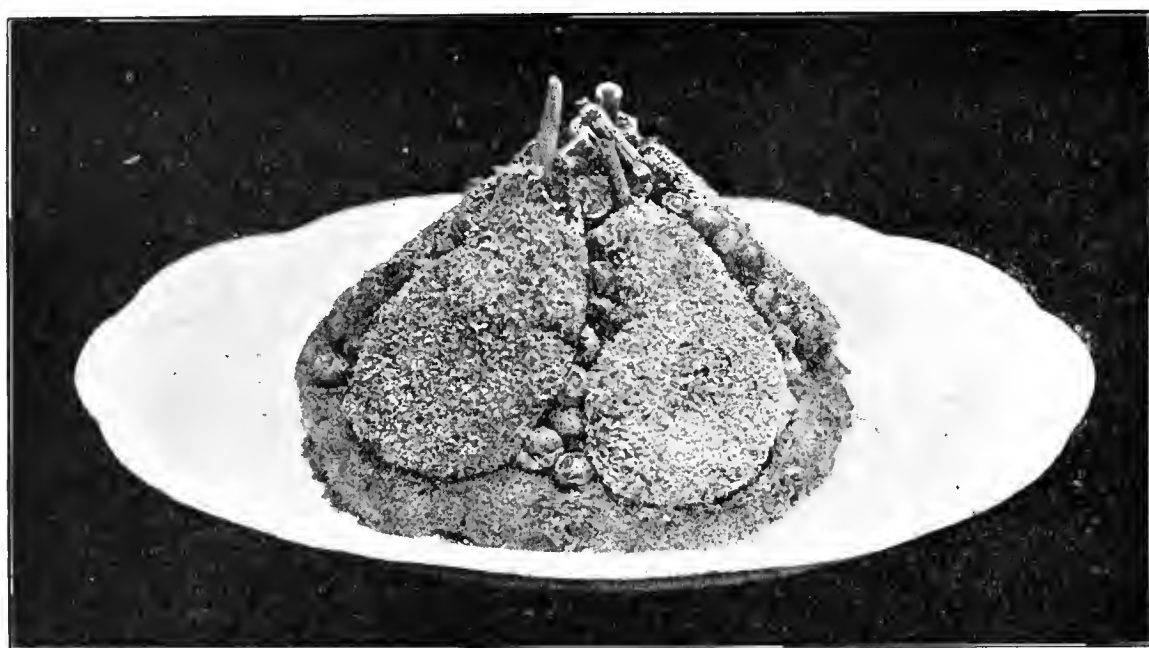


FIG. 69.—CÔTELETTES DE FAISAN À LA RICHELIEU.

Stir over the fire until thoroughly mixed. Turn out on to a plate, put into a cold place to set. When quite cold, divide the mixture into eight or ten equal parts; shape each part into the form of a cutlet. Beat an egg on a plate, dip each cutlet into this, then toss in breadcrumbs; repeat this process. Fry the cutlets in very hot fat or clarified butter. Make a border of mashed potatoes on a hot dish, dress the cutlets on it in a circular row, fill the centre with cooked green peas, and pour a small quantity of sauce round the base of the dish. The remainder of the sauce should be sent to table separately.

Average cost, 5s. Time required, 45 minutes. Seasonable, October to February. Sufficient for 4 or 5 persons.

1,186. ESCALLOPES DE FAISAN EN CAISSES.

1 pheasant.	2 ozs. butter.	2 gills Espagnole sauce. (No. 33).	$\frac{1}{2}$ oz. flour.
1 truffle.	salt and pepper.	6 china or paper soufflé cases.	$\frac{1}{2}$ gill stock.

Remove the breasts from the pheasant, cut each into slices, and cut out six rounds a size smaller than the soufflé cases. Take away all the rest of the meat from the pheasant, free it from skin and sinew, put it into a mortar and pound.

Melt $\frac{1}{2}$ oz. of butter in a small stewpan, stir in the flour, moisten with the stock, and boil until it is thick and leaves the sides of the stewpan. Put this panada with the pheasant meat in the mortar, pound well together; then add $\frac{1}{2}$ gill of Espagnole sauce, rub through a wire sieve; season to taste with salt and pepper, and add some more sauce if the mixture is too stiff. Melt the remainder of the butter in a sauté-pan, and fry the rounds cut from the breasts. Oil the cases slightly, and fill them three-parts full with the forcemeat; put these into a moderate oven or in a steamer, and steam for ten minutes. Take up and place one of the fried rounds on the top of each; these must be fried just before the forcemeat is ready, so that they are ready at the same time. Pour over a little of the sauce, and garnish each with a slice of truffle in the centre of each round. Send to table very hot.

Average cost, 5s. Time required, 40 minutes. Seasonable, October to February. Sufficient for 6 cases.

1,187. FILETS DE FAISAN AU VERT-PRÉ (FILLETS OF PHEASANT WITH GREEN SAUCE).

1 pheasant.	2 ozs. panada.	larding bacon.	1 oz. butter.	1 egg.
meat-glaze.	piece of celery.	3 gills vert-pré sauce (No. 83).	$\frac{1}{2}$ pint stock.	salt.
1 carrot.	bouquet garni.	button mushrooms.	1 onion.	pepper.

Remove the fillets from the pheasant, cut each fillet into three thin slices, trim them neatly. Take all the rest of the meat from the pheasant, free it from skin and sinew, cut it up small, put into a mortar and pound well; then add the panada, egg, and seasoning, mix all well together, and rub through a wire sieve. Lard one side of each slice of fillet with thin strips of larding bacon, trim them, turn the slices over, sprinkle with salt and pepper, spread with a layer of the forcemeat, and roll up so that the larded side is outside; wrap each roll in a strip of buttered paper. If any of the forcemeat is left after the slices are coated, fill or half fill a small border-mould with it, and steam gently. Cut the vegetables in slices, put into a stewpan the butter and the trimmings from the larding bacon, sauté the vegetables for a few minutes without browning, then lay in the pheasant rolls; add the stock and the bouquet garni, cover with a buttered paper and the lid of the stewpan, and braise for thirty minutes. When done, take up the rolls, remove the paper, and glaze quickly. Turn out the border of forcemeat, dish the rolls on the top, fill the centre with button mushrooms, and pour the sauce round.

Average cost, 5s. Time required, 45 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,188. FAISAN SAUTÉ À LA PERIGUEUX.

1 pheasant.	1 bouquet garni (No. 194).	parsley.	salt and pepper.
2 ozs. butter.	1 pint Perigueux sauce (No. 62).	12 mushrooms.	2 shallots.
meat-glaze.	puff-paste croûtons.	1 gill stock.	1 glass sherry.

Cut the pheasant into joints. Melt the butter in a sauté-pan, chop the shallots; put these, with the pheasant and bouquet garni, into the butter and fry. When the bird is a nice brown colour, take it up and put it into a stewpan containing the Perigueux sauce, which has been previously heated. Drain the butter from the sauté-pan, take out the bouquet, add the wine, and reduce to half; then add the stock and a little glaze. Stir with a spoon so as to loosen the essence from the pheasant, which may have stuck to the pan; add this to the pheasant, season with salt and pepper, put on the lid of the pan, and stew gently over the fire for about half an hour. Cook the mushrooms in a little butter. When the bird is done, dress it on a hot dish in a pile, garnish with the mushrooms and croûtons, and pour the sauce over. Sprinkle with chopped parsley, and serve.

Average cost, 5s. Time required, 45 minutes. Seasonable, October to February. Sufficient for 3 persons.

1,189. MOUSSES DE FAISAN À LA SUPRÊME (MOUSSES OF PHEASANT).

$\frac{1}{2}$ lb. pheasant.	salt.	pepper.	1 gill stiff white sauce.	truffle.
1 gill cream.	3 eggs.	$\frac{1}{4}$ gill sherry.	$\frac{1}{2}$ pint suprême sauce (No. 74).	tongue.

Pound the meat of the pheasant in a mortar with the butter and the white sauce, season with pepper and salt. When the mixture is smooth, work in the eggs by degrees. When well mixed, rub through a wire sieve. Put this forcemeat into a basin, whip the cream slightly, and stir it into the purée with the sherry. Butter some small dariole-moulds, fill them with the mixture, and steam them for twenty minutes. Stew the bones of the pheasant, and with the stock thus prepared make the suprême sauce. As soon as the mousses are cooked, turn them out on to a hot dish, decorate the top of each alternately with tongue and truffle, either chopped or cut out in star patterns. Pour the sauce round the dish, and serve hot.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 5 persons.

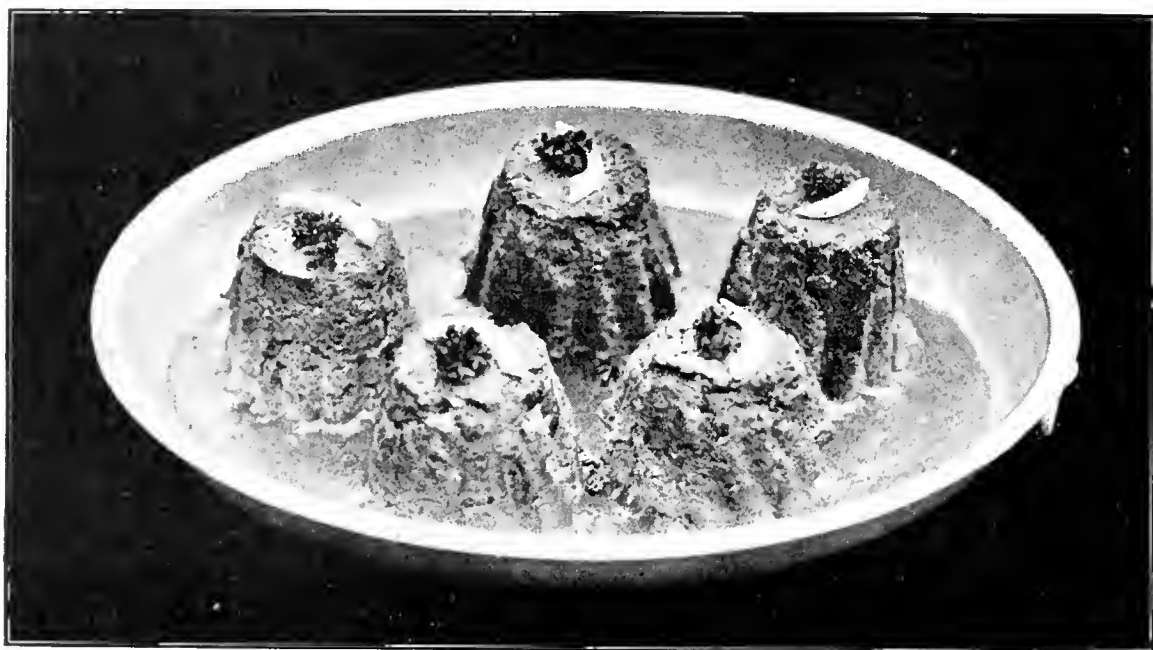


FIG. 70.—MOUSSES DE FAISAN À LA SUPRÊME.

1,190. BOUDINS DE FAISAN À LA STANLEY.

1 pheasant.	2 eggs.	1 tablespoonful salmi sauce (No. 76).	2 ozs. tongue.
4 ozs. panada.	salt and pepper.	$\frac{1}{4}$ lb. mushrooms.	artichoke bottoms.
2 ozs. butter.	2 truffles.	egg and breadcrumbs.	white sauce.

Remove the meat from the pheasant, cut it up, and put it in a mortar with the panada and the butter, pound well until the mixture is a smooth paste, then add the eggs and seasoning, rub through a wire sieve, place the mixture in a basin, and stir into it the tablespoonful of salmi sauce. Cut the truffles, tongue, and cooked mushrooms into small dice, mix with a little salmi sauce, season to taste with salt and pepper. With the forcemeat make some quenelles in tablespoons, placing in the centre of each a little of the dice mixture. As soon as these are made, poach them in boiling water for fifteen minutes. When cooked, take them up, drain, and let them get cold; then egg-and-crumb, and fry in hot fat. Use the carcass and bones of the pheasant for making the salmi sauce. Slice the artichokes coarsely, heat them in butter over the fire, add a little white sauce, and make thoroughly hot. Shape a circular border of mashed potatoes on a hot dish, dress the boudins on it, fill the centre with the artichokes, and pour salmi sauce round the base of the dish, and serve.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 5 persons.

1,191. EPIGRAMMES DE FAISAN.

1 pheasant.	breadcrumbs.	veal forcemeat	½ pint Espagnole sauce (No. 33).
1 egg.	velouté sauce (No. 82).	(No. 201).	spinach or mixed vegetables.

Cut as many cutlet-shaped pieces as possible from the breast of the pheasant. Fry them quickly in a little butter, take up and press until cold, then trim them, and coat with thick velouté sauce. Put aside to get perfectly cold, egg-and-breadcrumb them twice, and fry in clarified butter. In the meanwhile make the veal forcemeat, using half veal and half pheasant meat. Grease a plain border-mould and fill with the forcemeat, cover with buttered paper, and steam gently for thirty minutes. Turn out on a hot dish, fill the centre with cooked spinach or mixed vegetables warmed in butter, and dress the pheasant on the border, leaning against the vegetable. Pour Espagnole sauce round the dish, and serve hot.

Average cost, 5s. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 or 5 persons.



FIG. 71.—EPIGRAMMES DE FAISAN.

1,192. FAISAN À LA ST. GEORGE.

1 pheasant.	1 bouquet garni.	2 truffles.	salt.	½ gill Espagnole sauce.
½ gill oil.	6 mushrooms.	parsley.	½ lemon.	frying batter (No. 601).
2 shallots.	3 yolks of eggs.	pepper.	4 tomatoes.	Perigueux sauce (No. 62).

Cut the pheasant into joints. Put the oil into a stewpan. As soon as it is hot put in the chopped shallots, the pheasant joints, bouquet garni, chopped mushrooms and truffles, parsley, pepper, and salt. Fry all together until the pheasant joints are half-done, then add the juice of the lemon and the sauce. Cook for five minutes longer, taking care not to let the pheasant burn. Remove the bouquet garni, lift out the pieces of pheasant, and put aside to cool. Add the yolks of the eggs to the sauce, stir over the fire so as to cook the eggs, but do not allow the sauce to boil after the yolks are added. Mask the pieces of pheasant with this sauce, and let them get cold. When the dish is required, dip each piece into frying batter and fry in very hot fat a golden brown. Dish up in a pyramid, garnish them with half-tomatoes that have been fried in butter, pour some sauce round the base of the dish, and serve.

Average cost, 5s. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,193. FAISAN À LA RUSSE (PHEASANT, RUSSIAN STYLE).

1 pheasant. | milk. | fat bacon. | 1½ gills cream.

Pluck the pheasant, truss it, and lay in a deep dish. Pour in enough milk to cover, and let it stand for three or four days, renewing the milk occasionally. Take the bird out of the dish, and lard the breast with fat bacon ; place it in a roasting-pan with a little of the milk that it was soaked in. Roast for thirty to forty-five minutes, according to size. While roasting, baste with some of the cream at frequent intervals, as this gives it a nice glaze. Take up, untruss, and place on a hot dish. Put the rest of the cream into the cooking liquor, heat up, and pour over the bird. Serve very hot.

Any kind of game can be cooked in this manner, as it makes the flesh most tender and delicate.

Average cost, 4s. 9d. Time required, 30 to 45 minutes after soaking. Seasonable, October to February. Sufficient for 3 or 4 persons.

COQ DE BRUYÈRE (GROUSE)

1,194. COQ DE BRUYÈRE SAUTÉ À LA VINCENT (GROUSE SAUTED, VINCENT STYLE).

1 grouse. | 1 gill port-wine. | 1 teaspoonful red-currant jelly. | rind of ½ orange.
2 ozs. butter. | seasoning. | 2 gills brown sauce (No. 6). | purée of chestnuts.

Cut the grouse into four parts, season them with salt and pepper. Put the butter into a sauté-pan, make it very hot, then put in the pieces of grouse, and sauté them over a quick fire. When done, take them up, strain away the fat from the pan, add the port-wine and the red-currant jelly, reduce, and then stir in the brown sauce ; reduce again, and add the rind of half an orange. Put the pieces of grouse into this sauce, and simmer gently for ten minutes ; season to taste. Arrange a border of purée of chestnuts on a hot dish, place the pieces of grouse in the centre, pour the sauce over, and serve.

The chestnuts are cooked, rubbed through a sieve, and the purée then heated over the fire in butter.

Average cost, 5s. Time required, 45 minutes. Seasonable, November and December. Sufficient for 4 persons.

1,195. COQ DE BRUYÈRE BRAISÉ À L'ESPAGNOLE (BRAISED GROUSE, SPANISH STYLE).

2 grouse. | 2 carrots. | 6 peppercorns. | salt. | 3 gills Espagnole sauce (No. 33).
2 onions. | 1 turnip. | braised celery. | 3 gills stock. | 1 bouquet garni.

Truss the grouse for roasting. Peel the onions and turnip, scrape the carrot, and cut these vegetables in pieces. Put them in a large stewpan with the bouquet garni and the peppercorns, place the grouse on the vegetables, add the stock, and cook the birds slowly over the fire or in the oven for one hour. Baste them occasionally. Cook them in the oven for quarter of an hour longer with the lid off, so that they may brown. Dish them on a hot dish. Strain their cooking-liquor into another saucepan, remove the grease, reduce a little, season to taste, and add the Espagnole sauce. Bring to the boil, and simmer gently for a few minutes. Surround the birds with braised celery, pour over them the Espagnole sauce, and serve very hot.

Average cost, 8s. 6d. Time required, 1½ hours. Seasonable, August to December. Sufficient for 6 persons



Chaudfroid de Volaille.

1,196. SALMIS OF GROUSE WITH TRUFFLES.

1 grouse.	1 pint brown sauce (No. 6).	salt and pepper.
3 or 4 truffles.	croûtons of fried bread.	glaze.

Roast the grouse, let it cool a little, then cut it up into eight pieces. Make the brown sauce with stock made from the carcass of the grouse, add to it the gravy from the pan that the grouse was roasted in. Put in the pieces of the bird, put on the lid of the saucepan, stand it by the side of the fire until the pieces of grouse are thoroughly hot. Melt the glaze in a small stewpan, cut the truffles in slices, put them into the glaze, and let them get hot. Cut the croûtons of bread in triangles, and fry a golden-brown in hot fat or clarified butter. Arrange the pieces of grouse on a hot dish in a pyramid, strain the sauce over, garnish with the slices of truffles, arrange the fried croûtons round the dish, and serve very hot.

Average cost, 4s. Time required, 1 hour. Seasonable, August 12 to December
Sufficient for 4 persons.

CAILLES (QUAILS)

1,197. CAILLES BRAISES, SAUCE CÉLERI (BRAISED QUAILS WITH CELERY SAUCE).

6 quails.	larding bacon.	2 slices of fat bacon.	1 gill stock.	salt.
$\frac{1}{2}$ carrot.	$\frac{1}{2}$ onion.	celery sauce (No. 22).	1 oz. butter.	pepper.

Draw the quails, truss, and cover the breast of each bird with a piece of larding bacon. Tie this on with string. Cut up the carrot and onion into slices. Melt the butter in a stewpan, put in the slices of bacon cut in pieces and the vegetables. Place the quails on the top of these, fry all together until a golden colour over the fire; then add the stock, pepper, and salt. Cover with the lid of the pan, and put in the oven for about twenty minutes. When the quails are cooked, take them up, drain, untruss, and dress on a hot dish. Pour the sauce over, and serve.

Average cost of quails, 1s. 2d. each. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,198. CAILLES RÔTIÉS, SAUCE RAISIN (ROAST QUAILS WITH GRAPE SAUCE).

6 quails.	6 thin slices bacon.	2 ozs. butter.
6 vine-leaves.	6 oval croûtons of fried bread.	grape sauce.

Pluck and draw the quails, roll each quail in a vine-leaf, cover with a thin slice of fat bacon, tie them on with string. Put the butter in a stewpan, melt it, and as soon as it is hot put in the quails, cover with the lid, and cook gently, turning the birds every now and then. When cooked, untruss, dish each quail on a fried croûton of bread, pour over the liquor from the pan, and send the grape sauce to table with them separately.

GRAPE SAUCE.

$\frac{1}{2}$ pint green, sour grapes.	$\frac{1}{2}$ oz. butter.	2 yolks eggs.	1 teaspoonful chopped parsley.
1 tablespoonful lemon-juice.	$\frac{1}{4}$ oz. flour.	pinch cayenne.	2 tablespoonfuls good stock.

Scald the grapes, and take out the stones. Beat the eggs, add the lemon-juice to them. Melt the butter in a saucepan, stir in the flour, moisten with the stock, and boil for a few minutes. Add the eggs and lemon-juice, stir over the fire again, without boiling, until the eggs are cooked, then season with salt and cayenne. Mix in the parsley. Lastly, put in the grape-pulp, and make thoroughly hot, without boiling, stirring all the time. It is then ready for use. This sauce should be highly seasoned, and have a very sharp taste.

Average cost, 9s. Time required, 30 minutes. Seasonable in the spring.
Sufficient for 6 persons.

1,199. CAILLES À L'ESPAGNOLE.

6 quails.	$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ pint white wine.	salt and pepper.
1 lemon.	4 ozs. bacon.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	$\frac{1}{2}$ carrot.
$\frac{1}{2}$ onion.	$\frac{1}{4}$ pint stock.	6 oval slices of fried bread.	meat-glaze.

Prepare the quails as for roasting. Squeeze and strain the juice of the lemon, work it into the butter, add pepper and salt. Mix well, and then stuff the quails with it. Truss the quails, making them a good shape. Cut the bacon into nice pieces, put half of them at the bottom of a stewpan; slice the onion and carrot, and add them to the bacon. Put the quails on the top, cover with more bacon, add the wine and stock, cover with the lid, and place the pan on the fire. Let it simmer gently for about thirty minutes. When cooked, take up the quails, untruss them, and dish each quail on an oval slice of fried bread. Keep hot. Skim off the fat from the cooking-liquor of the quails, and strain it into the Espagnole sauce, which has been heated ready. Add seasoning, if necessary, and a teaspoonful of meat-glaze. Let it simmer gently for five minutes. Serve this sauce with the quails separately.

Average cost, 8s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

1,200. CÔTELETTES DE CAILLES À LA SYLVIA.

3 quails.	4 mushrooms.	$\frac{1}{2}$ gill Bechamel sauce	salt.
2 ozs. butter.	2 ozs. ox-tongue.	(No. 4).	pepper.
2 ozs. foie-gras.	$\frac{1}{4}$ lb. chicken force-	$\frac{1}{2}$ pint brown sauce	cooked peas.
3 truffles.	meat (No. 202).	(No. 6).	mashed potatoes.

Bone the quails, leaving on the leg-joint (drum-stick). Cut each quail in half, shape and trim them neatly. Melt 1 oz. of butter in a sauté-pan, put in the quails, cut side down, and fry them lightly. When half-cooked, take them up, drain, and press until cold. Chop one truffle and the cooked mushrooms finely, cut the foie-gras in small dice. Mix these ingredients together, binding them with the Bechamel sauce. Season the cut side of the quails with salt and pepper, put on each a small portion of the above mixture. Cover over with the chicken forcemeat, shape neatly to the form of cutlets. Chop the remaining truffles and the cooked ox-tongue very finely. Dip half the quails (coated side) into the chopped truffle and the other half into the chopped ox-tongue, press the decoration on firmly with the blade of a knife. Butter a sauté-pan with 1 oz. of butter, lay the cutlets in this, decorated side up, cover the pan, and put in a moderate oven for about fifteen minutes. Make a border of mashed potatoes on a hot dish, dress the quail cutlets on this, arranging the black and the red alternately. Fill the centre with cooked peas or any other suitable vegetable, put a cutlet-frill on each drum-stick, pour the brown sauce round, and serve.

Average cost, 6s. Time required, 1 hour. Seasonable at all times by changing the vegetable. Sufficient for 6 persons.

1,201. CAILLES AU RISOTTO (QUAILS WITH RISOTTO).

4 quails.	$\frac{1}{2}$ lb. game forcemeat.	4 ozs. foie-gras.	2 ozs. bacon.
salt.	$\frac{1}{2}$ pint Madeira sauce (No. 50).	1 bouquet garni.	$\frac{1}{2}$ onion.
pepper.	risotto (No. 543).	$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ carrot.

Bone the quails, leaving in the leg-bone. Stuff the birds with the game forcemeat, which has been mixed with the foie-gras. Shape the birds, tie them in muslin. Slice the bacon, onion, and carrot; place these in a stewpan, lay the birds on the top, add the bones of the quails and the bouquet garni, moisten with the stock, season with pepper and salt. Cover the stewpan, and place on the fire or in the oven to cook for half an hour. In the meantime prepare sufficient risotto to fill a border-mould (6 ozs. of rice). Keep it hot. With the remainder of the game forcemeat shape some quenelles in dessertspoons, poach these for ten minutes in

boiling water. When ready to serve, turn out the risotto-border on to a hot dish, take up the quails, untie them, cut each in half, and dress them in the centre of the border. Drain the quenelles, and arrange them on the top of the border in a circle, overlapping each other. Heat up the Madeira sauce, strain into it the well-reduced liquor from the quails, and sauce over the quenelles and the quails. Sprinkle over some chopped truffle, and serve.

GAME FORCEMEAT FOR QUAILS.

$\frac{1}{2}$ lb. game.	1 oz. flour.	$\frac{1}{2}$ gill game stock.	salt.
1 oz. butter.	1 whole egg.	2 yolks of eggs.	pepper.

Mince the game finely. Melt the butter in a small stewpan, stir in the flour, add the stock, and boil until thick. Put this with the minced game into a mortar; pound well; add the eggs, salt, and pepper. When thoroughly mixed, rub through a wire sieve, and use as directed.

Average cost of entrée, 10s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 8 persons.



FIG. 72.—CAILLES AU RISOTTO.

1,202. CAILLES EN FEUILLETAGE (QUAILS IN PASTRY).

4 quails.	4 ozs. chicken force-	2 ozs. foie-gras.	$\frac{1}{2}$ pint stock.	salt.
1 onion.	meat (No. 202).	$\frac{1}{2}$ lb. puff-paste.	4 ozs. bacon.	pepper.
1 carrot.	1 bouquet garni.	fried parsley.	1 truffle.	1 egg.

Bone the quails, all but the legs, which should be left with the claws on. Mix together the chicken forcemeat and the foie-gras; cut in small dice the chopped truffle and seasoning. Stuff the birds with this, shape nicely, and tie them in muslin. Line a stewpan with pieces of bacon, sliced carrot, and onion. Add the stock, the quail-bones, and the bouquet garni. Place the birds on this, cover the pan, and simmer gently over the fire for half an hour; then take up the quails, and let them get cold. Cut each bird in half, roll out the puff-paste, stamp out some rounds, place a half-quail on each, roll over so that the quail is completely enclosed in the paste, except the foot, which should be outside. Brush over with egg, and bake in a hot oven until a nice brown. Place a cutlet-frill on the foot of each quail, dish them up neatly, garnish with fried parsley, and serve hot.

Average cost, 7s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 8 persons.

1,203. BALLOTINES DE CAILLES.

6 quails.	$\frac{1}{2}$ lb. chicken forcemeat (No. 202).	2 ozs. tongue.	1 gill Madeira wine.
1 truffle.	3 gills brown sauce (No. 6).	$\frac{1}{2}$ pint stock.	salt and pepper.

Bone the quails, slit down the skin of the back, and spread them out on a table. Sprinkle them with salt and pepper, and spread over each quail a layer of chicken forcemeat. Cut the tongue and truffle into fine strips, arrange these alternately all over the forcemeat. Roll up the quails into the shape of sausages, tie each ballotine up in a piece of white cloth or muslin. Put the bones of the quails into a stewpan, add the stock and wine, and bring to the boil. Put in the quails, and simmer gently for thirty to forty minutes; then take up the ballotines, untie them, and arrange them on a hot dish. Skim away any fat there may be on the liquor the quails were cooked in, reduce, and then strain it into the brown sauce. Bring to the boil, and cook for a few minutes; then pour it over the birds, and serve.

Average cost, 10s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,204. CAILLES AUX CERISES (QUAILS WITH CHERRIES).

6 quails.	$\frac{1}{4}$ lb. glacé cherries.	1 glass port-wine.	1 glass brandy.	$\frac{1}{2}$ orange-rind.
$\frac{1}{2}$ lemon.	2 ozs. red-currant jelly.	1 gill veal stock.	salt and pepper.	2 ozs. butter.

Truss the quails. Melt the butter in a stewpan; when hot, put in the quails, and brown them nicely all over. Cover with the lid, and put into a moderate oven to finish cooking. Lift out the quails, and keep hot. Pour away the fat from the stewpan, add the brandy, port-wine, orange-rind, and stock. Simmer gently over the fire for ten minutes, then stir in the red-currant jelly. Put in the quails for a few minutes; season with salt, pepper, and lemon-juice. Before serving, take out the orange-rind and add the cherries. Dish the quails on a hot dish, pour the sauce over, and serve.

N.B.—When in season, fresh cherries can be used for this dish, but in that case they must be cooked in boiling syrup, and allowed to cool in the syrup before they are added to the sauce.

Average cost, 9s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.

1,205. CAILLES À LA LUCULLUS (QUAILS, LUCULLUS STYLE).

6 quails.	$1\frac{1}{2}$ gills brown sauce	1 shallot.	pepper.
9 chicken livers.	(No. 6).	2 truffles.	1 oz. meat-glaze.
4 ozs. bacon.	6 quail-cases (paper).	salt.	$\frac{1}{2}$ gill sherry.

Draw the quails, bone them, leaving in the leg-bone. Save the livers of the birds. Chop the bacon finely, the shallot, the chicken, and quail livers. Put the bacon into a sauté-pan, let it cook a little; then add the shallot and the livers. Stir over the fire until cooked. Turn this mixture into a mortar, and pound well together. Season with pepper and salt, and moisten the mixture with a little brown sauce. Rub through a wire sieve. Chop the truffles finely, and add them to the purée. Stuff the quails with this preparation, shape them to look as if they had not been boned, butter the quail-cases, place a quail in each, and put them into the oven for about fifteen minutes. Break up the bones of the quails, put them into a stewpan, add the brown sauce (1 gill) and the meat-glaze. Let this simmer gently for fifteen minutes, so as to obtain the flavour from the bones, then add the sherry, and cook for a few minutes longer. Put a little of this sauce over each quail as soon as they are taken out of the oven. Serve in the cases.

Average cost, 9s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,206. CAILLES À LA JARDINIÈRE.

6 quails.	$\frac{1}{2}$ lb. chicken force-	mixed vegetables—i.e., beans,	$\frac{1}{4}$ lb. fat bacon.	salt.
$\frac{1}{2}$ onion.	meat (No. 202).	peas, carrots, turnips, etc.	1 gill stock.	pepper.
$\frac{1}{2}$ carrot.	1 gill Madeira wine.	demi-glaze sauce (No. 29).	meat-glaze.	butter.

Draw and truss the quails, cut the bacon into nice pieces, and slice the carrot and onion. Put half the bacon into a stewpan, add the carrot and onion. Put the quails on the top, cover them with the remainder of the bacon. Add the wine, stock, and seasoning, cover with the lid of the pan, place over the fire, and cook gently for about thirty minutes. Have ready the chicken forcemeat, press it into a well-buttered border-mould, and steam for twenty to thirty minutes. Cut the carrots, turnips, and beans into dice, cook them separately in salted water. When done, drain, and mix them with the peas (these vegetables should be in equal quantities). Melt a little butter in a stewpan, put in the mixed vegetables, and toss them in it. Turn out the border of forcemeat on to a hot dish, arrange the mixed vegetables in the centre, dress the quails on the top of the border, leaning against the vegetables, brush over the border and the quails with liquid meat-glaze, pour the sauce round the base of the border, and serve.

Average cost, 10s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.



FIG. 73.—CAILLES À LA JARDINIÈRE.

1,207. CAILLES À LA TURQUE.

6 quails.	6 ozs. rice.	1 quart stock.	pepper.	1 bouquet garni
4 ozs. butter.	salt.	$\frac{1}{2}$ gill tomato purée.	1 onion.	(No. 194).

Melt the butter in a stewpan, put in the quails, and fry them a golden colour. Take out the quails, put the rice into the butter, and fry it a little for two or three minutes with the sliced onion; season with salt and pepper. Add the bouquet garni and the stock by degrees. Now put back the quails, and cook altogether until the rice is tender and has absorbed the stock. By this time the quails should be cooked. When ready, take out the bouquet garni, add the tomato purée, mix well, and cook for a few minutes longer. Arrange the rice in the form of a border on a hot dish, untruss the quails and place them in the centre of the rice, sprinkle a little chopped parsley over, and serve.

Average cost, 8s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

CANARD SAUVAGE (WILD DUCK)

1,208. SALMI DE CANARD SAUVAGE (SALMI OF WILD DUCK).

1 wild duck.	1 onion.	1 pint stock.	juice of $\frac{1}{2}$ lemon.
2 ozs. butter.	1 carrot.	rind of 1 orange.	salt.
$1\frac{1}{2}$ ozs. flour.	1 gill port-wine.	cayenne.	pepper.

Roast the duck until half-cooked, take it up, let it get cold, and cut up into neat joints. Chop the carcass of the duck, put it into a saucepan, cover with cold water, and stew for half an hour, or until all the goodness has been extracted from the bones. Melt the butter in a stewpan, put in the onion and carrot, sliced, fry a dark brown; then stir in the flour, add 1 pint of the stock made from the bones of the

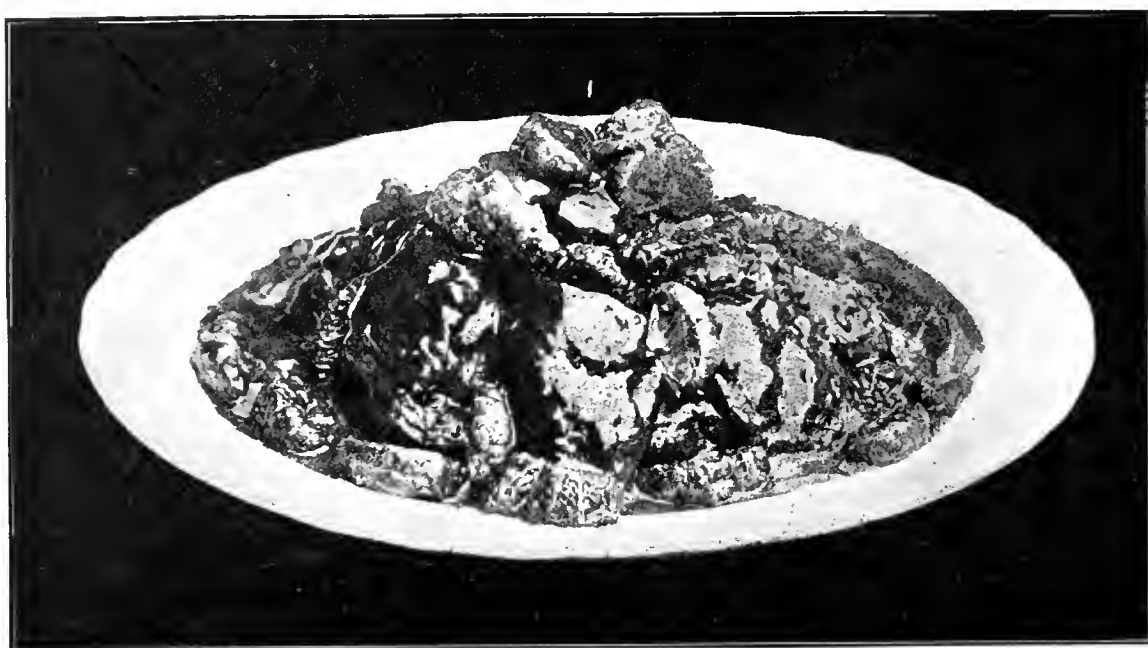


FIG. 74.—SALMI DE CANARD SAUVAGE.

duck, stir until it boils; season with salt, pepper, and a tiny pinch of cayenne. Shred the rind of the orange very thinly, put it into the sauce, add the pieces of duck and the essence from the pan in which the bird was roasted, stew gently until the duck is thoroughly cooked, about half an hour. Ten minutes before serving add the wine and lemon-juice to the sauce. Dish up the pieces of duck in a pile on a hot dish, skim the sauce, freeing it from all grease, strain it over the duck, and serve.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable, August 1 to March 1. Sufficient for 4 persons.

1,209. POITRINES DE CANARD SAUVAGE À L'ORANGE (BREASTS OF WILD DUCK WITH ORANGES).

breasts of 2 wild ducks.	2 ozs. butter.	rind of 1 orange.	2 oranges.
croûtons of fried bread.	1 gill brown sauce	1 oz. glaze.	$\frac{1}{2}$ gill white wine.
juice of 1 orange.	(No. 6).	juice of $\frac{1}{2}$ lemon.	seasoning.

Raise the breasts of the ducks, take off the skin, and trim them. Melt the butter in a sauté-pan, fry the breasts over a sharp fire, leaving them underdone. Strain off the butter from the pan, put in the wine, and reduce to half; then stir in the brown sauce, the glaze, the juice of the orange and lemon. Parboil the rind of the

orange, cut it into fine shreds, and add it to the sauce. Cut some slices of bread into heart shapes, and fry them a golden brown in clarified butter. Dress the breasts on these croûtons. Divide the oranges into sections, skin them carefully, take out the seeds, and garnish round the breasts with them ; pour the sauce over, and serve.

N.B.—The rest of the ducks should be made into a salmi.

Average cost of ducks, 3s. each. Time required, 30 minutes. Seasonable, August 1 to March 1. Sufficient for 4 persons.



FIG. 75.—POITRINES DE CANARD SAUVAGE À L'ORANGE.

SARCELLES (TEAL)

1,210. SARCELLES AU VIN BLANC (TEAL WITH WHITE WINE).

3 teal. | 1 gill white wine. | 1 gill meat-glaze. | fat bacon.

Truss the teal, and tie a piece of fat bacon over each, place them on a spit, and roast for ten minutes before a clear fire. A few minutes before taking up, remove the bacon, so as to allow the birds to brown nicely. Put the white wine and glaze into a stewpan ; when hot, put in the teal and cook gently for five minutes. Take them up, untruss, and place on a hot dish, pour the wine and glaze round the dish, and serve hot.

Average cost, 5s. Time required, 15 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons

1,211. SARCELLES RÔTIES, SAUCE ORANGE (ROAST TEAL WITH ORANGE SAUCE).

3 teal. | fat bacon. | orange sauce (No. 55).

Truss the teal, tie a piece of fat bacon over each, place them in a pan, and cook quickly in the oven for ten to fifteen minutes, basting them frequently. Take them up, untruss, and place on a hot dish. Have ready the orange sauce, and pour this over the teal. Serve hot.

Average cost, 5s. 6d. Time required, 20 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

1,212. SALMIS DE SARCELLES (SALMIS OF TEAL).

3 teal.	1 pint of salmi sauce (No. 76).	1½ ozs. butter.
1 orange.	croûtons of fried bread.	seasoning.

Cut the teal into neat joints. Melt the butter in a stewpan, put in the pieces of teal, and fry a golden brown. Break up the carcasses and use for making the salmi sauce as directed in Recipe No. 76. Strain the sauce into a saucepan, add the pieces of fried teal, also the rind of the orange, cut in strips, and the juice ; season to taste with cayenne and salt. Let this simmer gently for fifteen minutes, then take out the teal, dish in a pile on a hot dish, and pour the sauce over. Garnish with croûtons of fried bread and a little chopped parsley.

Average cost, 5s. 6d. Time required, 45 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

PLUVIERS (PLOVERS)

1,213. PLUVIERS, RÔTIS (ROAST PLOVERS).

3 plovers.	fat bacon.	lemon.	toast.
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Truss the plovers, leaving in the entrails. Place a piece of fat bacon over each bird, tie it with string, place the birds on a spit, and roast quickly for fifteen minutes. Put three pieces of toast under the plovers while cooking, in order to absorb the drippings from the birds. A few minutes before they are cooked remove the bacon, and let them brown thoroughly. Take them up, untruss, and dress each on one of the pieces of toast. Garnish with slices of lemon, and serve very hot.

Average cost, 4s. 6d. Time required, 15 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

1,214. PLUVIERS BRAISÉS (BRAISED PLOVERS).

3 plovers.	1 small piece of	½ pint stock.	2 onions.	12 peppercorns.
fat bacon.	mace.	2 carrots.	2 cloves.	watercress.

Truss the plovers, and wrap each in a piece of fat bacon. Clean the onions and carrots, cut in thick slices, and lay them at the bottom of a stewpan ; add the spices and stock. Place the plovers on this, cover with buttered paper and the lid of the pan, and simmer gently for thirty minutes. At the end of that time take them up, remove the bacon, place them on a hot dish, and put in the oven to keep hot. Strain the stock from the vegetables, and boil until thick. Pour this over the birds, and garnish with sprigs of watercress.

Average cost, 4s. 9d. Time required, 45 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

1,215. PLUVIERS AU VIN BLANC (PLOVERS WITH WHITE WINE).

3 plovers.	3 ozs. butter.	½ pint white stock.	1 glass white wine.	1 lemon.
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Clean and draw the plovers, split each in half lengthways. Melt the butter in a stewpan, put in the pieces of plover, and fry a golden brown. Then drain off the butter, and moisten with the white wine ; simmer this for a few minutes. Add the stock and stew gently for twenty minutes. Take up the plovers, arrange on a hot dish, add the juice of the lemon to the liquor, and then strain over the birds. Serve very hot.

Average cost, 5s. Time required, 30 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

PERDRIX (PTARMIGAN)

1,216. PERDRIX BRAISÉS (BRAISED PTARMIGAN).

2 ptarmigans.	1 carrot.	2 cloves.	6 peppercorns.
larding bacon.	2 onions.	$\frac{1}{2}$ glass of white	seasoning.
1 oz. butter.	$\frac{1}{2}$ pint stock.	wine.	small piece of mace.

Draw and truss the ptarmigan, cut two thin slices of larding bacon, lay one on the breast of each bird, fasten on firmly with string. Clean the onions and carrot, cut them in thick slices. Melt the butter in a saucepan large enough to take the birds. When melted, put in the vegetables, and stir over the fire for a few minutes. Add the spices, seasoning, and stock. Lay the ptarmigan on the vegetables, cover with buttered paper and the lid of the pan, and let them braise gently for thirty minutes. Take them up, untruss, and arrange on a hot dish; put into the oven to keep hot. Strain the braising liquor into another saucepan, remove the fat, and add the wine. Let this reduce to half, then pour it over the ptarmigan, and serve hot.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable, February to October. Sufficient for 4 persons.

1,217. QUENELLES DE PERDRIX (QUENELLES OF PTARMIGAN).

1 ptarmigan.	1 oz. flour.	$\frac{1}{2}$ pint salmi sauce (No. 76).	salt.	1 egg.
1 oz. butter.	$\frac{1}{2}$ gill stock.	mashed potatoes.	veal.	parsley.

Remove all the flesh from the ptarmigan, taking away the skin, put through a fine mincing machine, then weigh it, and make up to $\frac{1}{2}$ lb. with veal. Melt the butter in a saucepan, stir in the flour, add the stock, and boil until it is very thick and leaves the sides of the pan clean. Put this panada into a mortar with the minced ptarmigan, season with pepper and salt, and pound well. Break in the egg and pound again; rub through a fine wire sieve. Shape this mixture into quenelles by means of two dessert spoons (No. 324). Put them into a buttered sauté-pan, pour in enough water to come halfway up the quenelles, cover with a piece of buttered paper and the lid of the pan, and simmer gently for ten minutes. Take up the quenelles, dish on a bed of mashed potatoes, pour the salmi sauce over and round the dish, sprinkle each with a little chopped parsley, and serve hot.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable, February to October. Sufficient for 4 or 5 persons.

BECASSES (WOODCOCKS)

1,218. ROAST WOODCOCKS.

2 woodcocks.	toast.	butter.	lemon.	watercress.	gravy.
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Truss the woodcocks, but do not draw them. Cut as many slices of bread as there are woodcocks, and toast them a pale brown. Fasten the birds on a spit, and place in front of a clear fire. Put the slices of toast in the pan underneath, in order to catch the drippings from the birds. Roast the woodcocks for twenty to thirty minutes, taking care that they are rather underdone. Baste them with butter while cooking. Dish up each bird on a piece of the toast, place on a hot dish, garnish with slices of lemon and sprigs of watercress. Serve with beef-gravy separately.

Average cost, 3s. 6d. to 4s. 6d. Time required, 30 minutes. Seasonable, August to March. Sufficient for 2 or 3 persons.

1,219. FILETS DE BÉCASSES À LA LUCULLUS (FILLETS OF WOODCOCK, LUCULLUS STYLE).

3 woodcocks. stock.		$\frac{1}{4}$ lb. chicken forcemeat (No. 202).		$\frac{1}{2}$ pint of salmi sauce (No. 76).		2 yolks of eggs. 6 croûtes of fried bread.
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Roast the woodcocks in the usual manner for fifteen minutes. Take them up, and remove the breasts. Season them with pepper and salt, and then coat on one side with a layer of chicken forcemeat. Put them into a pan, and cover with boiling stock; cook gently for five minutes. Make the salmi sauce with the carcasses of the woodcocks, put it into a saucepan, add 1 gill of the stock that the fillets were cooked in, and let it boil well for a few minutes. Then add the yolks of the eggs, and cook over a low fire until it thickens. It must on no account be allowed to boil or the sauce will curdle. Make a border of mashed potatoes on a hot dish, dress the fillets on it with a croûte of fried bread the same size and shape as the fillet between each. Pour the prepared sauce round, and serve hot.

Average cost, 12s. 6d. Time required, 1 hour. Seasonable, August 1 to March 1. Sufficient for 3 or 4 persons.

BÉCASSINES (SNIPES)

1,220. ROAST SNIPES.

snipes.		bacon.		toast.		watercress.		gravy.
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Pick and truss the snipes without drawing them. Cover each with a piece of fat bacon, and then place them on a spit with as many small pieces of toast underneath as there are birds. This is done in order that the drippings from the snipe may soak into the toast. Cook the birds for about ten minutes, removing the bacon a few minutes before they are done. Dish each on a piece of toast, garnish the dish with watercress, and serve with a sauceboat of gravy separately.

Average cost, 1s. to 2s. 6d. each. Time required, 10 minutes. Seasonable, August to March. Sufficient, one for each person.

1,221. FRIED SNIPES.

snipes.		breadcrumbs.		pepper and salt.		croûtes of fried
egg.		flour.		watercress.		bread.

Truss the snipes, roll them in flour which has been seasoned with pepper and salt, and then egg-and-breadcrumb them. Fry in hot fat for two or three minutes. Dish each bird on a croûte of fried bread, and garnish the dish with watercress.

Average cost, 1s. to 2s. 6d. each. Time required, 10 minutes. Seasonable, August 1 to March 1. Sufficient, one for each person.

MAUVIETTES (LARKS)

1,222. MAUVIETTES AUX CHAMPIGNONS (LARKS WITH MUSHROOMS).

12 larks.		$\frac{1}{2}$ lb. small mushrooms.		1 gill thick cream.
2 ozs. butter.		$\frac{1}{2}$ pint velouté sauce (No. 82).		croûte of fried bread.

Melt the butter in a frying-pan, put in the larks, which have been previously cleaned, and fry quickly for five minutes. Take them up, and put aside. Peel the mushrooms, remove the stalks, and then cook for a few minutes in the butter that the larks were fried in. Add the velouté sauce and cream, season with pepper and salt, cook gently until the mushrooms are tender; then put in the larks, and stew for five minutes longer. Have ready a large croûte of fried bread, place it in the centre of a hot dish, dress the larks and mushrooms on it, and pour the sauce round the dish. Garnish with a little chopped parsley, and serve hot.

Average cost, 4s. 6d. Time required, 30 minutes. In season August 1 to March 1. Sufficient for 5 or 6 persons.

1,223. CROUSTADES DE MAUVIETTES À L'ITALIENNE (CROUSTADES OF LARKS, ITALIAN STYLE).

6 larks. butter.	peas. glaze.	4 ozs. foie-gras. 1 glass white wine.	6 oval croustades. truffle.	Italian sauce (No. 41).
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Bone the larks ; rub the foie-gras through a wire sieve, and stuff the larks with it. Cut the croustades out of a stale loaf, make them large enough to hold a lark when the centre is scooped out. This is done with a small oval cutter. Fry the croustades a golden brown in boiling fat. After the larks are stuffed, wrap each in a strip of buttered paper, place them on a buttered baking-sheet, pour over the white wine, and cook in the oven for fifteen minutes. Baste them occasionally. When done, remove the papers, and put a bird in each croustade. Heat the sauce, add to it the liquor from the pan in which the larks were cooked. Sauce over the birds carefully, and place a nice slice of truffle that has been warmed in glaze on the top of each. Heat the peas in a little butter, and garnish each croustade with them by placing a circle of them round each lark. Serve hot.

Average cost, 4s. Time required, 30 minutes. Seasonable, August 1 to March 1. Sufficient for 3 persons.

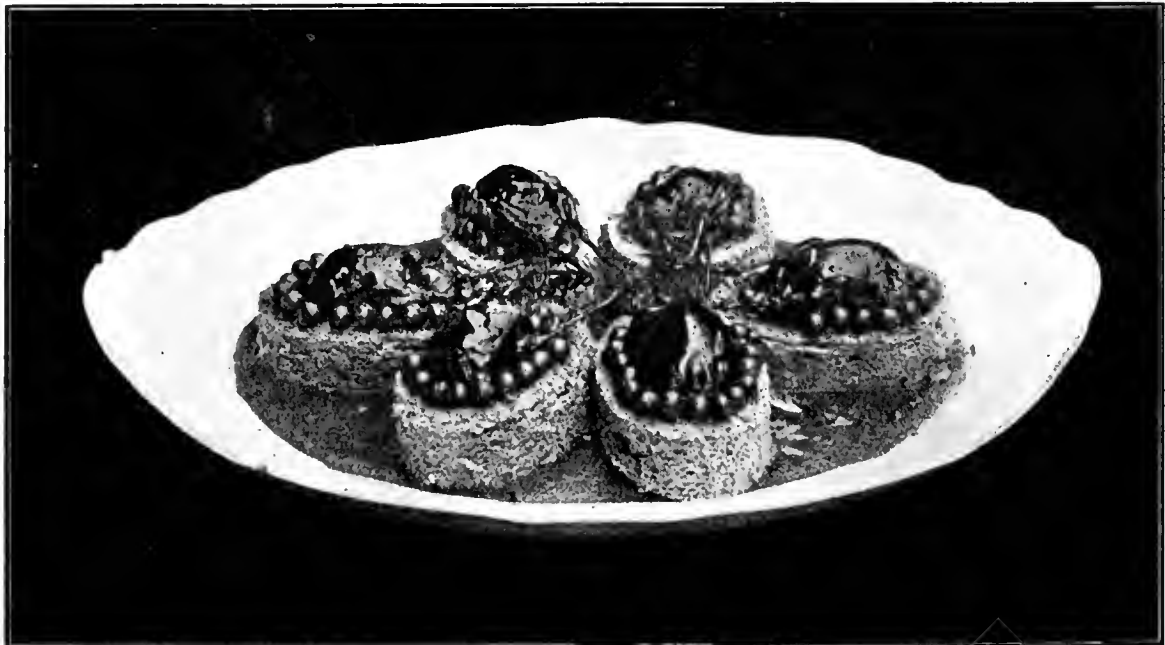


FIG. 76.—CROUSTADES DE MAUVIETTES À L'ITALIENNE.

1,224. MAUVIETTES AU GRATIN (LARKS AU GRATIN).

12 larks. 8 chicken livers.	1 slice of fat bacon. 2 chopped shallots. brown breadcrumbs.	1 tablespoonful brown sauce (No. 6). 6 mushrooms.	1 dessertspoonful chopped parsley. 1 oz. butter.
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Truss the larks. Chop the bacon finely, put it into a frying-pan, and cook until the fat comes out ; then add the chopped livers and shallots. Season with pepper and salt, and stir over the fire until the liver is cooked. Mix in the brown sauce, and then place a little of this preparation in each lark. Peel and chop the mushrooms, add them to the rest of the liver mixture ; also the chopped parsley. Put a layer of this on a fireproof dish, arrange the larks on the top, and cover them with some more of the mushroom and liver preparation. Sprinkle over with brown breadcrumbs and 1 oz. of butter melted. Place the dish in the oven, and bake quickly for fifteen minutes. Take out, and pour a little brown sauce round. Serve hot.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable, August 1 to March 1. Sufficient for 5 or 6 persons.

1,225. PETITES TIMBALES DE MAUVIETTES À LA SUPRÊME (LITTLE TIMBALES OF LARKS, SUPRÊME STYLE).

6 larks.	a little brown sauce (No. 6).	$\frac{1}{2}$ shallot.	cooked peas.
4 chicken livers.	$\frac{3}{4}$ lb. veal forcemeat (No. 201).	salt.	1 truffle.
1 slice bacon.	suprême sauce (No. 74).	pepper.	1 oz. butter.

Bone the larks ; chop the chicken livers, bacon, and shallot finely. Melt the butter in a sauté-pan, put in the shallot, and fry a little ; then add the bacon and liver. Stir over the fire until cooked, season with pepper and salt, and moisten with a little brown sauce. Place this mixture in a mortar, and pound until smooth ; rub through a wire sieve. Stuff the larks with this farce, wrap each bird in a strip of buttered paper, put them on a buttered baking-sheet, and cook in a moderate oven for about fifteen minutes. Butter six small dariole-moulds, line them with the veal forcemeat, place one of the cooked larks in the centre of each, cover over with a layer of the forcemeat, place a buttered paper over each, and steam for fifteen minutes. When cooked, turn out the moulds on to a hot dish, pour the suprême sauce over, place a slice of truffle on the top of each, arrange some cooked peas in the centre, and serve.

Average cost, 3s. Time required, 1 hour. Seasonable, August 1 to March 1. Sufficient for 3 persons

LIÈVRE (HARE)

1,226. ESCALLOPES DE LIÈVRE À LA FRANÇAISE.

1 hare.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 glass port-wine.	2 eggs.
2 ozs. butter.	forcemeat-balls (No. 211).	1 teaspoonful red-currant	pepper.
4 ozs. panada.	mashed potatoes.	jelly.	salt.

Remove the fillets from the back of the hare, cut these into pieces $\frac{1}{2}$ inch thick. Melt the butter in a sauté-pan ; put in the collops, and fry them a nice brown. Strain off the butter, put in the brown sauce, the wine, and jelly. Put the collops into this, and simmer gently for fifteen minutes. Keep hot until required. Cut up the remainder of the hare, take the meat off the bones, remove the sinews. Cut up 8 ozs. of the meat, put it into a mortar, and pound well. Add the panada and eggs, pepper and salt. Rub through a wire sieve. Make this mixture into quenelles. Butter a sauté-pan, and make the quenelles in two dessertspoons. Dip one spoon in hot water, fill it with some of the mixture, shape it with a knife, getting a high, sharp ridge down the centre. Take the other spoon, dip it in hot water. Place this spoon under the quenelle, scoop it out, and place it in the sauté-pan. Continue until the mixture is used up. Pour boiling water carefully into the pan, cover with buttered paper and the lid of the pan, and cook gently for about fifteen minutes. When quite cooked, take them up, and drain on a cloth. Arrange a circle of mashed potatoes on a hot dish, dress the collops and quenelles on it alternately, overlapping each other. Take away any fat there may be on the sauce, strain it over the collops and quenelles. Fill the centre with the forcemeat-balls, sprinkle a little chopped parsley over, and serve hot.

Average cost, 5s. 6d. Time required, 45 minutes. Seasonable August to March. Sufficient for 8 persons.

1,227. CÔTELETTES DE LIÈVRE À L'ALLEMANDE (CUTLETS OF HARE, GERMAN STYLE).

loin of hare.	1 egg.	$\frac{1}{2}$ teaspoonful grated lemon-rind.	2 hard-boiled eggs.
juice of 1 lemon.	salt.	$\frac{1}{2}$ teaspoonful sweet herbs.	3 or 4 pickled gherkins.
2 ozs. butter.	pepper.	1 gill breadcrumbs.	réforme sauce (No. 67).

Cut the loin into cutlets, trim them neatly. Mix the lemon-rind, sweet herbs, pepper, and salt together. Beat up the egg on a plate, put in the cutlets, brush them over with it, and toss in the prepared breadcrumbs. Melt the butter in a

sauté-pan, put in the outlets, and fry them. When cooked, dress them on a hot dish in a circle, squeeze the juice of a lemon over them, and garnish the dish with slices of hard-boiled eggs and gherkins. Serve separately some réforme sauce.

N.B.—The remainder of hare should be used for other dishes.

Average cost, 4s. 6d. Time required, 35 minutes. Seasonable, August to March. Sufficient for 3 or 4 persons.

1,228. BORDURE DE LIÈVRE À LA PURÉE DE MARRONS (BORDER OF HARE WITH CHESTNUT PURÉE).

1 hare.	salt.	bouquet garni.	1 teaspoonful red-currant	2 ozs. butter.
1 onion.	1 egg-yolk.	$\frac{1}{2}$ pint stock.	jelly.	$\frac{1}{2}$ gill cream.
1 carrot.	meat-glaze.	4 ozs. panada.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 whole egg.
pepper.	larding bacon.	1 glass port-wine.	$\frac{1}{2}$ lb. chestnut purée.	4 ozs. bacon.

Cut away the meat from the back of a hare, divide this into eight or nine fillets. Lard them on one side with thin strips of larding bacon; trim neatly. Slice the onion, carrot, and bacon; line a stewpan with the bacon, add the onion and carrot; place the larded fillets on this, season with pepper and salt; add the bouquet garni, the stock, and the wine. Cover with a buttered paper, put on the lid of the pan, and place in a moderate oven for about half an hour. Cut up the remainder of the hare—sufficient to make 12 ozs.—put this into a mortar, add the panada, and pound well; then mix in the eggs, season to taste, and rub through a wire sieve. Put this purée into a basin, and stir in the cream, which has been slightly whipped. Butter a border-mould, turn the forcemeat into it, shake it down well, cover with a buttered paper, and steam for one hour. When cooked, turn out the border on to a hot dish, pile the chestnut purée in the centre, and dress the fillets on the top of the border. Strain the liquor from the braise, skim off the fat; reduce; add the brown sauce to it, and the red-currant jelly; season to taste, and pour it round the base of the dish. Brush over the fillets with meat-glaze before sending to table. Serve hot.

Average cost, 5s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, November to January. Sufficient for 8 persons.

1,229. CIVET DE LIÈVRE.

1 hare.	2 cloves.	3 tablespoonfuls brandy.	3 tablespoonfuls salad oil.
salt.	2 ozs. flour.	1 bouquet garni.	20 small glazed onions.
2 onions.	$\frac{1}{2}$ pint stock.	2 ozs. butter.	20 cooked mushrooms.
pepper.	4 ozs. bacon.	1 glass red wine.	10 croûtons fried bread.

Skin and clean the hare, taking care to save the blood. Free the liver from the gall, and put on one side. Cut up the hare into joints (it should make twelve or fourteen pieces). Put these joints into a basin; season them with salt and pepper; pour over the brandy, salad oil, one onion sliced, cloves, and bouquet garni. Let it soak in this for five or six hours. Take the pieces of hare out of the marinade, wipe them in a clean cloth. Melt the butter in a sauté-pan, cut the bacon into dice, and add to the butter. Fry it brown, and then drain the bacon. In the same butter fry one onion sliced and the pieces of hare. Sprinkle in the flour, and fry a light brown. Dilute with the stock, wine, and the liquor from the marinade. Add the bouquet garni, cover with the lid, put the pan on the side of the fire, and cook gently for about one hour. Braise the onions, put them into a stewpan with some meat-glaze, and finish cooking. Keep hot until required. Also cook the mushrooms, and keep hot. Chop the liver very finely, mix it with the blood, and add to the hare a quarter of an hour before it is done. Dish up the pieces of hare; garnish with the bacon, onions, mushrooms, and fried croûtons. Strain the sauce over, and serve. Red-currant jelly should be served with this dish separately.

Average cost, 6s. Time required, 7 hours. Seasonable, August to March. Sufficient for 6 or 7 persons.

1,230. MOUSSE DE LIÈVRE (MOUSSE OF HARE).

1 lb. hare.	1 whole egg.	4 ozs. panada.	2 egg-yolks.	salt.
4 ozs. ham.	$\frac{1}{2}$ gill cream.	3 gills Espagnole sauce (No. 33).	1 truffle.	pepper.

Take away all skin and bone from the hare, and cut up 1 lb. of the meat. Put this into a mortar with the panada and ham, pound to a smooth paste. Work in the eggs by degrees, season with salt and pepper, and rub through a wire sieve. Put this purée into a basin, whip the cream a little, and stir it into the forcemeat. If not moist enough, work in a little of the Espagnole sauce. Butter a timbale or charlotte mould, and fill with the mixture. Steam the mousse for forty minutes. When cooked, turn out on to a hot dish, pour the sauce over or round, and sprinkle the top with chopped truffle.

Average cost, 4s. 6d. Time required, 1 hour Seasonable, August to March. Sufficient for 6 persons.

1,231. FILETS DE LIÈVRE À LA MONTPENSIER.

1 hare.	cayenne.	1 bouquet garni	1 teaspoonful	4 ozs. butter.
salt.	pig's caul.	(No. 194).	chutney.	1 gill port-wine.
1 egg.	$1\frac{1}{2}$ ozs. flour.	2 teaspoonfuls red-	lemon-juice.	1 oz. meat-glaze.
parsley.	1 pint stock.	currant jelly.	breadcrumbs.	$\frac{1}{4}$ lb. mushrooms.

Take off the fillets from the back of the hare on each side of the backbone, cut this into neat pieces, trim them, and sprinkle with salt and pepper. Put 2 ozs. of butter into a saucepan, add the herbs, parsley, 2 ozs. of mushrooms chopped, one teaspoonful of red-currant jelly, the chutney, salt, cayenne, and lemon-juice. Cook a little, then put in the fillets of hare, and stew very gently for fifteen minutes over the fire. Lift out the fillets, put them on a plate, place on each some of the mixture from the saucepan, wrap each fillet up in a piece of pig's caul, dip in egg, toss in breadcrumbs, and fry in boiling fat for five or six minutes. Make a forcemeat with the remainder of the hare, fill a buttered border-mould with it, and steam for forty minutes. Prepare the sauce as follows: Melt 2 ozs. of butter in a stewpan, stir in the flour, add the stock (made from the bones of the hare), and boil up; then stir in 2 ozs. of chopped mushrooms, one teaspoonful of red-currant jelly, and the port-wine. Simmer for twenty minutes, skim well, and pass through a fine strainer. Return to the saucepan, boil up, and keep hot. Turn out the border of hare on to a hot dish, dress the fillets on the top, fill the centre with any kind of suitable vegetable, pour the sauce over, and serve very hot.

Average cost, 6s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 6 or 7 persons.

1,232. CHARTREUSE DE LIÈVRE.

1 hare.	3 ozs. butter.	1 pint brown sauce (No. 6).	1 gill stock.
3 eggs.	2 ozs. flour.	1 teaspoonful red-currant jelly.	lemon-juice.
1 onion.	cayenne.	4 mushrooms.	sprig of thyme.
bay-leaf.	1 carrot.	salt and pepper.	1 gill port-wine.

Take the meat off the bones of the hare, reserve one of the fillets, fry it in butter, and put aside for future use. Take 1 lb. of hare, cut it up into small pieces, put into a mortar, and pound well. Melt 2 ozs. of butter in a small stewpan, stir in the flour, add the stock, and boil until thick and the mixture leaves the sides of the stewpan clean. Let this cool, then add it to the hare in the mortar, and pound until it becomes a smooth paste. Work in the eggs by degrees, and season highly with salt and pepper. Rub through a wire sieve, and then stir into the purée two tablespoonfuls of brown sauce. Butter a timbale or charlotte mould, and line it all over with the forcemeat, leaving a hollow in the centre. Cut the cooked fillet of hare into dice, cook the mushrooms in a little butter, slice them, and add to the dice of hare. Season with salt and pepper, and moisten with just sufficient brown sauce to bind the mixture. Fill the centre of the mould with this preparation, and

cover over the top with a layer of the forcemeat. Put a piece of buttered paper on the top, and steam for one hour. Chop the bones of the hare, melt 1 oz. of butter in a saucepan, put in the bones, the onion and carrot sliced, bay-leaf and thyme. Fry until the flavour has been brought out, then add the remainder of the brown sauce, a little lemon-juice, the red-currant jelly, salt, cayenne, and port-wine. Boil well for about ten minutes. Turn the chartreuse out on to a hot dish, and strain the sauce over.

Average cost, 5s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 6 persons.



FIG. 77.—CHARTREUSE DE LIÈVRE.

1,233. HARICOT DE LIÈVRE (HARE HARICOT).

1 hare.	salt.	1 pint brown sauce (No. 6).	20 mushrooms.
2 ozs. butter.	pepper.	1 gill claret.	12 button onions.

Skin and clean the hare, cut it into neat joints. Melt the butter in a stewpan, put in the pieces of hare, and fry them a nice brown colour. Drain away the fat from the stewpan, and add the brown sauce. Bring to the boil, and simmer gently for one hour or longer. Ten minutes before serving add the wine, and cook again. Season to taste with salt and pepper. Cook the mushrooms in butter, parboil the onions, finish the latter in a little glaze. When the hare is done, dish it up in a neat pile on a hot dish, pour the sauce over, and garnish round with the mushrooms and button onions, and serve.

Average cost, 6s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to March. Sufficient for 6 or 7 persons.

CHEVREUIL (VENISON)

1,234. CÔTELETTES DE CHEVREUIL GRILLES (VENISON CUTLETS, GRILLED).

8 cutlets of venison.	butter.	pepper.	salt.	$\frac{1}{2}$ lb. mushrooms.	8 potatoes.
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Cut the cutlets, about 1 inch thick, from a well-hung neck of venison. Trim the cutlets, but do not remove all the fat. Season them with pepper and salt, and place them on a grill over a bright, clear fire. Turn them constantly while cooking, so as to keep in the gravy. The cutlets will take from twenty to twenty-five minutes

to cook. Stew the mushrooms in butter, and bake the potatoes ; have the vegetables ready by the time the cutlets are cooked. Dish up the cutlets in a circular row on a very hot dish, place a small piece of butter under each, arrange the mushrooms in the centre of the dish, and send the potatoes up separately.

Average cost, uncertain. Time required, 20 to 25 minutes to grill. Seasonable : buck venison, June to October ; doe venison, October to December. Sufficient for 8 persons.

1,235. CÔTELETTES DE CHEVREUIL À L'ÉCARLATE (VENISON CUTLETS WITH TONGUE).

8 cutlets of venison.	8 slices of cooked ox-tongue.	salt.	1 gill white wine.
1 gill salad oil.	$\frac{1}{2}$ pint poivrade sauce (No. 58).	butter.	purée of celery.

Cut the cutlets, about 1 inch thick, from a neck of venison. Trim the cutlets neatly in the same way as lamb or mutton cutlets. Heat the oil in a sauté-pan ; put in the cutlets, and fry quickly. Take them up when done, drain on a cloth, and dry them ; dish on a very hot dish in a circle. Between each cutlet place a slice of tongue that has been heated in butter. Drain away the oil from the pan ; add the wine, and reduce to half ; then stir in the sauce, boil up, and simmer for a few minutes. Pour this sauce over the cutlets. Mix the purée of celery with some butter, and serve separately.

Average cost, uncertain. Time required, 20 minutes. Seasonable, June to December. Sufficient for 8 persons.

1,236. CÔTELETTES DE CHEVREUIL À LA PURÉE DE MARRONS (VENISON CUTLETS WITH A CHESTNUT PURÉE).

8 cutlets of venison.	$\frac{1}{2}$ lb. game forcemeat (No. 203).	1 truffle.	pepper.
1 hard-boiled white of egg.	$\frac{1}{2}$ pint poivrade sauce (No. 58).	$\frac{1}{2}$ gill cream.	salt.
	purée of chestnuts.	butter.	oil.

Turn the game forcemeat into a shallow cake-tin (the thickness of the forcemeat should be $\frac{1}{3}$ inch), steam for ten to fifteen minutes in a moderate oven or in a steamer. Heat some oil in a sauté-pan ; cut the cutlets from a neck of venison, trim them neatly, put into the hot oil, and cook quickly on both sides. When done, take them up on to a cloth and dry them. Turn out the forcemeat on to a board, and cut it into eight pieces the shape of cutlets (this is best done with a cutlet or oval cutter) ; dress the venison cutlets and the shapes of forcemeat alternately on a hot dish in the form of a circle. Strain the oil from the sauté-pan, put in the poivrade sauce, add the cream, and stir over the fire until very hot, but do not let it boil ; season to taste with salt and pepper, and pour it over the cutlets. Cut out some crescents from the truffle and from the hard-boiled white of egg ; decorate the cutlets with these. Mix a little butter with the chestnuts after they are sieved, make very hot over the fire, and serve either separately or arranged in the centre of the cutlets. Serve very hot.

Average cost, uncertain. Time required, 30 minutes. Seasonable, November and December. Sufficient for 8 persons.

1,237. CIVET DE CHEVREUIL À LA PARISIENNE.

2½ lbs. of venison.	3 wineglassfuls red wine.	1 onion.	2 ozs. butter.
sprig of thyme.	bouquet garni (No. 194).	1 bay-leaf.	1½ pints stock.
12 peppercorns.	fried bread croûtons.	salt.	2 ozs. flour.
12 small onions.	chopped parsley.	pepper.	12 mushrooms.

Cut up the venison into square pieces ; put these into a deep dish or jar, slice the onion, add it to the venison, also the bay-leaf, peppercorns, thyme, a pinch of salt, and one glass of the wine. Let them marinade in this for six hours. Drain off the liquor from the pieces of venison, and dry them in a cloth. Melt the butter in a stewpan, put in the venison, and fry for ten minutes on a moderate fire ; then add

the flour, stir and mix well ; then moisten with two glasses of red wine and the stock, stir until it boils, draw to the side of the fire, put in the bouquet garni, salt and pepper. Peel the twelve small onions and add them also. Simmer for about forty minutes. Five minutes before serving add the mushrooms. When ready to serve, dress on a hot dish, remove the bouquet, skim off the fat, and pour the sauce over. Garnish with fried croûtons round the dish.

Average cost, uncertain. Time required, after marinading, 1 hour. Seasonable, June to December. Sufficient for 8 persons.

1,238. NOISETTES DE CHEVREUIL AUX CONCOMBRES (NOISETTES OF VENISON WITH CUCUMBER).

6 noisettes of venison.	1 cucumber.	$\frac{1}{4}$ lb. game forcemeat	mushroom purée.
poivrade sauce (No. 58).	1 truffle.	(No. 203).	4 ozs. butter.

Cut the noisettes from a neck or loin of venison in the same manner as lamb noisettes are cut (see Recipe 762). Trim them neatly, and fry quickly in 2 ozs. of butter made very hot in a sauté-pan. Peel the cucumber, cut it into lengths about 2 inches each, put into a stewpan, and parboil them in salted water. Take them up, and allow them to cool a little, then hollow out the centres, so as to form cases. Melt the remaining 2 ozs. of butter in a stewpan ; put in the pieces of cucumber and cook them until three-parts done, then fill with raw game forcemeat, and continue to cook them until the forcemeat is done. Place these stuffed pieces of cucumber on a hot dish ; mount a noisette of venison on each ; cut the truffle in slices, and place one on each noisette. Strain away the fat from the pan that the noisettes were cooked in ; add the poivrade sauce, stir until hot, and then pour it over the noisettes. Serve at once very hot, with a purée of mushrooms served separately.

Average cost, uncertain. Time required, 30 minutes. Seasonable, June to September. Sufficient for 6 persons.

1,239. CÔTELETTES DE CHEVREUIL BRAISÉS (CUTLETS OF BRAISED VENISON).

8 cutlets of venison.	1 bouquet garni (No. 194).	1 carrot.
$\frac{1}{2}$ pint stock.	meat-glaze (No. 247).	2 onions.
a few peppercorns.	$\frac{1}{2}$ pint piquante sauce (No. 59).	salt.

Cut the cutlets $\frac{1}{2}$ inch thick from a neck of venison. Trim them without removing quite all the fat. Scrape the carrot, peel the onions, and cut these vegetables in quarters ; put them at the bottom of a stewpan, so as to form a bed ; add the bouquet garni, peppercorns, and salt ; dilute with the stock ; place the cutlets on the top of the vegetables ; cover with a buttered paper and the lid of the stewpan ; put on the fire, or in a moderate oven, and braise for half an hour. When done, take them up and brush over with liquid meat-glaze. Dish them in a circle on a hot dish, overlapping each other, and send to table with them a sauce-tureen of piquante sauce.

Average cost, uncertain. Time required, 40 minutes. Seasonable, June to December. Sufficient for 8 persons.

1,240. FILET DE CHEVREUIL À LA ST. HUBERT (FILLET OF VENISON, ST. HUBERT STYLE).

2 lbs. fillet of venison.	2 gills red wine.	2 ozs. butter.	salt	$\frac{1}{2}$ pint stock.
1 teaspoonful red-currant jelly.	sliced gherkins.	larding bacon.	pepper.	1 oz. flour.

Cut the fillet into thick slices ; lard them with strips of larding bacon. Put the butter into a stewpan ; put in the pieces of fillet, and fry them quickly until a nice brown. Take the fillets out of the stewpan and put them on a plate ; add the flour ; cook it a little in the butter, then add the stock and wine ; stir until it comes to the boil ; season with salt and pepper. Put the pieces of venison back into the stewpan, and let them cook gently for about half an hour, or until they are tender.

When done, dish them on a hot dish; remove all fat from the sauce, and add to it the red-currant jelly; pour this over the venison fillets. Warm the slices of gherkin in some of the sauce, thinned down; garnish the fillets with them, and serve at once very hot.

Average cost, uncertain. Time required, 30 to 45 minutes. Seasonable, June to December. Sufficient for 6 persons.

1,241. DIABLE BLANC.

$\frac{1}{2}$ lb. cold game.	$\frac{1}{2}$ teaspoonful mixed mustard.	salt and pepper.
$\frac{1}{2}$ pint cream.	1 tablespoonful Worcester sauce.	cayenne.
2 whites of eggs.	1 tablespoonful Harvey sauce.	butter.

Cut up into large dice any kind of cold cooked game. Melt a little butter in a china soufflé-mould, put in the pieces of game, and place in the oven to get hot through. Whip the cream lightly; add to it the made mustard, salt, pepper, and cayenne, the Harvey and Worcester sauces; mix all well together. Whip the whites of eggs until stiff; stir lightly into the cream mixture. Pour this sauce over the game in the soufflé-mould; put it in the oven, and cook until lightly browned and firm. Serve at once, very hot.

Average cost, without the game, 1s. 6d. Time required, 30 minutes. Seasonable, August to February. Sufficient for 4 persons.

1,242. KROMESKIES DE GIBIER (KROMESKIES OF GAME).

4 ozs. of game (any kind).	3 button mushrooms.	1 oz. ham.	seasoning.
slices of fat bacon.	frying batter.	1 truffle.	1 shallot.
	brown sauce (No. 6).	fried parsley.	$\frac{1}{2}$ oz. butter.

Chop the game finely, the ham, truffle, and mushrooms. Chop the shallot; melt the butter in a small stewpan, put in the shallot, and fry until cooked, but without browning, then add to it the chopped ingredients; mix all together; season to taste with salt and pepper, and moisten with enough brown sauce to bind the mixture. Turn the preparation on to a plate, and let it get cold. Have ready some thin slices of fat bacon, about 2 to 3 inches square. Put some of the above mixture on each slice of bacon; roll into the shape of a cork; close up the ends of the bacon. Cover each of the kromeskies well with frying batter; drop them into boiling fat, and fry a golden colour. Drain on paper; dish up, and garnish with fried parsley.

Average cost, uncertain. Time required, 30 minutes. Seasonable, August to March. Sufficient for 4 persons.

1,243. POLISH GAME PIE.

any kind of game.	fat bacon.	1 onion.	$\frac{1}{2}$ lb. raw ham or bacon.
$\frac{1}{2}$ lb. mushrooms.	1 bay-leaf.	1 carrot.	breadcrumbs.
1 glass port-wine.	1 lemon.	1 oz butter.	$\frac{1}{2}$ lb. puff-pastry (No. 976).
$\frac{1}{2}$ lb. calf's liver.	2 cloves.	$\frac{3}{4}$ oz. flour.	2 hard-boiled eggs.

Cover the game with slices of fat bacon, and roast until half-done. Take it up, and remove the meat from the bones as neatly as possible. Break up the bones of the game; put into a saucepan with the onion and carrot, which have been cleaned, the cloves, bay-leaf, and enough water to cover. Let this stew gently for one and a half hours. Melt the butter in a saucepan; mix in the flour; add $\frac{1}{2}$ pint of the prepared stock, and stir over the fire until boiling; season with salt and pepper. Strain into another saucepan; add 6 mushrooms, finely chopped, a squeeze of lemon-juice, and simmer gently for fifteen minutes. Chop the liver and ham finely; cook in a little butter for a few minutes, and then add 1 tablespoonful of breadcrumbs. Place a layer of this at the bottom of a pie-dish, on the top of it a layer of hard-boiled eggs and a good squeeze of lemon-juice, then a few cooked mushrooms, and a layer of the cooked game. Season well with pepper and salt, and repeat

these layers until the dish is full. Pour in 1 gill of game-stock, cover with puff-pastry, decorate the top with leaves in the usual way, brush over with beaten egg, and bake for about three-quarters of an hour. Send up to table with the prepared sauce separately. The glass of port is added to the sauce just before serving.

Average cost, uncertain, depending on the kind of game used. Time required, $2\frac{1}{2}$ hours. In season, August to February. Sufficient for 6 persons.

1,244. RUSSIAN GAME PIE.

$\frac{1}{2}$ lb. rice.		2 ozs. butter.		$\frac{1}{4}$ lb. bacon.		$\frac{1}{2}$ lb. puff-paste (No.
any kind of game.		$\frac{1}{2}$ lb. veal.		2 hard-boiled eggs.		976).

Boil the rice, drain well, and warm up again in the butter. Season with pepper and salt ; place a layer of this at the bottom of a pie-dish, on that a layer of the veal and bacon, both cooked, and cut in small pieces. Have the game half-cooked, and place a layer of it over the veal, etc., then the eggs, cut in slices. Repeat these layers until the dish is full. Pour in $\frac{1}{2}$ pint of game-stock, well seasoned ; cover with puff-pastry, decorate the top with leaves, brush over with egg, and bake for three-quarters of an hour.

Average cost, uncertain. Time required, $1\frac{1}{2}$ hours. In season, August to February. Sufficient for 5 or 6 persons.

CHAPTER XV

COLD ENTRÉES OF POULTRY AND GAME

1,245. CHAUDFROID DE VOLAILLE EN BELLE VUE.

1 large fowl.	1 pint white chaudfroid	truffle.	aspic jelly	tarragon-leaves.
3 pints stock.	sauce (No. 124).	parsley.	(No. 251)	2 or 3 tomatoes.

TRUSS the fowl for boiling. Heat the white stock, and as soon as it boils put in the fowl, and simmer gently until tender. Take it up and let it get cold. Prepare the chaudfroid sauce, using for the purpose $\frac{1}{2}$ pint of the stock that the fowl was boiled in, 1 gill of milk, and 1 gill of cream. Strain the sauce, when made, into a basin, and allow it to cool, then, when beginning to set, pour it over the fowl, so as to completely coat it. When this is set, decorate the breast with a wreath of leaves, cut out of truffle and tarragon leaves; put in the centre a crown, formed of truffle and tarragon. Now mask the fowl all over with half-set aspic jelly. Dish up, and garnish round the dish with the tomatoes, cut in quarters, chopped aspic jelly, and fresh sprigs of parsley (see coloured plate).

Average cost, 5s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 6 or 8 persons.

1,246. MEDAILLONS DE POULARDE À L'AMBASSADRICE.

1 large fowl or capon.	1 bouquet garni (No. 194).	$\frac{1}{2}$ gill stock.	1 onion.
1 lb. cooked ham.	1 gill velouté sauce (No. 82).	$\frac{1}{2}$ gill sherry.	1 carrot.
1 hard-boiled egg.	white chaudfroid sauce (No. 124).	2 gills cream.	1 truffle.
cooked rice for socle.	12 stuffed olives.	1 oz. butter.	aspic jelly.

Bone the bird, lay it flat on a board, and cut out with an oval cutter eight or ten medallions from the best part of the bird; cut up the rest of the meat, free from skin and sinews, put it in a mortar, and pound well; then add the velouté sauce, well reduced; mix well together; add salt and pepper, and rub through a wire sieve. Mix into this farce $\frac{1}{2}$ gill of cream. Season the medallions, and cover one side of them with the farce, $\frac{1}{3}$ inch thick. Slice the carrot and onion; put the butter on a baking-tin, add the vegetables to it and the bouquet garni; place the medallions on the top, pour on the stock and sherry, cover with a buttered paper, and braise in a moderate oven for thirty minutes. When done, take them up and let cool. Coat them with the chaudfroid sauce, and, when set, decorate each with a star of truffle or any other fancy pattern; pour over them some half-set aspic jelly. Coat a border-mould with aspic, then decorate it with pieces of ham, white of egg, and truffle, all cut out in fancy patterns. Pound the ham finely, then rub it through a fine sieve. Whip $1\frac{1}{2}$ gills of cream slightly, and stir it into the ham; add sufficient aspic to set the mixture. Fill the decorated border-mould with this, and let it set. Turn out the ham mousse on to a cold entrée-dish; arrange in the centre a round of shaped rice; dress the medallions on the border, leaning against the shape of rice. On the top of the rice, which should be slightly hollowed out, arrange the stuffed olives; garnish round the base with chopped aspic, and serve.

Average cost, 10s. 6d. Time required, 2 to 3 hours. Seasonable, always. Sufficient for 8 to 10 persons.



Chaudfroid de Volaille en Belle Vue

1,247. TIMBALE FROID À LA TOULOUSE.

$\frac{1}{2}$ lb. cooked chicken or rabbit.	aspic jelly (No. 251).	3 ozs. ham.	1 truffle.
$\frac{1}{2}$ pint whipped cream.	pepper and salt.	1 red chilli.	chervil.

Mask a timbale-mould with a thin layer of aspic jelly, then decorate it tastefully with truffle and chilli; cut out in fancy shapes and leaves of chervil; set these in with a very thin layer of jelly. Mask over this, the whole of the inside of the mould, with aspic cream (using equal quantities of aspic and cream mixed). Cut up the chicken and ham; remove all skin and sinew; pound these together in a mortar; season with salt and a pinch of cayenne; rub through a wire sieve. Put this purée into a basin; mix in the half-whipped cream and the trimmings of truffle, chopped. Put a layer of aspic over the top, and allow to set. Turn out the shape on to a round entrée-dish, and garnish with chopped aspic.

Average cost, 6s., if made with chicken; 4s., if made with rabbit. Time required, 1 hour. Seasonable with chicken, always; if rabbit, September to March. Sufficient for 6 persons.

1,248. CHAUDFROID DE VOLAILLE À LA PRINCESSE.

1 fowl.	white chaudfroid sauce (No. 124).	paprika pepper.	6 ozs. rice.
truffle.	cockscornb.	$1\frac{1}{2}$ pints water.	aspic jelly.

Boil the fowl in the usual way, and let it get cold. Colour the chaudfroid sauce a pretty pink with paprika, then coat the chicken well all over—it may require two coatings of the sauce. Let this set, then mask it with half-set aspic jelly. Boil the rice in the water until tender, and until it has absorbed the water and is thick; place this on the dish that the fowl is to be served on, and shape it into a low cushion. Set the chicken on this; arrange a border of aspic croûtons round the dish. Garnish the top of the chicken with an hâtelet run through a truffle and cockscornb, and serve.

Average cost, 5s. 6d. to 6s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

1,249. CHAUDFROID DE VOLAILLE (CHAUDFROID OF CHICKEN).

1 large fowl.	1 pint white chaudfroid	aspic jelly (No. 251).	parsley.
truffle.	sauce (No. 124).	mayonnaise sauce (No. 134).	lettuce.

Truss the fowl, and then boil in the usual way. Take up, and allow it to cool. Cut the fowl into neat joints; lay these on a wire icing-tray, and mask each with white chaudfroid sauce; allow this to set, and then coat them again. When quite firm, decorate each joint with pieces of truffle cut in fancy shapes, and also with parsley. Melt some aspic jelly, let it get half-set, and then glaze the pieces of chicken with it. Repeat this several times, until a good coating is obtained. Clean the lettuce thoroughly; dry well, and then cut into shreds; moisten with a little mayonnaise sauce. Place this salad in the centre of a dish, and mount the pieces of chicken on it, placing the best joints at the top. Garnish with chopped aspic jelly and a few sprigs of parsley (see coloured plate).

Average cost, 4s. 6d. Time required, 3 hours. In season all the year. Sufficient for 5 or 6 persons.

1,250. SALADE DE VOLAILLE.

1 cooked chicken.	3 or 4 lettuces.	capers.	8 stoned olives.	oil.
3 hard-boiled eggs.	6 anchovy fillets.	pepper.	vinegar.	salt.

Cut up the chicken, remove the skin, sinews, and bones, shape into nice pieces. Take one or two lettuces, after they have been carefully washed and dried, tear the leaves into pieces; arrange a bed of lettuce in a salad-bowl. Upon this place the pieces of cold fowl; season with pepper and salt, and oil and vinegar, mixed together. Pile the salad up high in the dish; decorate with the hard-boiled eggs, cut in quarters,

the capers, stoned olives, and rolled fillets of anchovies. Wash the remaining lettuces, cut the hearts into quarters, and put round the dish. The decorating must be done according to the fancy of the maker. The salad should not be mixed until just before serving.

Average cost, 4s. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 to 8 persons.

1,251. PETITES TIMBALES DE VOLAILLE À LA CHARTREUSE.

$\frac{1}{4}$ lb. chicken (cooked).	$1\frac{1}{2}$ gills tomato sauce	1 gill cream.	aspic jelly.
1 oz. lean ham.	(No. 77).	mayonnaise sauce (No. 134).	1 truffle.
4 preserved mushrooms.	1 gill Espagnole sauce	mixed vegetables— <i>i.e.</i> , peas,	salt.
$\frac{1}{2}$ glass sherry.	(No. 33).	beans, carrots, turnips.	pepper.

Mask six or eight small timbale-moulds with a thin coating of aspic jelly. When this is set, decorate them with pieces of truffle, cut out in fancy patterns, and a few cooked peas. Set in this decoration with a little aspic jelly sprinkled over. Heat the tomato sauce; add the sherry, and reduce for ten minutes; then mix into it $1\frac{1}{2}$ gills of aspic jelly, turn into a basin, and let cool; then add the cream, and season to taste. Line the moulds with the sauce—this is best done by inserting a smaller tin, and filling round with the sauce—let it set on ice. Cut the chicken, ham, and mushrooms into dice; put these into a basin; add the Espagnole sauce, the trimmings of truffle, salt, and pepper, and about $1\frac{1}{2}$ gills of aspic jelly. Mix all well together. Fill the centres of the moulds, and put them on ice to set. Prepare a macedoine of vegetables, equal quantities of carrots and turnips, cut out with a round vegetable-cutter, the same size as peas. Cook them separately in salted water, and mix them with an equal quantity of cooked peas and beans, the latter cut in dice. Season these vegetables with mayonnaise. Turn out the little moulds on to a dish, arrange them in a circle, put the macedoine of vegetables in the centre, garnish with chopped aspic, and serve.

Average cost, without chicken, 2s. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 6 or 8 persons.

1,252. GALANTINE DE VOLAILLE (CHICKEN GALANTINE).

1 large chicken.	2 hard-boiled	a few pistachio-nuts.	pepper.
1 lb. pork sausages.	eggs.	meat-glaze (No. 247).	salt.
2 slices bacon.	1 truffle.	aspic jelly (No. 251).	parsley.

Bone the chicken carefully, so as not to break the skin. Then cut the skin down the middle of the back; spread the chicken out on the table, cut the flesh away where it is thick, and place on any part of the skin where there is not much meat, so as to have an even layer of chicken over the skin. Season highly with pepper and salt. Take half the sausages, remove the skins, and spread a thin layer of the meat over the galantine. Shell the eggs, cut in halves lengthways, and then into strips; the truffle, bacon, and pistachio-nuts are also cut in strips. Lay these in rows all over the sausage-meat, first a piece of egg, then truffle, bacon, and pistachio-nut; repeat this until the chicken is covered. Spread the remaining sausages very carefully on the top of these strips; season again with pepper and salt; roll the galantine up, wrap in a cloth, and tie tightly at each end with string. Put into a saucepan of boiling water or stock, and let it simmer gently for one and a half to two hours, according to size. Take up, tie again tightly with fresh string, and press in the cloth, under a light weight, until cold. Remove the cloth, and glaze with meat-glaze. Cut a thin slice off each end of the galantine; place on a cold dish, garnish with a line of chopped aspic jelly down the centre of the roll and also round the dish. Decorate with a few sprigs of fresh parsley or watercress.

Average cost, 5s. Time required for boning and boiling, $2\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 6 persons.

1,253. TO BONE A FOWL.

Singe the fowl, cut off the neck, pinions, and the legs at the joint. Remove the crop, and then with a sharp knife cut through the wing-joint where it joins the body. Remove this wing-bone by stripping off the flesh with a small knife. Bone the other wing in the same manner, then proceed to remove the flesh from the body by detaching it from the bones and turning it back from the carcass. When the leg-bones are reached, disjoin them, and then continue boning as before, taking the legs off with the rest of the body. After all the flesh has been removed and the carcass taken away, bone the legs, beginning at the thigh-bones. This is done in the same way as the wings, by scraping the meat off the bones with a knife. Remove all the sinews in the legs, and then use as required. The bones and carcass should be used for making white stock for soups, sauces, etc.

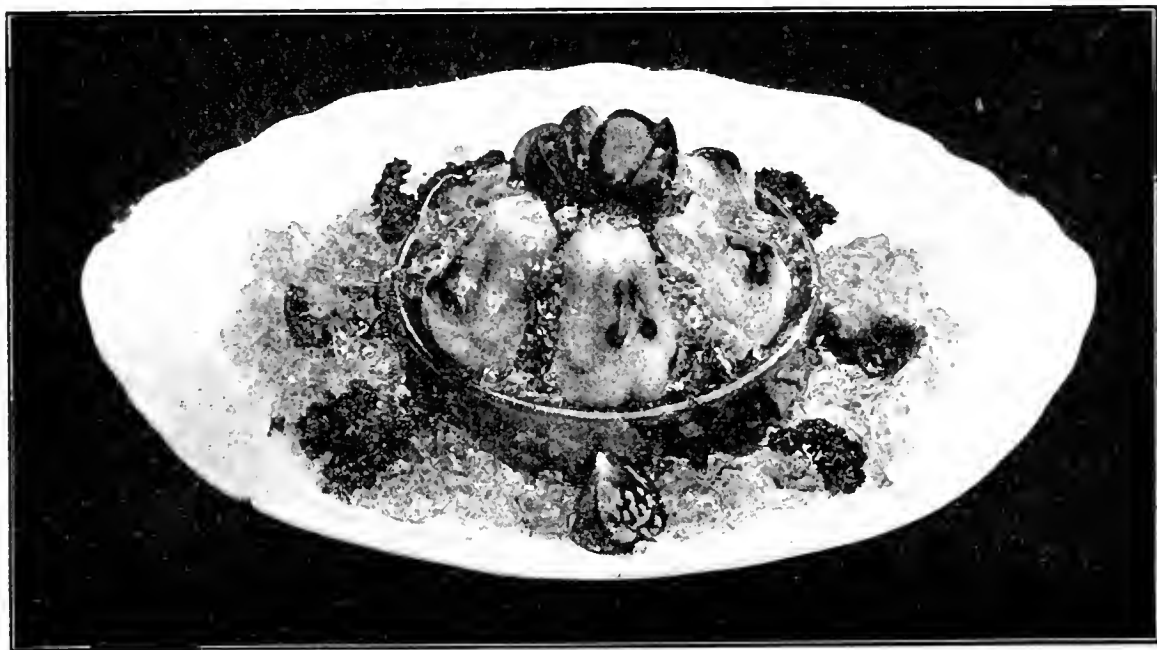


FIG. 78.—PETITES CRÊMES DE VOLAILLE À LA JULIETTE

1,254. PETITES CRÊMES DE VOLAILLE À LA JULIETTE (LITTLE CHICKEN CREAMS, JULIETTE STYLE).

aspic jelly (No. 251).	1½ gills cream.	truffle.	oil.	pepper and salt.
½ lb. cooked chicken.	tomatoes.	lettuce.	vinegar.	½ gill white sauce.

Line a border-mould with a thin layer of aspic jelly. Wash the lettuce thoroughly, and cut into shreds; mix with it some liquid aspic jelly. When this begins to set, pour into the border-mould, and put aside in a cool place. Mince the chicken finely; put into a mortar with the white sauce, and pound well; season with pepper and salt; rub through a wire sieve. Melt 1 gill of aspic jelly; stir it into the sieved chicken; whip 1 gill of cream slightly, and mix into the chicken purée. Rinse six small chicken-moulds in cold water; fill with the chicken cream, and put aside to set. When firm, turn them out, and lay on a wire icing-tray. Mix 1 gill of aspic jelly with the remaining ½ gill of cream; allow this to cool a little, and then coat the little chicken creams with it. Decorate each with pieces of truffle, cut in fancy shapes, and then glaze with half-set aspic jelly. Turn out the border-mould on a cold dish; cut the tomatoes in slices, pour over them a little oil and vinegar, and fill the centre-hollow of the border with them. The slices of tomato should be piled rather high, in order that the creams may lean against them. Dish the chicken-moulds on the

aspic border, so that they stand up against the tomato salad. Chop some aspic jelly, and garnish with it between each chicken cream, and also round the base of the border-mould. Decorate with a few sprigs of parsley, and serve cold.

Average cost, 5s. Time required, 3 hours. In season all the year. Sufficient for 6 persons.

1,255. CRÊMES DE VOLAILLE À L'ÉCARLATE (CREAMS OF CHICKEN WITH TONGUE).

$\frac{1}{2}$ lb. cooked chicken.	$\frac{1}{2}$ gill velouté sauce (No. 82).	3 ozs. cooked ox-
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ pint white chaudfroid sauce	tongue.
aspic jelly.	(No. 124).	salt.
pepper.	cayenne.	truffle.

Cut up the chicken and tongue into small pieces, put into a mortar, add to it the $\frac{1}{2}$ gill of sauce, and pound well ; season with salt, pepper, and cayenne, and rub through a wire sieve. Line some oval moulds with aspic jelly. When set, decorate the bottom of each with truffle, cut out in fancy patterns ; put on ice to set. Next, pour into each mould white chaudfroid sauce, to the depth of one-third of the mould ; let this set. Whip the cream slightly ; mix it with the purée of chicken ; add also about 1 gill of aspic jelly, which should be cold, but not set. Fill the moulds with this preparation, and put on ice, so that they may set firmly. Turn out on to an entrée-dish ; garnish with chopped aspic, and serve.

Average cost, 5s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 or 8 moulds.

1,256. CÔTELETTES DE VOLAILLE À LA PRINCESSE (CUTLETS OF CHICKEN).

$\frac{1}{2}$ lb. cooked chicken.	salt.	brown chaudfroid	1 gill mixed vegetables (peas,
$\frac{1}{2}$ gill Bechamel sauce	cayenne.	sauce (No. 126).	beans, carrots, etc.).
(No. 4).	truffle.	aspic jelly.	$\frac{1}{2}$ gill mayonnaise sauce (No.
vinegar.	oil.	tomatoes.	134).

Take $\frac{1}{2}$ lb. of cooked chicken meat, cut it up small, put it into a mortar, and pound ; add the sauce and seasoning, and when thoroughly mixed and smooth, rub through a wire sieve. Put this purée into a basin, and mix into it about 3 gills of aspic ; put this into a sauté-pan to set ; let it be about $\frac{1}{2}$ inch thick. When firm, cut out with a cutlet-cutter ; lay these on a wire tray, and coat with the brown chaudfroid sauce. When set, decorate with truffle in a pretty way, and then mask with half-set aspic jelly. Line a border-mould with aspic jelly. Mix the cooked vegetables with the mayonnaise and about 3 gills of aspic. Fill the border-mould with this as soon as the vegetable mixture begins to set. Peel the tomatoes (using as many as are required to fill the centre of the mould) ; cut them in quarters or slices, press out some of the seeds ; season them with salt, pepper, oil, and vinegar. When ready to serve, turn out the border-mould on to a round dish, dress the cutlets round it ; fill the centre with the tomatoes, garnish the base of the dish with chopped aspic, and serve.

Average cost, 4s. 6d. Time required, 1¼ hours. Seasonable at all times. Sufficient for 8 persons.

1,257. MOUSSE DE VOLAILLE À LA ROYALE.

1 cooked chicken.	$\frac{3}{4}$ pint velouté sauce	$\frac{1}{2}$ pint cream.
$\frac{1}{2}$ lb. cooked ham.	(No. 82).	aspic jelly.
seasoning.	tarragon-leaves.	truffle.

Line a timbale or charlotte mould with aspic jelly. When this is set, decorate it with truffle, cut out in fancy patterns, and tarragon-leaves. Sprinkle a few drops of aspic over the decorations, in order to set them, then cover with a thin layer of jelly. Take the fillets off the cooked chicken and as much of the rest of the meat as will make $\frac{1}{2}$ pound. Put this into a mortar, and pound well, adding by degrees,

while so doing, half the sauce. Season to taste, and rub the mixture through a wire sieve. Put this purée into a basin, and mix with it about $1\frac{1}{2}$ gills of aspic, which should be cold, but just liquid when added. Whip 1 gill of cream slightly, and stir it into the purée. Cut up the cooked ham, pound it in the mortar, adding $1\frac{1}{2}$ gills of sauce to it by degrees; rub through a wire sieve; mix with this purée about $1\frac{1}{2}$ gills of aspic, and stir in lastly 1 gill of slightly-whipped cream. Season to taste. Now into the lined and decorated mould put a layer of the chicken mousse, about 1 inch in thickness. Let it set, then put in a layer, on the top of the chicken mousse, of the ham mixture of the same thickness. Continue in this way, alternating the mousses until the mould is full. Put on ice, and let it set firmly. When ready to serve, dip the mould quickly into hot water, and turn on to an entrée-dish. Garnish with chopped aspic, and serve.

Average cost, 6s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 10 persons.



FIG. 79.—TOMATES EN SURPRISE.

1,258. TOMATES EN SURPRISE.

$\frac{1}{2}$ pint tomato sauce (No. 77).	parsley.	aspic jelly (No. 251).
$\frac{1}{2}$ gill cream.	salt.	$\frac{1}{2}$ oz. gelatine.
$\frac{1}{4}$ lb. cooked chicken meat.	pepper.	1 tablespoonful white sauce.

Melt the gelatine in 1 gill of aspic jelly; add this to the tomato sauce, and, if necessary, put in a drop or two of cochineal, to give it a good colour. Rinse six tomato-moulds with cold water, and then line with a layer of this tomato-glaze. Put aside, to get thoroughly set. Mince the chicken finely, put into a mortar with the white sauce, and pound well; season with pepper and salt; rub through a wire sieve. Put this mixture into a basin; stir into it $\frac{1}{2}$ gill of melted aspic jelly; whip the cream slightly, and mix into the chicken purée. When this is beginning to set, fill the centre of the tomato-moulds with it; pour a little liquid tomato-glaze round the bottom half of each mould, place the other half-mould on the top, and put aside to set. When ready, dip into warm water, take off the bottom half of the mould, and then the top. Dish up, and garnish with chopped aspic jelly and sprigs of parsley or watercress.

Average cost, 3s. Time required, 2 hours. In season all the year. Sufficient for 6 persons.

1,259. PETITES BOMBES DE VOLAILLE À LA VICTORIA.

1 cooked chicken.	1 gill Bechamel sauce (No. 4).	aspic jelly.	truffle.
spinach greening.	$\frac{1}{2}$ pint white chaudfroid sauce	2 ozs. foie-gras.	salt.
hard-boiled white of egg.	(No. 124).	1 gill cream.	pepper.

Colour sufficient aspic jelly to line eight little bombe-moulds with spinach greening, making it a pretty shade of green. When this is set, decorate them tastefully with truffle and hard-boiled white of egg, cut out in fancy patterns. Sprinkle a few drops of aspic over this in order to set the decoration. Line the moulds all over again with white chaudfroid sauce. Cut up the chicken, take away all skin and sinew, and pound it in a mortar with 1 gill of Bechamel sauce. Season to taste, and rub through a wire sieve. Cut the foie-gras into small dice. Mix into the purée of chicken about $1\frac{1}{2}$ gills of aspic and 1 gill of slightly-whipped cream. Fill the little moulds three-parts full with this preparation. Make a hollow in the centre with the handle of a teaspoon; fill with a few pieces of the foie-gras dice; cover over with more of the chicken mixture; fill up the moulds, put on ice, and let them set. When ready to serve, dip quickly into hot water, turn out on to an entrée-dish, garnish with chopped aspic, and serve.

Average cost, 6s. 6d. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable, always. Sufficient for 8 moulds.

1,260. DOMINOS DE VOLAILLE (DOMINOES OF CHICKEN).

aspic jelly (No. 251).	truffles.	salt.
$\frac{1}{4}$ lb. cooked chicken.	$\frac{1}{2}$ gill cream.	pepper.
$1\frac{1}{2}$ gills white sauce.	$\frac{1}{4}$ oz. gelatine.	parsley.

Line six domino-moulds with a thin layer of aspic jelly, and put aside to set. Cut the truffle into slices, and cut out some round dots, also six straight strips. Place one strip across the middle of each mould and the dots on either side of it; this is to represent the marking of a domino. Set these in with a little more aspic jelly. Melt the gelatine in 1 gill of the white sauce; let it cool a little, and then line the moulds with it very thinly. Mince the chicken finely, put into a mortar with the rest of the white sauce; pound well; season with pepper and salt, and rub through a wire sieve. Melt $\frac{1}{2}$ gill of aspic jelly, and stir into the sieved chicken; whip the cream, and add also. Fill the domino-moulds with this mixture, and put in a cool place to set. Turn out, arrange on a dish, and garnish with chopped aspic and sprigs of parsley.

Average cost, 2s. 6d. Time required, 2 hours. In season all the year. Sufficient for 5 persons.

1,261. TIMBALE DE VOLAILLE AUX ASPERGES (CHICKEN TIMBALE WITH ASPARAGUS).

1 large bundle asparagus.	aspic jelly (No. 251).	1 gill velouté sauce	$\frac{1}{4}$ oz. gelatine.
12 preserved mushrooms.	$\frac{1}{2}$ lb. cooked chicken.	(No. 82).	$\frac{1}{2}$ gill cream.

Line a plain timbale-mould with a thin layer of aspic jelly. Cook the asparagus, take up, and allow to get cold. Cut off the heads of some, and lay them in a circle at the bottom of the mould, with the tips pointing to the centre. The bottom of the mould should be entirely covered with the asparagus; set them in with a little liquid aspic jelly. The sides of the mould are lined in the same way. The asparagus must be cut just the length of the mould, and then placed with the tip downwards; set these in with more aspic jelly. Cut the cooked chicken into neat pieces; melt the gelatine in the velouté sauce, add the cream, chicken meat, and sliced mushrooms, also any asparagus tips that may be left over. Fill the timbale-mould with this mixture, and then put aside to set. Turn out, and garnish round the dish with chopped aspic jelly.

Average cost, 6s. Time required, 2 hours. In season, February to July. Sufficient for 5 or 6 persons.

1,262. SUPRÊME DE VOLAILLE À LA REINE.

breast of cooked chicken.	aspic jelly.	3 gills pink chaudfroid	salt.
cucumber salad.	chervil.	sauce (No. 128).	pepper.

Cut the breast of the chicken in nice pieces ; if a large chicken, eight or ten may be cut. Season them, trim neatly, and coat with the chaudfroid sauce ; decorate each with chervil-leaves ; mask with half-set jelly. Fill a border-mould with aspic jelly, and put on ice. When quite set, turn it out on to a round dish ; dress the fillets on it in a circle, overlapping each other ; garnish round the fillets with chopped aspic jelly ; fill the centre with cucumber salad ; garnish the base of the dish with chopped aspic, and serve.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

1,263. PETITES TIMBALES DE VOLAILLE À LA HOLLANDAISE (LITTLE CHICKEN TIMBALES, HOLLANDAISE STYLE).

aspic jelly (No. 251).	1 gill mayonnaise sauce (No. 134).	1 gill white chaudfroid
1 tablespoonful cream.	a little cooked chicken.	sauce (No. 124).
tarragon-leaves.	6 preserved mushrooms.	1 lettuce.

Line six dariole-moulds with a very thin layer of aspic jelly ; decorate the bottom of each with a star made of tarragon-leaves, and set them in with a little more aspic jelly. Mix the mayonnaise sauce with $\frac{1}{2}$ gill of aspic jelly, and line the moulds with it. Cut the cooked chicken into dice and the preserved mushrooms in quarters. Mix these with the cream and white chaudfroid sauce. Season with pepper and salt. Fill the centre of the moulds with this mixture, and cover the top with some more aspic mayonnaise. When set and ready to serve, dip the moulds in warm water, turn out, and dish in a circle. Place a little shredded lettuce in the middle of the dish, and garnish round with chopped aspic jelly.

Average cost, 3s. Time required, 2 hours. In season all the year. Sufficient for 5 or 6 persons.

1,264. PETITES CRÊMES DE VOLAILLE (LITTLE CHICKEN CREAMS).

$\frac{1}{2}$ lb. cooked chicken.	1 gill cream.	1 tablespoonful white	truffle.
aspic jelly (No. 251).	6 small soufflé-cases.	sauce.	parsley.

Mince the chicken finely, put into a mortar, and pound with the white sauce. Season to taste with pepper and salt, and then rub through a wire sieve. Melt 1 gill of aspic jelly, stir it into the chicken purée ; whip the cream slightly, and mix into the chicken. Stir this occasionally until it begins to set. Tie a band of stiff paper round each soufflé-case, and when the chicken cream begins to set, pour it into the cases, so that it comes about 1 inch above them. Let this get quite set, then decorate each with a star of truffle, and cover with a layer of aspic jelly. When ready to serve, remove the paper band very carefully, and place the soufflé-cases on a cold dish. Garnish with a few sprigs of fresh parsley.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. In season all the year. Sufficient for 5 or 6 persons.

1,265. MAYONNAISE DE VOLAILLE À LA PRINCESSE (MAYONNAISE OF CHICKEN, PRINCESS STYLE).

1 cooked chicken.	aspic jelly (No. 251).	truffles.	chervil.
$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ pint mayonnaise sauce (No. 134).	tarragon.	1 lettuce.

Line a large beehive-shaped mould with a thin layer of aspic jelly (if this shaped mould is not obtainable, a plain timbale-mould would be suitable). Decorate the mould all over with truffle cut in fancy shapes, and tarragon and chervil leaves.

Set these in with a little more aspic jelly. Mix the mayonnaise sauce with an equal quantity of aspic jelly, and line the mould all over with a thin layer of this. Take the meat from the chicken, cut it into neat pieces; wash and dry the lettuce, break into small shreds, mix with the chicken-meat. Season well with pepper and salt, moisten with the cream and the rest of the mayonnaise aspic. Stir this occasionally, until it begins to set, then pour into the prepared mould and put into a cool place to set. Turn out on a cold dish, garnish round with chopped aspic and a few leaves of lettuce.

Average cost, 5s. Time required, 2 hours. In season all the year. Sufficient for 6 or 7 persons.

1,266. MAYONNAISE DE VOLAILLE (CHICKEN MAYONNAISE).

1 cooked chicken.
aspic jelly (No. 251).
2 hard-boiled eggs.

$\frac{1}{2}$ pint mayonnaise
sauce (No. 134).
2 tomatoes.

1 large cos lettuce, or 2
round ones.
truffles.

Cut the chicken into neat joints. Mix 1 gill of liquid aspic jelly with the mayonnaise sauce, and when beginning to set, coat the chicken joints with it, giving them



FIG. 80.—MAYONNAISE DE VOLAILLE.

several layers until a good covering is obtained. Decorate them with truffle, cut in fancy patterns or chopped. Glaze each with half-set aspic jelly, taking care not to disturb the under layer. Wash and dry the lettuce, break into small pieces, and place some in the centre of a dish; dress the chicken on this, piling it as high as possible. Make a wreath of the lettuce all round the dish, garnish with a little chopped aspic, the tomatoes, and hard-boiled eggs, cut in quarters. Serve cold.

Average cost, 4s. 6d. Time required, 1 hour. In season all the year. Sufficient for 6 persons.

1,267. MOUSSE DE VOLAILLE FROIDE (COLD MOUSSE OF CHICKEN).

$\frac{1}{2}$ lb. cold chicken meat.
aspic jelly (No. 251).

$\frac{1}{2}$ gill velouté sauce
(No. 82).

1 gill cream.
salt.

2 leaves gelatine.
truffle.

Cut up the cold chicken into small pieces, put it into a mortar, add the sauce to it, and pound well together; season to taste, and rub through a fine sieve. Line a plain charlotte-mould with aspic jelly. This is best done in the following manner:

Pour some aspic jelly into the bottom of the mould ; this layer should be about $\frac{1}{4}$ inch in depth. When this is set, decorate the bottom of the mould with shapes of truffle, cut out in a fancy pattern. When this is done, sprinkle over the decoration with a few drops of jelly, in order to set it. When firm, put in a little more jelly, so that the decoration is well covered. Let this set ; then insert a tin, a size smaller than the first ; put a weight into this tin, or fill it with ice, in order to keep it in place ; then fill round between the two tins with liquid aspic jelly ; put on ice to set. As soon as the jelly is set firmly round the sides, take the weight or ice out of the inner tin, and pour into it some hot water, to loosen it, and remove quickly. Melt the gelatine in 1 gill of aspic jelly. Mix this into the sieved chicken ; whip the cream slightly, and stir it into the chicken. Mix all together, and as soon as it begins to set, place in the lined and decorated mould. Put on ice, and let it set thoroughly. When ready to serve, dip the mould into hot water—this must be done quickly—and turn it on to a silver entrée-dish ; garnish round with chopped aspic, the heart of a lettuce, or some sprigs of fresh parsley, and serve.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 5 or 6 persons.

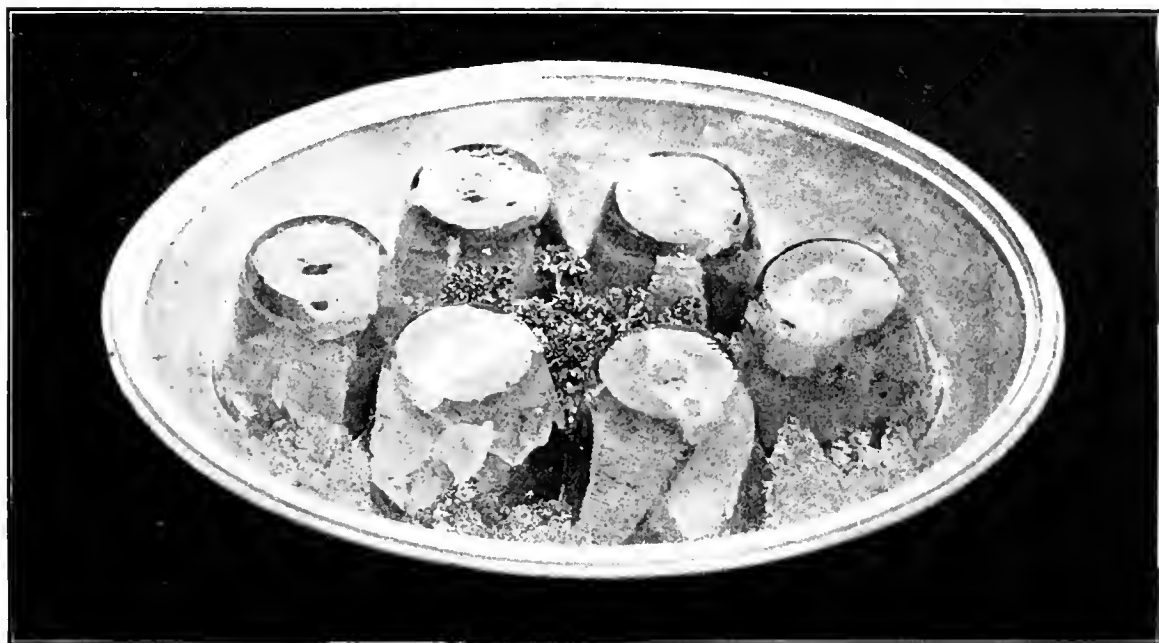


FIG. 81.—DARIOLES DE VOLAILLE EN ASPIC.

1,268. DARIOLES DE VOLAILLE EN ASPIC (DARIOLES OF CHICKEN IN ASPIC).

breast of cooked chicken. | aspic jelly (No. 251). | parsley. | truffle. | tarragon.

Melt some aspic jelly ; set a little at the bottom of six dariole-moulds. When firm, decorate each with pieces of truffle, cut in fancy patterns, and with fresh tarragon-leaves. Set these in with a little more aspic jelly. Cut the chicken into neat slices, arrange them in the dariole-moulds, placing two or three pieces in each. They must be placed in an upright position, or they do not show through the jelly. Fill up the moulds with liquid aspic jelly, taking care that the pieces of chicken do not float. Put the moulds aside to set in a cool place. When ready to serve, dip each mould in warm water, and turn out on a cold dish ; arrange in a circle ; decorate with chopped aspic jelly and a few sprigs of parsley.

Average cost. 3s. Time required. 1 hour. In season all the year. Sufficient for 5 persons.

1,269. ASPIC DE VOLAILLE À L'ITALIENNE.

2 large chicken fillets.	French beans.	mayonnaise sauce	truffles.	salt.
4 ozs. cooked ox-tongue.	anchovy fillets.	(No. 134).	carrots.	peas.
aspic jelly (No. 251).	chopped parsley.	rémoulade sauce	turnips.	capers.
2 hard-boiled eggs.	tarragon.	(No. 140).	potatoes.	chervil.

Line the bottom of a border-mould with aspic jelly. When this is set, decorate with truffle and one hard-boiled egg ; set in this decoration with a few drops of aspic jelly sprinkled on them, then cover with a layer of aspic jelly ; let this set on ice. Cut the cooked fillets of chicken and the ox-tongue in julienne strips, not cut too thinly, spread a layer of the chicken in the mould, pour in enough jelly to set it, then, when set, arrange a layer of tongue, then jelly again. Chop coarsely the remains of the truffles and the egg that were used for the decoration ; sprinkle this in the mould, set with aspic, then chicken again, and continue with these layers

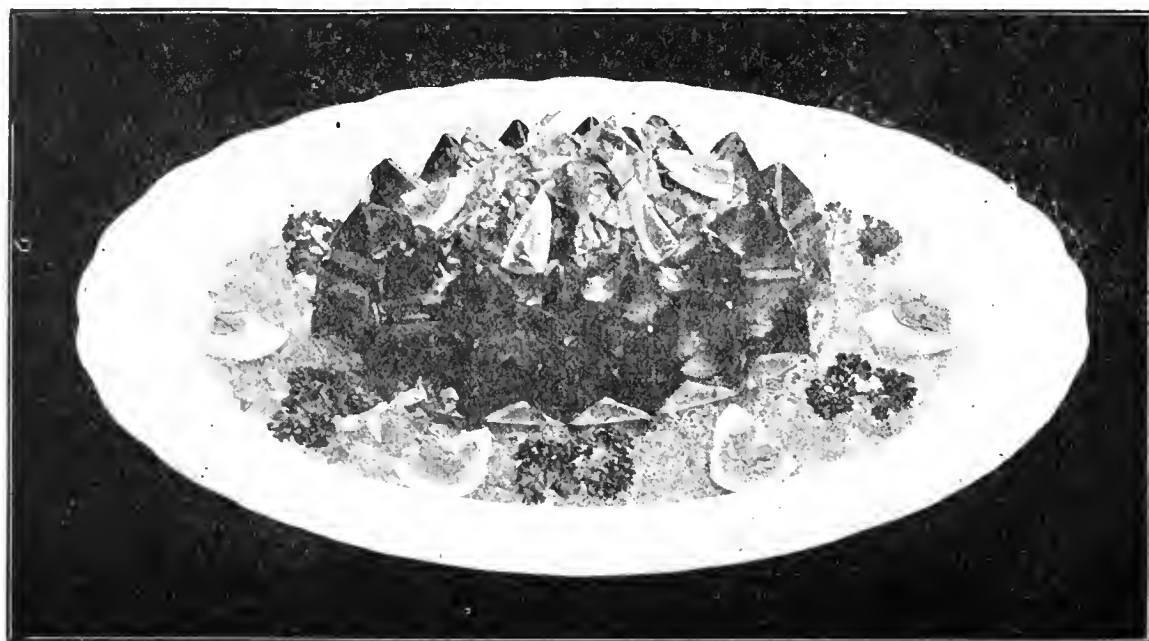


FIG. 82.—ASPIC DE VOLAILLE À L'ITALIENNE.

until the mould is full. Put away on ice to set. Take equal quantities of cooked dice of carrots, turnips, French beans, and potatoes ; mix them in a basin with the peas, a few capers, some anchovy fillets, cut in dice, and a small quantity of chopped parsley, tarragon, and chervil ; season to taste, and add sufficient mayonnaise sauce to bind and season. When the mould of chicken, etc., is set, turn it out on to a cold dish, arrange the salad in the centre, decorate round the base of the dish with chopped aspic jelly, and garnish round the salad in the centre with small slices of hard-boiled egg. Serve with this dish some *rémoulade* sauce separately.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable always. Sufficient for 5 or 6 persons.

1,270. ESCALOPES DE VOLAILLE À LA JEANNETTE.

1 fowl.	$\frac{1}{2}$ pint white chaudfroid	chervil-leaves.	salt.
aspic jelly (No. 251).	sauce (No. 124).	1 gill cream.	pepper.

Truss the fowl for boiling, put it into a saucepan of boiling water or stock, and cook until done (this depends on the size of the fowl). Take it up when cooked, drain, and let it cool ; then remove the fillets of the breast carefully ; cut each into four, and trim them to oval shapes. Coat these ovals of chicken, after seasoning them with salt and pepper, with the white chaudfroid sauce. When this is set,

decorate each with leaves of chervil, then coat them with a layer of half-set aspic jelly. Take all the meat from the remainder of the chicken, remove skin and sinews ; chop it small ; put into a mortar with $\frac{1}{2}$ gill of the chaudfroid sauce, and pound well ; season to taste, and rub through a fine sieve. Place this purée in a basin, mix in sufficient aspic to make it set, whip the cream slightly, and mix in lightly. Turn this mixture into a flat tin (it should be $\frac{1}{2}$ inch thick) ; let it set. Cut out this mousse, when set, with an oval cutter, the same size as the collops of chicken ; place a chicken collop on the top of each oval of mousse ; pour over some aspic jelly, so as to fix the two together. Dish on a silver dish in the form of a star ; garnish the dish with chopped aspic and sprigs of parsley, and serve.

Average cost, 5s. 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 8 persons.

1,271. CHAUDFROID DE PIGEONS À LA BOHÉMIENNE (CHAUDFROID OF PIGEONS, BOHEMIAN STYLE).

4 pigeons.	2 ozs. cooked ox-tongue.	aspic jelly (No.	$\frac{1}{2}$ lb. chicken forcemeat
2 ozs. foie-gras.	$\frac{1}{2}$ pint brown sauce (No. 6).	251).	(No. 202).
truffles.	1 white of hard-boiled egg.	salad.	stock.

Bone the pigeons ; cut up the foie-gras and ox-tongue into small dice ; mix them into the forcemeat. Stuff the pigeons with this mixture ; wrap each bird in muslin, tie them at each end with string, giving them a rounded appearance ; put the carcasses of the birds into a stewpan, put in the rolls, add sufficient stock to cook them ; bring to the boil, then simmer gently for twenty-five to thirty minutes. Take them up, and press lightly until cold. Strain the stock in the pan, take off the fat, and reduce it to $\frac{1}{2}$ gill ; add the brown sauce ; boil for five minutes, then mix in $1\frac{1}{2}$ gills of aspic jelly ; reduce again, then strain, and let it get cold. Take the pigeons out of the cloths, cut them in halves, take off the skin, and trim them nicely. Coat the pigeons with the above sauce. When set, decorate with truffle and white of egg ; glaze with half-set aspic jelly. Arrange in the centre of a dish a nicely prepared salad ; dress the pigeons on this, and garnish with chopped aspic jelly.

Average cost, 8s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 8 persons.

1,272. CHAUDFROID DE CANETON À L'ORANGE (CHAUDFROID OF DUCKLING, ORANGE FLAVOUR).

2 ducklings.	$\frac{1}{2}$ pint brown sauce (No. 6).	$\frac{1}{2}$ gill veal stock.	juice of 1 orange and rind.
truffles.	$\frac{1}{2}$ gill aspic jelly (No. 251).	$\frac{1}{2}$ gill curaçoa.	hard-boiled white of egg.

Roast the ducklings, let them get cold, then cut them up into neat joints ; take away the skin, and trim neatly. Warm the brown sauce in a stewpan ; add the stock and the aspic jelly, and reduce to $\frac{1}{2}$ pint ; then add the curaçoa and the juice of the orange. Parboil the rind of the orange, and shred it finely ; add this also to the sauce. Turn into a basin, and let it get nearly cold. Coat the joints of ducklings with this sauce. When the sauce is set, decorate the pieces of duckling tastefully with slices of truffle and hard-boiled white of egg, cut out with a fancy cutter. Mask each piece with half-set aspic jelly. Dress the joints tastefully on a dish in a pyramid, garnish with chopped aspic and any kind of small salad, and serve.

Average cost, without ducklings, 1s. 3d. ; ducklings, 5s. 6d. to 10s. 6d. each. Time required, $1\frac{1}{2}$ hours. Seasonable, March to August. Sufficient for 6 persons.

1,273. TIMBALE DE CANETON CHAUDFROID.

1 duckling.	brown chaudfroid sauce (No. 126).	aspic jelly (No. 251).	truffles.
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Roast the duckling, but let it be underdone ; let it get cold, then remove the fillets. With the carcass of the duck prepare the stock for making the brown chaudfroid sauce ; after the sauce is made, let it cool. Cut the fillets into slices.

coat with the chaudfroid sauce, and let them set. Pour into a timbale-mould a very thin layer of aspic. When this is set, put in some of the sauce, about $\frac{1}{2}$ inch in thickness ; let it set, then put over the sauce, a layer of the coated slices ; place a piece of truffle on each slice, and cover with a thin layer of aspic jelly. Continue these respective layers until the mould is nearly full, then on the top put a layer of aspic rather thicker than the others ; place on ice, and let it set. To serve, dip the mould quickly into hot water, turn on to a cold dish, and garnish round the base with chopped aspic, and serve.

Average cost, 6s. to 10s. 6d. Time required, 2 hours. Seasonable, March to August. Sufficient for 6 persons.

1,274. CANETON GLACÉ AUX CERISES (GLAZED DUCKLING WITH CHERRIES).

2 ducklings.	brown chaudfroid sauce	truffles.	claret.
1 gill cream.	(No. 126).	aspic jelly.	pepper.
4 ozs. foie-gras.	2 raw whites of eggs.	salt.	cherries.

Roast one of the ducklings, keeping it underdone. Let it get cold ; lift the fillets from the breast, and take away the breast-bone and the bones as far down as the wings and legs. Leave these intact, so that the carcass forms a case. Cut eight thin slices from each fillet, mask these with the chaudfroid sauce, and decorate tastefully with truffles. Take half the meat from the other raw duckling, free it from skin and gristle, and cut it up ; put it into a mortar with the foie-gras and the ducklings' livers, and pound all well together ; add the two raw whites of eggs, salt, and pepper, mix thoroughly, then rub the mixture through a wire sieve. Whip the cream slightly ; stir it into the purée. Fill the carcass of the prepared duckling with this mousse, and shape it so that the bird looks as if it had been left whole. Place in a stewpan, cover with buttered paper, and cook slowly in the oven for twenty minutes. Let it cool. Coat with half-set aspic jelly, and let set. When the mousse is quite firm, lay on it the decorated fillets. Stone the cherries, poach them in claret, let them get cold. Dish the duckling in a deep silver dish ; surround with the cherries ; pour aspic jelly over these, and, when set, the dish is ready to serve.

Average cost of ducklings, 5s. 6d. to 10s. 6d. each ; cost of other ingredients, 4s. 6d. Time required, 2 hours. Seasonable, March to August. Sufficient for 8 or 9 persons.

1,275. DARIOLES DE FOIE-GRAS.

1 large terrine of foie-gras.	aspic jelly (No. 251).	truffle.	chervil-leaves.
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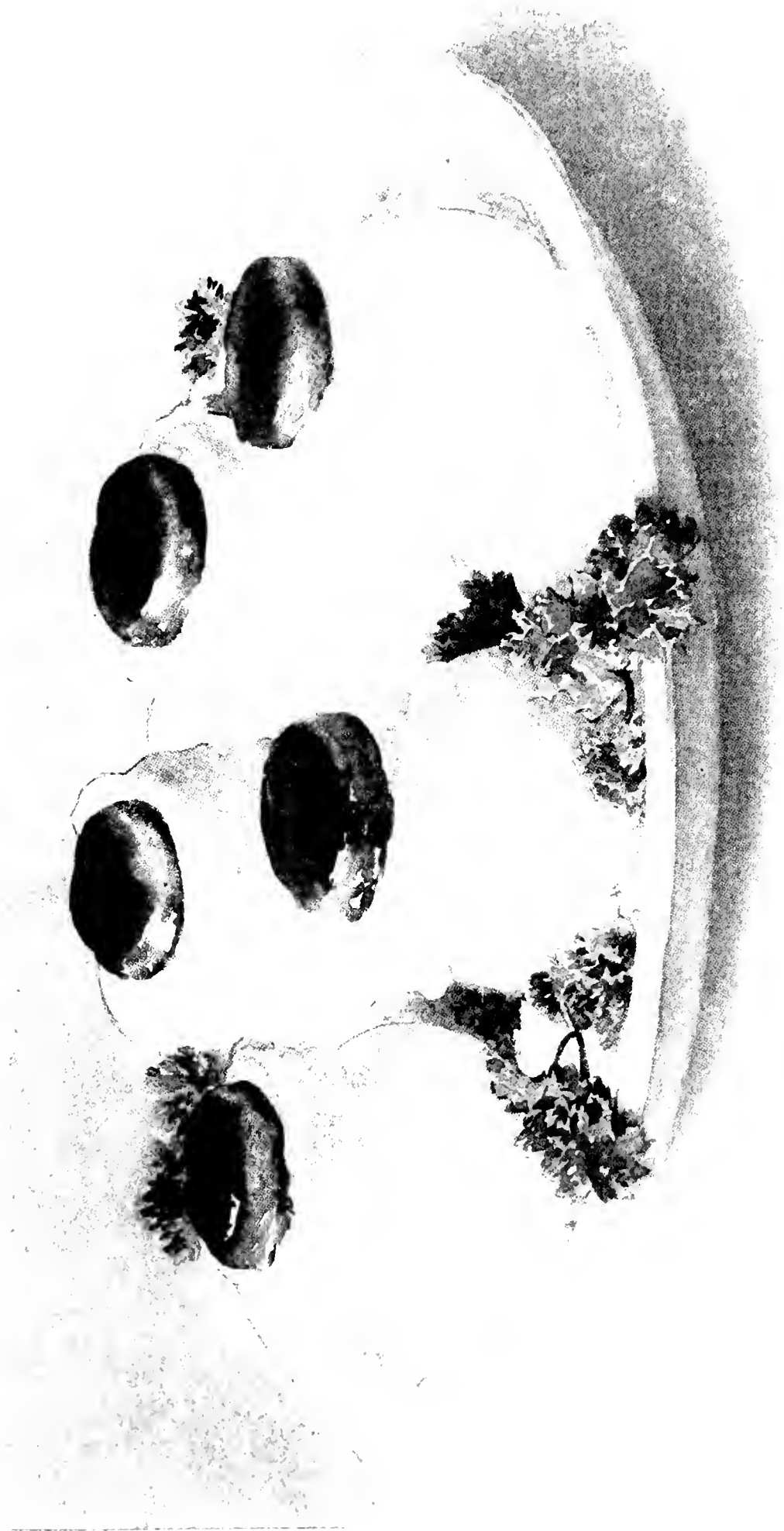
Line some small dariole-moulds, either fluted or plain, with aspic jelly. When this is set, decorate the bottom of each with truffles, cut out in fancy patterns, and chervil-leaves ; sprinkle a few drops of aspic over the decorations, in order to set them ; this must be done carefully. Turn out the foie-gras, remove the fat, and cut into nice pieces ; divide these, so as to have an equal number for each dariole ; put them into the respective moulds, fill up with aspic, and put on ice to set. When about to serve, dip quickly into hot water, turn on to a dish, garnish with chopped aspic, and serve.

Average cost, 6s. Time required, 45 minutes. Seasonable always. Sufficient for 8 or 10 moulds.

1,276. DOMINOS DE FOIE-GRAS.

foie-gras.	aspic jelly.	truffles.	white chaudfroid sauce (No. 124).
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Put a thin layer of aspic jelly at the bottom of some small domino-moulds. When this is set, decorate them with dots of truffle to represent dominos ; sprinkle over a few drops of aspic, in order to set the decoration. Line the moulds all over with the sauce. Rub the foie-gras through a sieve, mix with it some of the chaud-



Faisan en Mandarines

froid sauce and a little aspic jelly, and fill up the moulds with this mixture. Put on ice to set. Turn out, and dish on a bed of lettuce. Garnish with chopped aspic, and serve.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 or 8 dominoes.

1,277. MEDAILLONS DE FOIE-GRAS (MEDALLIONS OF FOIE-GRAS).

ox-tongue.	small terrine of foie-gras.	truffle.	white chaudfroid sauce
aspic jelly.	1 tablespoonful cream.	salad.	(No. 124).

Cut some slices of tongue in rounds, $\frac{1}{4}$ inch thick and $1\frac{1}{2}$ inches across. Rub the foie-gras through a sieve; mix this purée with the cream (all fat must be removed from the foie-gras before sieving). Spread a layer of this purée on the slices of ox-tongue, smooth the surface, and coat with the chaudfroid sauce; let them set, then decorate the medallions with truffle, cut out in fancy patterns; mask with half-set aspic, and let them set. Dish up on a bed of green salad; garnish with chopped aspic, and serve.

Average cost, 4s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 medallions.

1,278. GALANTINE DE FAISAN (GALANTINE OF PHEASANT).

1 pheasant.	truffles.	aspic jelly (No. 251).
$\frac{1}{2}$ lb. veal forcemeat (No. 201).	ox-tongue.	meat-glaze (No. 247).

Bone the pheasant carefully, so as not to break the skin (No. 1,253). Cut through the skin and flesh down the back of the bird; lay it out flat on the table, and pull the skin into a square shape. Season with pepper and salt. Have ready the veal forcemeat; spread a thin layer of it all over; season again with pepper and salt. Cut the tongue and truffle into strips; lay these alternately, in rows, over the forcemeat, and then spread another layer of veal forcemeat on the top. Roll the galantine up, tie tightly in a cloth, place in a pan of boiling water, and let it simmer gently for one hour to one and a half hours, according to size. Take up the galantine, and press lightly in the cloth until cold. Remove the cloth, glaze over with meat-glaze; cut a small slice off each end of the roll, and then place on a dish. Garnish with a line of chopped aspic jelly down the centre of the galantine, and also round the dish. Decorate with parsley or small salad.

Average cost, 5s. 6d. Time required, 4 hours. In season, October 1 to February 1. Sufficient for 6 persons.

1,279. MANDARINES DE FAISAN.

9 mandarin oranges. | meat-glaze (No. 247). | 1 pheasant. | aspic jelly. | 1 gill cream. | parsley.

Roast the pheasant in the usual way, and put aside to cool. Then cut eight small rounds from the breast, remove the rest of the meat, and mince finely. Put into a mortar and pound well; season with pepper and salt, and rub through a fine sieve, adding a little white sauce, if necessary. Melt 1 gill of aspic jelly, stir it into the sieved pheasant; whip the cream slightly, and add also. Cut off about one-third from the top of eight of the oranges, remove the centre without breaking the peel; fill the skins with the pheasant-cream, and put aside to set. Glaze the eight rounds of pheasant with meat-glaze, giving them several coatings until a good covering is obtained. Peel the remaining orange, break into the natural divisions, remove the pips, and then place in a cool oven to dry a little. When cold, coat each thickly with half-set aspic jelly; arrange three or four of these round the top of the orange-skins, and in the centre of them place one of the glazed rounds of pheasant. Place the oranges on a dish, garnish round with chopped aspic and a few sprigs of parsley (see coloured plate).

Average cost, 5s. Time required, 3 hours. In season, November to February 1. Sufficient for 8 persons.

1,280. CHAUDFROID DE FAISAN (CHAUDFROID OF PHEASANT).

1 roast pheasant. aspic jelly (No. 251).	1 pint of brown chaudfroid sauce (No. 126).	1 hard-boiled egg. mayonnaise sauce (No. 134).	1 lettuce. watercress.
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Cut the pheasant into neat joints ; place them on a wire icing-tray, and coat with a thick layer of brown chaudfroid sauce. When set, decorate each joint with hard-boiled white of egg, cut in fancy shapes, and the sieved yolk. Have ready some half-set aspic jelly ; glaze them over with this, taking care not to disturb the decorations. Wash and dry the lettuce, break into small pieces, and mix with a little mayonnaise. Place this in the centre of a dish, and pile the chaudfroid on the top, keeping the best pieces for the top. Garnish with groups of watercress, the heart of the lettuce, and a little chopped aspic jelly.

Average cost, 5s. Time required, 1 hour. In season, October 1 to February 1
Sufficient for 4 persons.

1,281. FILETS DE FAISAN EN CHAUDFROID.

2 pheasants. 1 oz. butter. 1 oz. flour.	$\frac{1}{2}$ gill water or stock. mayonnaise sauce (No. 134). aspic jelly (No. 251).	$\frac{1}{2}$ pint brown chaudfroid sauce (No. 126). 1 hard-boiled egg.	1 small egg. 1 lettuce. pepper and salt.
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Remove the breasts from the pheasants, and cut into neat pieces. Mince the rest of the pheasant meat finely, and put it into a mortar ; melt the butter in a saucepan, mix in the flour, add the water, and stir over the fire until very thick. Put this mixture into the mortar with the pheasant ; season with pepper and salt ; add the egg, and pound well ; rub through a wire sieve. Braise the fillets of pheasant over vegetables and stock for 15 minutes ; take them up, press until cold, then trim neatly, and coat on one side with the purée of pheasant ; place them on a buttered tin, cover with buttered paper, and cook in the oven for ten minutes. Take them up, and put aside to get cold, then coat them with brown chaudfroid sauce. Decorate each fillet with white of egg, cut in fancy patterns ; glaze over with half-set aspic jelly. Wash, dry, and break up the lettuce in small pieces, mix with a little mayonnaise sauce, place this in the centre of a dish, and arrange the fillets round. Garnish with chopped aspic jelly.

Average cost, 8s. 6d. Time required, 2 hours. In season, October 1 to February 1. Sufficient for 6 or 7 persons.

1,282. CHAUDFROID DE FAISAN EN ASPIC (PHEASANT IN ASPIC).

1 pheasant. | aspic jelly. | 1 hard-boiled egg. | mayonnaise sauce. | lettuces. | chervil.

Truss the pheasant, place it on a baking-tin, cover with buttered paper, and roast it, without allowing it to brown. When done, take it up, and let it get cold. Cut up into nice pieces ; take the best parts—that is, the fillets—and cut them into thin slices ; trim these, and divide them into suitable sizes. Line a border-mould with a thin layer of aspic jelly ; when this is set, decorate it tastefully with hard-boiled white of egg, cut out in fancy patterns, and with chervil-leaves ; sprinkle over the decoration a few drops of aspic ; when set, pour in some more jelly, $\frac{1}{3}$ inch in depth. On this arrange a layer of the pieces of pheasant, then add more jelly. Continue in this way with layers of pheasant and jelly until the mould is full ; the last layer must be jelly. Put on the ice to set. When firm, turn out on to a cold dish ; fill the centre with a nicely prepared salad of lettuces, seasoned with mayonnaise. Put the yolk of the egg through a wire sieve ; sprinkle this over the top of the salad. Garnish with chopped aspic round the base, and serve.

Average cost, 5s. Time required, $1\frac{1}{2}$ hours. Seasonable, October to March.
Sufficient for 4 persons.

1,283. PETITES CRÊMES DE FAISAN (LITTLE PHEASANT CREAMS).

10 ozs. cooked pheasant meat.	1 gill cream. $\frac{1}{2}$ oz. gelatine.	$\frac{1}{2}$ pint velouté sauce (No. 82). aspic jelly (No. 251).	1 truffle. seasoning.
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Coat some small timbale-moulds with aspic jelly ; decorate them with truffle, cut out in fancy patterns ; sprinkle over a few drops of aspic jelly to set the decorations. Cut up the meat in small pieces, remove skin and sinews ; put the sauce into a saucepan, bring to the boil ; put in the gelatine, and melt it ; put the pheasant meat into a mortar, pound until smooth, then add the sauce ; mix well ; season to taste, and rub through a wire sieve. Whip the cream lightly, and stir into the sieved mixture. Fill the decorated moulds with the preparation ; put them on the ice to set. When ready to serve, dip them one by one quickly into hot water, and turn them out on to a cold entrée-dish. Garnish the dish with chopped aspic jelly and sprigs of fresh parsley or small cress, and serve.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable, October 1 to February 1. Sufficient for 8 or 10 timbales.

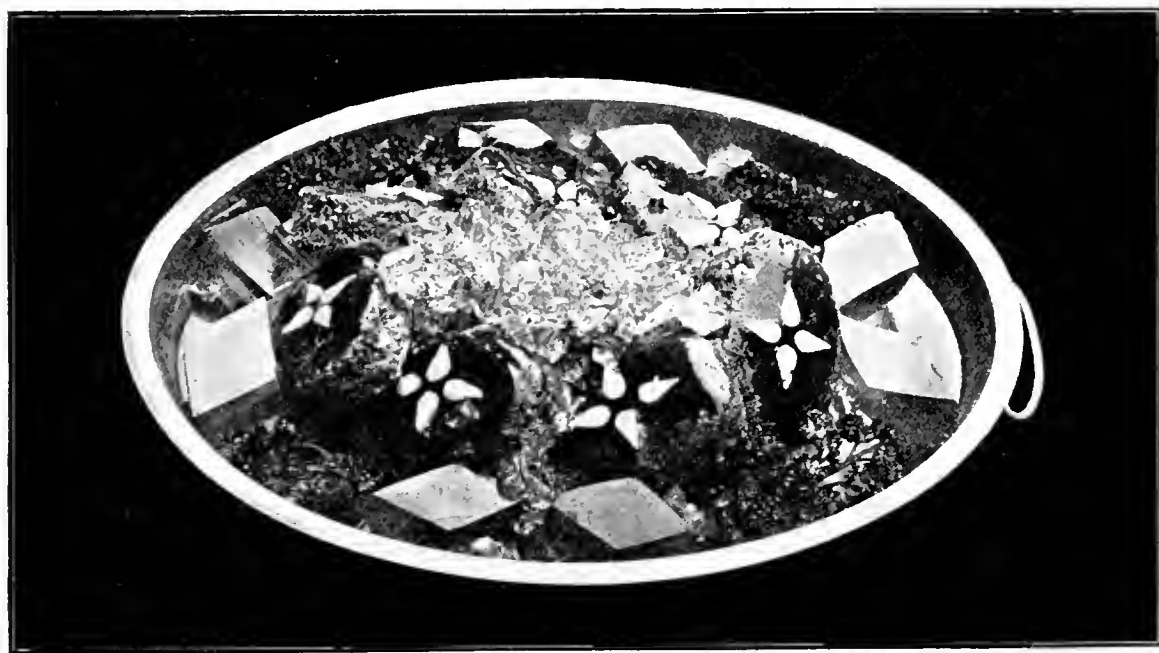


FIG. 83.—CELESTINES DE PERDREAU.

1,284. CELESTINES DE PERDREAU.

1 cooked partridge.	$1\frac{1}{2}$ pints brown chaudfroid sauce (No. 126).	aspic jelly. 1 hard-boiled white of egg.	2 truffles. salt and pepper.
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Remove the meat from the partridge, take away all skin and gristle ; cut the meat up small, add to it one minced truffle and the chopped cooked livers. Put these ingredients into a mortar, and pound all well together ; rub through a wire sieve. Put this purée into a basin ; season with salt and pepper, and stir into it about $\frac{1}{2}$ pint of warm chaudfroid sauce (this should be made from game stock). Stir this mixture on ice until cold, then turn it into a flat tin ; flatten it, and have it $\frac{1}{2}$ inch thick. When set and firm, turn out the shape, and cut it into rounds or ovals with a cutter, about 2 inches across. Place these shapes on a wire tray ; coat them neatly with the chaudfroid sauce ; decorate them tastefully with truffle and white of hard-boiled egg, cut out in fancy patterns. Coat with half-set aspic jelly. Set a layer of jelly in a deep entrée-dish ; dress the celestines on this in a circle, fill the centre with chopped aspic, garnish round with jelly croûtons, and serve.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable, September 1 to February 1. Sufficient for 6 or 8 celestines.

1,285. BORDURE DE CAILLES EN ASPIC (BORDER OF QUAILS IN ASPIC).

aspic jelly (No. 251).	4 quails.	1 teaspoonful of chopped carrot.	tomatoes.
1 slice of fat bacon.	8 chicken livers.	1 tablespoonful of brown sauce	oil.
parsley or watercress.	1 shallot.	(No. 6).	vinegar.

Bone the quails, taking care not to break the skins. Chop the bacon, and fry in a pan; add the chopped shallot, carrot, and livers; cook over the fire; season with pepper and salt, and moisten with the brown sauce. Put this mixture into a mortar, pound well, rub through a sieve, and then fill the quails with it. Roll each bird in muslin, tie at each end, and cook in boiling water for twenty minutes. Take up, and let them cool; cut each in half lengthways. Set a little aspic jelly at the bottom of a border-mould, then place in the halves of quails, with the cut sides towards the centre of the mould; fill up with aspic jelly, and put aside to set. Turn out on a dish; cut the tomatoes in slices; season them with oil and vinegar, and dress them in the centre of the border, piling them rather high. Garnish round the dish with chopped aspic jelly and sprigs of parsley or watercress.

Average cost, 5s. 6d. Time required, 3 hours. In season all the year. Sufficient for 6 persons.

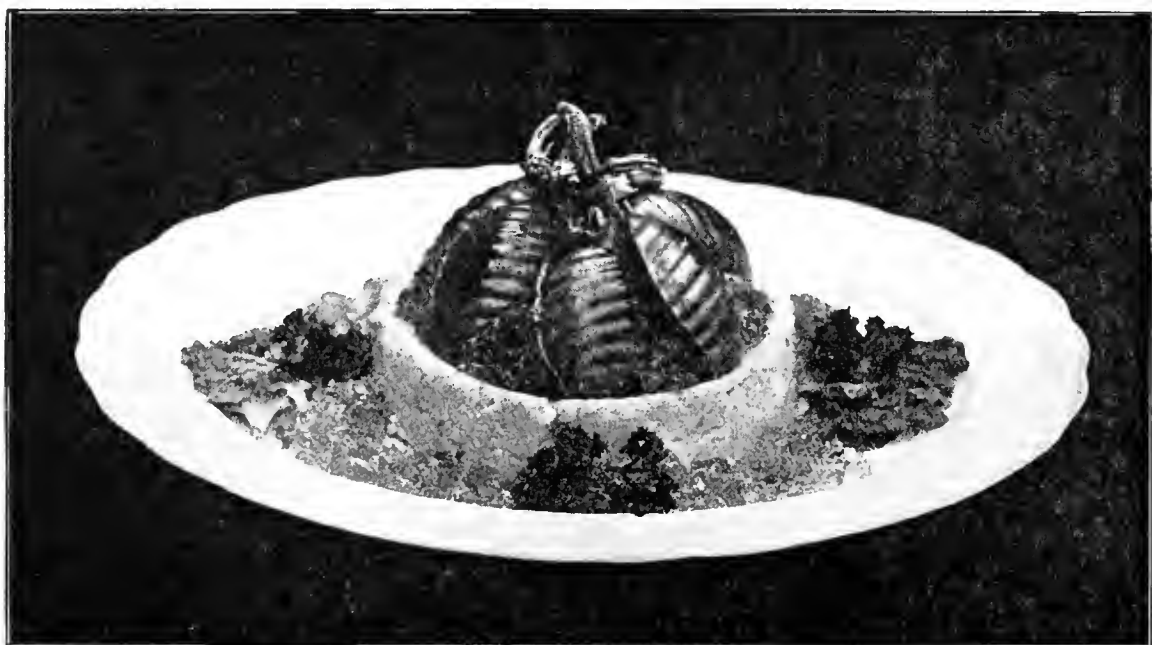


FIG. 84.—CHAUFROID DE CAILLES À L'AUREORE.

1,286. CHAUFROID DE CAILLES À L'AUREORE (CHAUFROID OF QUAILS, AURORA STYLE).

4 quails.	pâté de foie-gras, or stuffing as	mayonnaise sauce	truffle.
aspic jelly (No. 251).	for previous recipe (No. 1,285).	(No. 134).	lettuce.
1½ pints white stock.	1 pint pink chaufroid sauce.	4 ozs. rice.	parsley.

Bone the quails in the usual way, leaving in the drum-sticks and claws; fill with liver stuffing or foie-gras which has been rubbed through a wire sieve. Wrap each bird in a piece of muslin, tie at the ends, and cook gently in boiling stock for twenty minutes. Take them up, press lightly in the cloth until cold. Line eight quenelle-moulds with a thin layer of aspic jelly; decorate with truffle, cut in fancy shapes; set these in with a little more liquid aspic jelly. Coat the moulds over again with a thin layer of pink chaufroid sauce. Cut the quails in halves lengthways, and lay one in each mould, with the leg coming over the edge of the mould. Fill round with some more of the sauce, and put aside to set. Cook the rice in 1½ pints of boiling stock until quite thick; season with pepper and salt, and then fill up a border-mould with it; put aside to cool. Turn out on a cold dish, fill the centre

with the lettuce, washed, dried, and cut in shreds, and mixed with a little mayonnaise sauce. Dip the quenelle-moulds in warm water; turn out, and dish on the rice-border against the salad, with the claws meeting in the centre. Chop some aspic jelly, place a little between each mould, and also round the dish. Garnish with a few sprigs of parsley, and serve cold.

Average cost, 7s. 6d., if foie-gras is used. Time required, 3 hours. In season all the year. Sufficient for 7 or 8 persons.

1,287. CHAUDFROID DE CAILLES EN CAISSES.

3 quails.	salad.	salt.	1 gill sherry.
$\frac{1}{4}$ lb. calf's liver.	1 slice carrot.	aspic jelly.	$\frac{1}{2}$ pint stock.
2 ozs. bacon.	1 shallot.	meat-glaze.	pepper.

Bone the quails, leaving in the drum-sticks. Cut up the liver and bacon, the shallot and carrot; chop them separately. Put the bacon into a sauté-pan, cook it, then add the liver, shallot, and carrot. When cooked, pound in a mortar, season with salt and pepper, and rub through a sieve. Stuff the birds with this farce; tie each one up in muslin, put them in a stewpan, with their bones, the wine, and stock. Bring to the boil, and simmer for half an hour. Take up, put them on a plate, put



FIG. 85.—CHAUDFROID DE CAILLES EN CAISSES.

another over, and press slightly until cold. When cold, cut each quail in half. Glaze them well, so that they are a nice dark brown. Have ready six boat-shaped cases; three-parts fill them with small dressed salad; dish each half-quail on the salad, garnish round each quail with chopped aspic, and serve cold.

Average cost, 5s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

1,288. CHAUDFROID DE CAILLES, FARCIES (CHAUDFROID OF QUAILS, STUFFED).

4 quails.	1 tablespoonful brown sauce	8 chicken livers.	lettuce.
1 shallot.	(No. 6).	1 slice of fat bacon.	pepper.
aspic jelly.	1 pint white chaudfroid sauce	1 teaspoonful chopped carrot.	salt.
parsley.	(No. 124).	mayonnaise sauce (No. 134).	truffles.

Bone the quails, leaving in the drum-sticks and claws. Chop the bacon finely, and fry a little in a frying-pan; add the chopped shallot and carrot; cook these for a few minutes, then put in the chopped chicken livers and the brown sauce. Stir

these over the fire until thoroughly cooked ; season with pepper and salt, and then put into a mortar and pound well. Rub through a fine sieve, and then stuff the quails with it. Roll each bird in a piece of muslin, tie the ends with string, place in a pan of boiling water, and let them simmer gently for twenty minutes. Take them up, and press lightly in the cloths until cold. Remove the muslin, cut each quail in halves lengthways, and lay them, cut side down, on a wire icing-tray. Cover each with a coating of white chaudfroid sauce, giving them two or three layers until a good coating is obtained. Decorate the birds with truffle, cut in fancy patterns. Have ready some half-set aspic jelly, and pour this over the decorations, in order to give it a bright appearance. Wash the lettuce thoroughly, dry well, break it into small pieces, and moisten with a little mayonnaise sauce. Pile this as high as possible in the centre of a dish, dress the quails against it, with the claws meeting in the middle. Chop some aspic jelly, place a little between each quail and also round the dish. Garnish with the heart of the lettuce and a few sprigs of parsley.

Average cost, 6s. 6d. Time required, 2 hours. In season all the year. Sufficient for 8 persons.

1,289. CHAUDFROID DE CAILLES (CHAUDFROID OF QUAILS).

4 quails.	aspic jelly (No. 251).	¼ lb. chicken force-	1 jar pâté de foie-
lettuce.	mayonnaise sauce	meat (No. 202).	gras.
meat-glaze.	(No. 134).	preserved mushrooms.	rice for border.

Bone the quails, leaving in the drum-sticks and claws. Make the chicken force-meat, sieve the foie-gras, and mix into the chicken meat. Stuff the quails with this. Roll each bird in a piece of muslin, tie with string, place in a pan of boiling water or stock, and simmer gently for twenty minutes. Take them up, press lightly until cold in the cloth. Remove the muslin, cut each bird in half lengthways, and lay them on a wire icing-tray. Glaze them over carefully with meat-glaze, putting on several layers, until a good coating is obtained. Cut some preserved mushrooms in fancy patterns, and decorate the quails with them. Cover with a coating of half-set aspic jelly, and then put aside to thoroughly set. Boil 4 ozs. of rice in 1½ pints of white stock, until quite thick, then turn it into a border-mould, and put aside to set. Turn it out on a cold dish ; wash and dry the lettuce, break into small pieces, and mix with a little mayonnaise sauce. Place this in the centre of the border-mould, dress the quails on the rice, leaning against the salad, with the claws meeting in the centre. Chop some aspic jelly, place a little between each quail and also round the dish. Garnish with sprigs of parsley and the heart of the lettuce (see coloured plate).

Average cost, 8s. 6d. Time required, 3 hours. In season all the year. Sufficient for 8 persons.

1,290. CAILLES FARCIES.

3 quails.	meat-glaze (No.	liver stuffing (No. 1,288).	hard-boiled egg.
lettuce.	247).	mayonnaise sauce (No. 134).	aspic jelly.

Bone the quails, leaving in the drum-sticks ; stuff with the liver farce, tie each in muslin, and cook in boiling stock for fifteen minutes. Take up, and press lightly until cold. Cut each quail in half ; lay them on a dish, and glaze over with meat-glaze. Wash and dry the lettuce, cut it up, and mix with mayonnaise sauce. Pile this in the centre of a dish, arrange the quails, leaning against it, with their claws meeting in the centre. Garnish between each and round the dish with chopped aspic jelly. Decorate round the dish with quarters of hard-boiled egg.

Average cost, 5s. 6d. Time required, 2 hours. In season all the year. Sufficient for 6 persons.



Chaudfroid de Cailles.

1,291. MAUVIETTES EN CAISSES (LARKS IN CASES).

8 larks.	8 oval soufflé cases.	1 teaspoonful of chopped carrot.	aspic jelly.
1 shallot.	6 chicken livers.	1 tablespoonful of brown sauce	meat-glaze (No. 247).
parsley.	1 slice fat bacon.	(No. 6).	mustard-and-cress.

Bone the larks, leaving in the drum-sticks and claws. Chop the chicken livers very finely, also the bacon and shallot. Fry the bacon a little in a frying-pan ; add the shallot, carrot, and livers ; cook these over the fire ; season with pepper and salt, and moisten with the brown sauce. Put this mixture into a mortar, pound well, and then rub through a wire sieve. Stuff the larks with this mixture ; roll each in a piece of muslin, tie at each end with string, place in a pan of boiling water or stock, and let them simmer gently for fifteen minutes. Take them up, remove the muslin, let them get cold, and then glaze them all over with meat-glaze. Make a bed of mustard-and-cress at the bottom of each soufflé-case, lay one of the larks in each, and surround with a little chopped aspic jelly. Dish these cases up, and garnish the dish with a few sprigs of parsley.

Average cost, 3s. Time required, 2 hours. In season, August 1 to March 1. Sufficient for 8 cases.

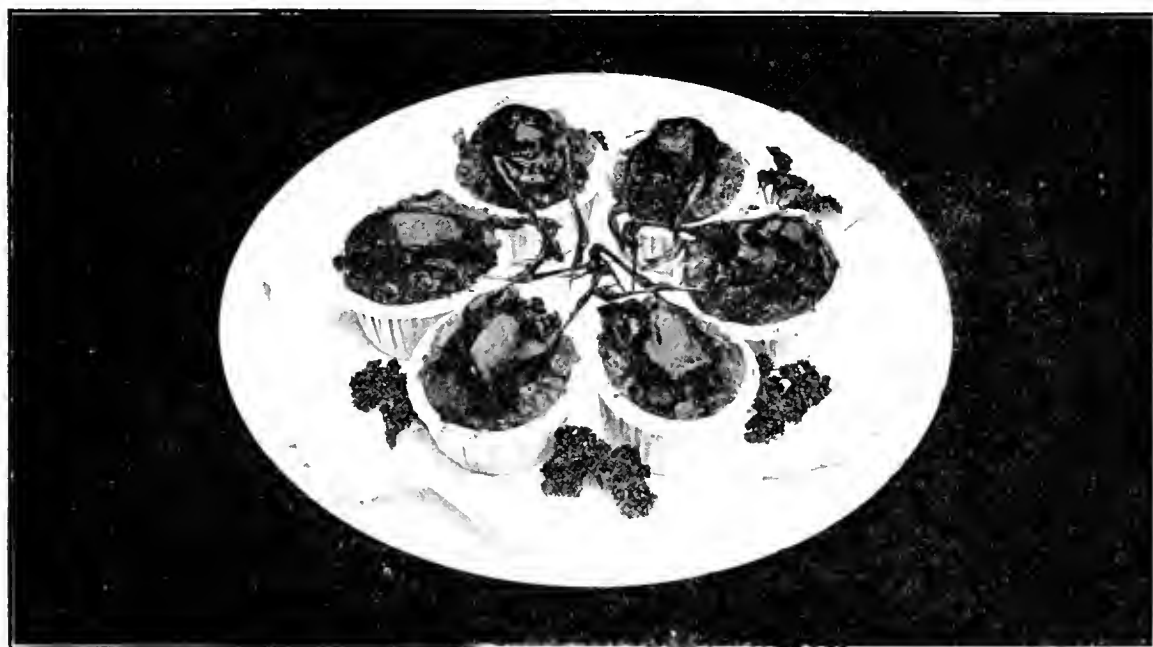


FIG. 86.—MAUVIETTES EN CAISSES.

1,292. BALLOTINES DE BÉCASSINES (BALLOTINES OF SNIPES).

6 snipes.	1 pint brown chaudfroid	$\frac{1}{2}$ lb. veal forcemeat (No.	aspic jelly (No.
stock.	sauce (No. 126).	201).	251).
parsley.	6 ozs. rice.	6 preserved mushrooms.	2 truffles.

Boil the rice in 1 quart of white stock until quite thick and tender, turn it into a dome-shaped mould, and put aside to set. Bone the snipes, cut each down the back, and lay out flat on the table ; season with pepper and salt. Chop the truffles finely, mix into the veal forcemeat, and then spread a layer of it over each snipe. Roll them up, wrap in buttered paper, fasten with string, and cook in boiling stock for about twenty minutes. Take up, and allow them to get cold in the paper. Remove the string and paper, and coat each ballotine with brown chaudfroid sauce. Decorate with preserved mushrooms, cut in fancy shapes, and then glaze over with half-set aspic jelly. Turn out the rice-shape in the centre of a dish, arrange the ballotines round, leaning against the centre-piece. Garnish between each and round the dish with chopped aspic jelly, and a few sprigs of parsley.

Average cost of snipes, 1s. to 2s. 6d. each ; cost of other ingredients, 2s. Time required, 1 hour. In season, August 1 to March 1. Sufficient for 6 persons.

1,293. MEDAILLONS DE GIBIER (MEDALLIONS OF GAME).

aspic jelly (No. 251).	$\frac{1}{2}$ gill salmi sauce (No. 76).	1 hard-boiled egg.
$\frac{1}{2}$ lb. cooked game.	6 preserved mushrooms.	truffle.
2 sheets gelatine.	parsley or watercress.	cayenne pepper.

Line eight oval-shaped moulds with a thin layer of aspic jelly. Cut the white of the hard-boiled egg into fancy patterns, and decorate the moulds with them, also with a little truffle. Set these in with a little more aspic jelly. Mince the game and mushrooms finely, put into a mortar with the salmi sauce, and pound well; season with salt and cayenne, rub through a fine sieve. Melt the gelatine in $\frac{1}{2}$ gill of aspic jelly, stir this into the game purée, and then fill up the decorated moulds with this mixture. When set, dip the moulds in warm water, turn out, and arrange in the form of a star. Garnish the dish with chopped aspic jelly and sprigs of parsley or watercress.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. In season, August to February. Sufficient for 6 persons.

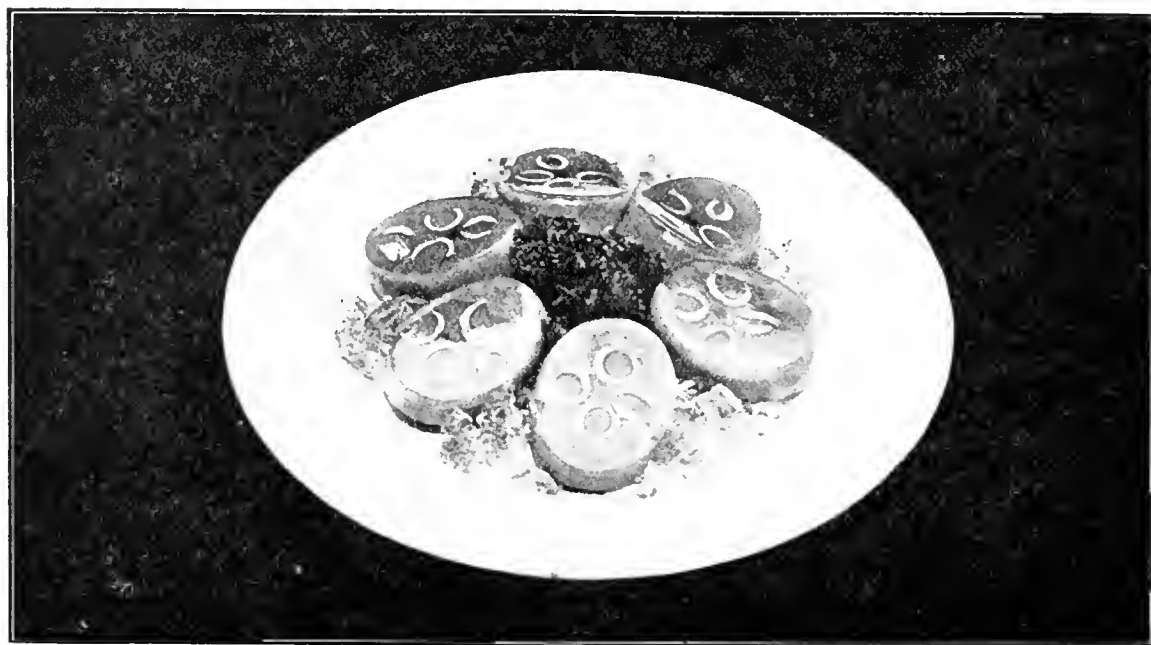


FIG. 87.—MEDAILLONS DE GIBIER.

1,294. GAME PIE.

2 lbs. flour.	game of any kind.	$\frac{1}{2}$ lb. butter.	2 yolks of eggs.	$\frac{1}{2}$ lb. veal.
2 gills water.	pepper and salt.	$\frac{1}{2}$ lb. bacon.	8 mushrooms.	stock.

Sieve the flour into a basin, with a little salt. Melt the butter in a saucepan with the water, when boiling; pour into the flour; add the yolks of eggs, and mix well. Put about one-third of this paste aside in a warm place; roll the rest out quickly, and line a buttered raised pie-tin with it. Place a layer of veal and bacon, both cut into small pieces, at the bottom of the mould, then a sprinkling of chopped mushrooms; over that a layer of game, cut into neat pieces, then a layer of veal, etc., until the mould is full. Each layer must be well seasoned with pepper and salt. Roll out the paste which was put aside, and cover the top with it; make a hole in the centre, surround with a wreath of pastry-leaves, place a rose or tassel in the centre, egg over, and bake in a moderate oven for three to four hours. Take out, and leave in the mould until cold. When nearly cold, take out the centre tassel, and fill the pie with good stock. Replace the tassel, and leave until cold. Take out of the tin, dish up, and garnish with watercress.

Average cost, uncertain. Time required, 5 or 6 hours. In season, August to February. Sufficient for 10 persons.

1,295. PAIN DE LIÈVRE À LA JARDINIÈRE (PURÉE OF HARE WITH VEGETABLES).

8 ozs. cooked hare.	$\frac{1}{2}$ gill brown sauce (No. 6).	aspic jelly (No. 251).	vinegar.
$\frac{1}{2}$ glass port-wine.	1 hard-boiled white of egg.	macedoine of vegetables.	salad-oil.
$\frac{1}{4}$ pint game stock.	1 bouquet garni (No. 194).	1 pint stock.	1 truffle.
1 oz. butter.	brown chaudfroid sauce (No. 126).	seasoning.	$\frac{1}{2}$ onion.

Line a border-mould with a thin layer of aspic jelly. When this is set, line the mould all over with brown chaudfroid sauce ; put on ice. Cut up the hare, put it into a mortar with the brown sauce and the game stock ; pound well together, and, when smooth, pass through a wire sieve. Put this purée into a basin, add to it the glass of port-wine ; season to taste, and stir in about $\frac{1}{2}$ pint of aspic jelly. Fill the prepared border-mould with this mixture, and put on the ice to set. To prepare the game stock, which should be done first, cut up the onion in small pieces ; melt the butter in a stewpan ; put in the onion, the chopped bones of the hare, and the bouquet garni. Fry these all together for about ten minutes, then add the stock ; simmer for forty-five minutes, skim it well, strain, and use as directed. Turn out the border on to a dish, fill the centre with a macedoine of vegetables seasoned with salad-oil, vinegar, pepper, and salt. Pile this in the form of a pyramid ; rub the hard-boiled white of egg through a wire sieve ; spread this all over the vegetables, and over the egg sprinkle some chopped truffle. Garnish the base of the dish with chopped aspic, and serve.

Average cost, 3s. 6d., without the hare. Time required, $1\frac{1}{2}$ hours. Seasonable. August to March. Sufficient for 8 to 10 persons.

CHAPTER XVI

RELEVÉS (REMOVES OF MEAT, POULTRY, AND GAME)

1,296. ALOYAU DE BŒUF À LA PROVENÇALE (SIRLOIN OF BEEF, PROVENÇAL STYLE).

7 lbs. sirloin of beef.	bouquet garni (No. 194).	1 pint stock.	1 onion.
6 small tomatoes.	1 gill Bechamel sauce (No. 4).	1½ gills sherry.	1 carrot.
18 mushrooms.	1 pint Madeira sauce.	¼ lb. bacon.	4 shallots.
½ oz. meat-glaze.	1 oz. Parmesan cheese.	pepper and salt.	1 oz. butter.

BONE the sirloin, trim it, taking away the skin and gristle at the top, and some of the fat, leaving only what is necessary. Cut the bacon into strips, and lard the meat with it ; tie up the joint into a nice shape. Slice the onion and carrot, put them into a braising-pan, place the joint on them ; add the herbs, stock, and 1 gill of wine ; put the pan in a moderate oven, and braise for about two hours. The meat should be basted occasionally. Half an hour before the meat is done prepare the garnish. Cut a small round from the top of each tomato, scoop out some of the inside ; rub this through a sieve. Chop six mushrooms and the shallots finely ; melt 1 oz. of butter in a stewpan, put in the chopped shallots, and fry them, without browning ; add the mushrooms, and cook. Stir in ½ gill of sherry ; reduce to half, then add the tomato-pulp, meat-glaze, salt, and pepper, grated Parmesan cheese, and the Bechamel sauce. Stuff the tomatoes with this preparation ; place on a buttered tin, and cook in the oven for about ten to fifteen minutes. Prepare the mushrooms ; cook them in butter. When the meat is done, take it up, untie, and keep hot. Heat the Madeira sauce ; add to it the liquor in the pan that the meat was cooked in, first skimming off all the fat. Boil for ten minutes ; season to taste. Strain some of this sauce over the meat ; the remainder is sent to table in a sauce-tureen. Garnish round the dish with the tomatoes and mushrooms, the latter in groups, and serve.

Average cost, 10s. Time to prepare, 2½ hours. Seasonable at all times. Sufficient for 8 or 10 persons.

1,297. PIÈCE DE BŒUF BRAISÉ À LA FLAMANDE (BRAISED RUMP OF BEEF, FLEMISH STYLE).

6 lbs. rump of beef.	larding bacon.	small boiled potatoes.	2 carrots.	1 clove.
1 bouquet garni (No. 194).	1½ pints stock.	demi-glaze sauce (No. 29).	1 onion.	salt.
	1 cabbage.	4 ozs. bacon.	1 turnip.	pepper.

Trim the beef, remove skin and gristle ; lard it on one side with strips of larding bacon ; braise on a bed of vegetables in the oven in the usual way for about two hours. While this is cooking, prepare the garnish. Cut the cabbage, which should be firm, into quarters ; take out the hard part, and parboil it for six or seven minutes. Drain, cool, and divide into leaves ; put them into a saucepan, with one carrot cut in quarters, one onion stuck with a clove, a bouquet of herbs, the bacon cut in squares, ½ pint of stock, and pepper and salt. Put the pan on the fire, bring to the boil, then cook in the oven gently for about one hour and a half. Cut the remaining carrot and the turnip into pieces the shape of olives ; cook the carrots in ½ pint of

stock or more, and the turnips also in the same quantity. Each vegetable should be cooked separately. Reduce the stock in each case to glaze, so that the vegetables may be nicely glazed when the cooking is finished. Have ready some small, plain-boiled potatoes. Dress the meat on a hot dish, and arrange the glazed carrots, turnips, and potatoes in alternate groups round the meat, with the cabbage and the bacon between. The sauce should be sent up separately.

Average cost, 7s. Time required, 2½ hours. Seasonable at all times. Sufficient for 8 or 10 persons.

1,298. BŒUF BRAISÉ À LA MODE (BRAISED BEEF À LA MODE).

4 lbs. rump of beef.	larding bacon.	2 ozs. butter.	2 carrots.	allspice.
crushed clove of garlic.	1 gill white wine.	1½ pints stock.	2 onions.	salt.
1 bouquet garni.	½ gill brandy.	1 oz. flour.	2 cloves.	pepper.

Trim the meat, lard it with strips of larding bacon ; place the meat in a deep dish, add to it the crushed garlic, cloves, allspice, wine, brandy, one onion and carrot (sliced), pepper and salt. Let the meat remain in this for some hours, turning it occasionally. When ready to cook, drain the meat, dry it, and fry in the butter until a light brown. Then take up the meat and fry the remaining carrot and onion slightly in the same butter ; add the flour, and brown it a little ; stir in the strained liquor that the meat was steeped in, the stock, and the bouquet garni ; let it boil, and then skim well. Put the meat into this ; simmer slowly for about two hours. When the meat is done, dish it up ; take the fat off the sauce, and strain over the meat ; garnish round with the carrots and onions, and serve.

Average cost, 5s. 6d. Time required, after steeping, 2½ hours. Seasonable at all times. Sufficient for 9 or 10 persons.

1,299. PIÈCE DE BŒUF À LA JARDINIÈRE (BRAISED RUMP OF BEEF WITH VEGETABLES).

8 lbs. rump of beef.	½ pint Espagnole	2 ozs. butter.	2 onions.
½ pint white wine.	sauce (No. 33).	larding bacon.	½ turnip.
1 small cauliflower.	1½ pints stock.	meat-glaze.	pepper.
½ lb. Brussels sprouts.	1 bouquet garni.	3 carrots.	salt.

Trim the meat, removing fat and gristle ; lard it with strips of larding bacon in rows ; season with pepper and salt, and tie it with string, to keep it a nice shape. Prepare the onions, one carrot and turnip ; cut them in slices. Melt the butter in a large stewpan ; put in the vegetables ; place the fillet on the top ; add the wine, stock, and bouquet garni ; simmer for three hours. Cook the cauliflower and the sprouts. Cut two carrots into pieces, and shape them like olives ; boil these in salted water until nearly cooked ; drain them, and put into a stewpan containing some melted glaze. Toss in this until the carrots are nicely glazed, and quite cooked. When the beef is ready, take it up, drain, and place on a hot dish. Strain the gravy into another saucepan ; remove the fat, reduce the liquor, then add the sauce. Let it simmer for ten minutes. Glaze the meat on the larded side, and garnish with the vegetables. Divide the cauliflower into nice pieces, and put a group at each end of the dish and at each side ; place some carrots on each side of the cauliflower, and the Brussels sprouts between. Serve with the gravy sent to table separately.

Average cost, 10s. Time required, 3½ hours. Seasonable, September to February. Sufficient for 10 or 12 persons.

1,300. FILET DE BŒUF BRAISÉ À LA NAPOLITAINE.

4 lbs. fillet of beef.	1 bouquet garni (No. 194).	larding bacon.	1 carrot.
chopped parsley.	¼ lb. spaghetti.	1 pint stock.	1 onion.
¼ lb. streaky bacon.	½ pint tomato sauce (No. 77).	2 ozs. butter.	salt and pepper.

Obtain a piece of middle-cut of fillet, trim off the sinews and fat ; lard one side of the meat with strips of larding bacon, and tie round with string, so as to keep it a good shape. Peel the onion, scrape the carrot, slice them, and cut the bacon into

pieces. Melt 1 oz. of butter in a deep stewpan; put in the vegetables and bacon with the piece of meat on the top; add the bouquet and seasoning. Put the pan on the fire, and slightly brown the fillet; then add the stock, cover with a greased paper and the lid of the pan; braise slowly by the side of the fire or in the oven; baste occasionally. When cooked (the fillet should be underdone), take it up, remove the fat from the liquor in the pan, add the tomato sauce, and reduce until of a right consistency, then strain into a clean stewpan, and keep hot. Untie the fillet, and put it into the sauce. Drop the spaghetti into plenty of fast-boiling water, slightly salted; cook for about twenty minutes. When done, drain it; melt 1 oz. of butter in a stewpan, put in the spaghetti, and mix thoroughly; season to taste with salt and pepper, and mix in a little of the sauce from the beef. Dress the fillet on a hot dish, larded side up. Pour a little of the sauce over the meat; garnish with the spaghetti; sprinkle the latter with a little chopped parsley, and serve. The remainder of the sauce should be sent up separately.

Average cost, 5s. 6d. Time required, 2 hours. Seasonable always. Sufficient for 8 persons.

1,301. FILET DE BŒUF PIQUÉ AUX CHAMPIGNONS (LARDED FILLET OF BEEF WITH MUSHROOMS).

4 lbs. fillet of beef.	Madeira sauce (No. 50).	meat-glaze.	salt and pepper.
1 lb. mushrooms.	larding bacon.	vegetables.	butter.

Trim the fillet by removing the skin and some of the fat; lard it in rows with strips of larding bacon; trim these strips with scissors, so as to get them all the same length. Cut some vegetables—*i.e.*, carrots, turnip, onion—into slices; line a deep baking-tin with these; place the fillet on the top; season with a little pepper and salt; pour some dripping over the top, and roast in a moderate oven for about one hour. Baste the meat while cooking, and when done, brush it over with meat-glaze. Cook the mushrooms in butter in a stewpan; toss them about in the butter; sprinkle with salt and pepper. Dish the fillet; warm the sauce; add to it the gravy from the meat. Pour a little of this round the fillet; garnish with groups of mushrooms, and serve. The remainder of the sauce should be sent up separately.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 to 8 persons.

1,302. FILET DE BŒUF PIQUÉ À LA TYROLIENNE (LARDED FILLET OF BEEF).

4 lbs. fillet of beef.	1 bouquet garni (No. 194).	1 wineglassful	1 pint stock.	1 onion.
8 small tomatoes.	$\frac{1}{2}$ pint tomato sauce (No. 77).	white wine.	2 ozs. butter.	salt.
meat-glaze (No. 247).	8 round potato croquettes.	larding bacon.	1 carrot.	pepper.

Take away the fat and skin from the fillet; lard it on one side with strips of larding bacon; tie with string, so as to keep it a good shape. Peel the onion, scrape the carrot, cut them in slices. Melt the butter in a large stewpan, put in the sliced vegetables; place the fillet on the top, and fry over the fire until lightly browned, then add the wine, stock, bouquet garni, and seasoning. Cover with a buttered paper; put on the lid, and cook gently on the fire or in a moderate oven for about one hour (the time for cooking depends on whether the meat is liked underdone or not); baste the joint occasionally. Cook the tomatoes in butter (they should be kept whole). Dish the fillet, larded side up; brush over with meat-glaze; reduce the liquor in the braising-pan, remove the fat, strain it into a clean saucepan, add the tomato sauce, and simmer for ten minutes. Pour a little of the sauce round the fillet; serve the remainder of the sauce separately. Garnish round the fillet with the tomatoes and potato croquettes, arranged alternately.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 persons.

1,303. FILET DE BŒUF À LA RICHELIEU.

4 lbs. fillet of beef.	½ pint Richelieu sauce. (No. 70).	1 pint stock.	2 onions.
larding bacon.	8 chicken quenelles (Nos. 202	mushrooms.	2 cloves.
1 glass white wine.	and 324).	salt and pepper.	truffles.
1 bouquet garni.	piece of celery.	1 carrot.	butter.

Trim and lard the fillet. Prepare the carrot, onions, and celery ; cut them into slices ; put them into a stewpan ; place the fillet on the vegetables ; add the stock, wine, bouquet garni, cloves, and seasoning ; set to braise, either in the oven or over a slow fire. When the joint is cooked, place it on a dish ; brush over with glaze, and keep hot. Strain the liquor, remove the fat, and reduce to half-glaze ; add to it the Richelieu sauce ; pour it round the meat, and garnish the dish round the fillet with the chicken quenelles, fresh mushrooms cooked in butter, and truffles. Serve hot.

Average cost, 6s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 persons.

1,304. LANGUE DE BŒUF FROID (OX-TONGUE).

1 pickled ox-tongue. | bouquet garni (No. 194). | glaze. | aspic jelly (No. 251). | parsley.

Soak the tongue in cold water for a few hours. Then put it into a saucepan, cover with cold water, add the herbs, place the pan on the fire, bring slowly to the boil ; skim it well, and cook gently for two and a half to three hours. When done, take it up and skin (this must be done carefully). Take out the bones at the root. When the tongue has been skinned, put it on a board ; shape it nicely, and let it get cold. When quite cold, trim the root neatly. Glaze it ; put a paper frill round the root ; dish up, and garnish round with chopped aspic jelly and fresh sprigs of crisp parsley.

Average cost of tongue, 4s. 6d. to 6s. 6d. Time required, after soaking, 4 hours. Seasonable at all times. Sufficient for 8 or 9 persons.

1,305. LANGUE DE BŒUF RÔTI (ROAST OX-TONGUE).

1 fresh ox-tongue.	bunch of savoury herbs.	6 peppercorns.	2 cloves.	1 onion.
1 gill port-wine.	1 pint brown sauce (No. 6).	breadcrumbs.	1 oz. salt.	egg.

Soak the tongue for an hour. Trim it nicely ; put it into a saucepan, cover it well with cold water ; add the onion, stuck with the cloves, the herbs, peppercorns, and salt. Let it come to the boil, simmer gently for two and a half hours, then skin it. Brush over with beaten egg ; breadcrumb it well all over, and bake for half an hour, keeping it well basted. Heat the brown sauce, add the wine to it ; season nicely ; simmer for ten minutes. Dish the tongue, and send to table with the sauce separately. Red-currant jelly is often served with roast tongue.

Average cost, 4s. 6d. to 6s. 6d. Time to roast. 30 minutes. Seasonable at all times. Sufficient for 8 or 9 persons.

1,306. LANGUE DE BŒUF AU MADÈRE (OX-TONGUE WITH MADEIRA SAUCE).

1 pickled ox-tongue.	bunch of savoury herbs.	1 onion.	meat-glaze.	1 cauliflower.
6 peppercorns.	1 pint Madeira sauce (No. 50).	2 cloves.	salt.	French beans.

Soak the tongue for a few hours in cold water. Put it into a saucepan with the herbs, onion stuck with the cloves, peppercorns, and salt ; cover with cold water, and boil gently for two and a half to three hours ; skim it well. When done, skin it, and put back in the boiling water to get thoroughly hot. When about to serve, glaze it quickly ; place on a hot dish, and garnish round with groups of cauliflower and cooked French beans. Serve with the Madeira sauce separately.

Average cost, 4s. 6d. to 6s. 6d. Time required, 2½ to 3 hours to boil. Seasonable at all times. Sufficient for 8 or 9 persons.

1,307. FRICANDEAU DE VEAU AUX ÉPINARDS (BRAISED CUSHION OF VEAL WITH SPINACH).

4 lbs. cushion of veal.	bouquet garni (No. 194).	1 pint stock.	1 carrot.
larding bacon.	$\frac{3}{4}$ pint Espagnole sauce (No. 33).	1 oz. butter.	salt.
2 lbs. cooked spinach.	2 tablespoonfuls cream.	1 onion.	pepper.

Take off the skin from the veal and most of the fat ; lard it with strips of larding bacon, arranged in rows, close together. Peel the onion, scrape the carrot, cut in slices, and line a deep stewpan with them ; also add the trimmings of larding bacon and the bouquet garni. Place the meat on this, keeping the larded side up ; season with pepper and salt ; add the stock ; cover with buttered paper and the lid of the saucepan ; place it on the fire or in the oven, and cook gently for about two hours. When done, take up the veal, put it on a baking-sheet, and put it in the oven for about ten minutes, to glaze the bacon. Strain the stock, remove all fat from it, and reduce it to half-glaze ; add the sauce ; season to taste, and boil it up. Have ready cooked the 2 lbs. of spinach ; drain well, and rub through a fine sieve. Melt the butter in a stewpan ; put in the spinach, and mix until quite hot ; then season to taste ; add the cream ; cook for five minutes longer. Dish the veal on a hot dish, glaze it quickly, and arrange the spinach round it in a neat border. Send the sauce to table in a sauce-tureen.

Average cost, 5s. 9d. Time required, about 2 hours. Seasonable at all times. Sufficient for 6 or 8 persons.

1,308. FILET DE VEAU FARCI (STUFFED FILLET OF VEAL).

8 lbs. fillet of veal.	1 tablespoonful chopped parsley.	$\frac{1}{2}$ pint water or	salt.
1 oz. cooked lane ham.	$\frac{1}{2}$ teaspoonful chopped savoury	stock.	pepper.
2 tablespoonfuls bread-	herbs.	2 ozs. suet.	1 egg.
crumbs.	rind of $\frac{1}{2}$ lemon.	2 ozs. butter.	1 oz. flour.

Bone the fillet of veal ; chop the suet, mix it with the breadcrumbs in a basin ; add the parsley, herbs, salt, and pepper ; chop the ham finely, and the thinly-peeled rind of the lemon. Add these to the rest of the ingredients. Beat the egg, and stir it in. If there is not sufficient to mix, use a little milk in addition. Stuff the hollow left by the bone with this forcemeat ; tie the meat round with string, and skewer it. Put the joint on to a baking-tin ; put some dripping on the top ; put it in the oven, and cook for about two and a half hours or longer (veal should always be well cooked). Baste the meat well whilst cooking. Put the butter into a small stewpan, and as soon as it is melted stir in the flour, and cook it over the fire until brown, then add the water or stock and stir until it boils. Let it simmer gently for a few minutes. As soon as the fillet of veal is cooked, take it up and place on a hot dish. Take the fat off the gravy in the pan ; pour in $\frac{1}{2}$ pint of boiling water ; stir it well, so as to loosen the essence of the meat which sticks to the pan ; add this to the sauce. Season to taste, boil up, strain it over the veal, and serve.

Average cost, 8s. 6d. Time to cook the joint, $2\frac{1}{2}$ to 3 hours. Sufficient for 10 to 12 persons.

1,309. LONGE DE VEAU BRAISÉ (BRAISED LOIN OF VEAL).

8 lbs. best end of loin of veal.	veal stuffing.	1 onion.	salt.
bouquet garni.	$1\frac{1}{2}$ pints stock.	1 carrot.	pepper.
1 pint brown sauce (No. 6).	2 ozs. butter.	$\frac{1}{2}$ turnip.	mushrooms.

Bone the loin, trim it, and remove some of the fat ; make the veal stuffing as in last recipe ; fill in the space left by the removal of the bone ; fold the undercut over it ; roll up, and tie securely with string. Peel the onion and turnip, scrape the carrot, and cut them in slices. Melt 2 ozs. of butter in a large stewpan ; put in the vegetables ; lay the loin on the top ; add the bouquet and the stock ; cover with a buttered paper ; put on the lid of the saucepan, and braise gently over the fire for about three

hours. Baste constantly during the cooking. When done, take it up, drain, and put it in the oven to get hot. Strain the liquor in the pan, take off the fat, and reduce the gravy to half-glaze; then add the brown sauce; season to taste with pepper and salt, and simmer gently for ten minutes. Dress the meat on a dish, and garnish round with groups of cooked mushrooms. Pour a little of the sauce round the dish, and serve the remainder separately.

Average cost of loin of veal, 11d. per lb. Time required, 3½ hours. Seasonable at all times.

1,310. NOIX DE VEAU À LA PALESTINE.

bouquet garni (No. 194).	1 pint Bechamel sauce	cushion of veal.	larding bacon.	2 onions.
1 lb. Brussels sprouts.	(No. 4).	3 lbs. potatoes.	1 pint stock.	salt.
1 dessertspoonful stock.	2½ lbs. Jerusalem arti-	1 oz. lean ham.	6 ozs. butter.	pepper.
meat-glaze (No. 247).	chokes.	yolks of 2 eggs.	½ gill cream.	1 bay-leaf.

Trim the cushion of veal, lard it with strips of bacon, 2 inches long. Line the bottom of a large stewpan with the trimmings of the bacon, the onions sliced, and the bouquet garni; put the veal on the top; season with salt and pepper; add the pint of stock; place the lid on the stewpan, and put it in a moderate oven for three hours. Baste the meat frequently whilst cooking; if necessary, more stock may be added. Peel the artichokes; wash well in acidulated water, and trim to a pear shape. Put six of these aside, and boil the remainder in sufficient water to cover. Add to them a little lemon-juice and salt; cook until tender. Peel and boil the potatoes. When done, drain, and mash them with 1 oz. of butter and a little milk. Press them into a large border-mould, and stand it in a cool oven to keep hot or in a bain-marie. Boil the Brussels sprouts, and drain. Cut the six artichokes that were put aside, slice them thinly. Melt 4 ozs. of butter in a stewpan; add the sliced artichokes, the ham finely chopped, the bay-leaf, and the dessertspoonful of stock. Cook gently until the artichokes are soft; add the Bechamel sauce; season to taste with salt and pepper, and cook for twenty minutes; then rub through a hair sieve. Beat together the yolks of eggs and cream; add them to the sauce, and stir over the fire until very hot, but it must not boil. Take up the veal when cooked, and glaze with meat-glaze. Turn out the border of potato on to a hot dish; scoop out a little of the centre of each artichoke at the thickest end, and put a Brussels sprout in each; then place the thinnest end of the artichokes in the potato border. Dish the veal in the centre; pour the sauce round and on the potato, and serve.

Average cost, uncertain. Time required, 3 hours. Seasonable, September to February.

1,311. GIGOT DE MOUTON BOUILLI AUX NAVETS (BOILED LEG OF MUTTON WITH TURNIPS).

1 small leg of mutton.	a few carrots.	salt.
caper sauce (No. 15).	celery.	1 bunch turnips.
bouquet garni (No. 194).	2 ozs. butter.	½ gill cream.

Put the leg of mutton in a large saucepan containing sufficient boiling water to cover; bring to the boil, and skim well; then add a few carrots cut in pieces, a stick of celery, bouquet garni, and salt; draw the pan to the side of the fire, and simmer gently for about two and a half to three hours, according to size. Peel the turnips, cut them in quarters, and boil until soft, then mash them; stir in the butter, salt, and pepper, and the cream; mix well over the fire. When the mutton is done, take it up and place it on a hot dish; strain a little of the water it was cooked in round it; garnish with the carrots cut in nice pieces. Dish the turnips in a vegetable dish, and pile them up in the shape of a pyramid. Send to table with the mutton and a sauce-tureen of caper sauce. Serve very hot.

Average cost, according to size, 10d. to 1s. per lb. Time required, 2½ to 3 hours. Seasonable at all times.

1,312. GIGOT D'AGNEAU FARCI (STUFFED LEG OF LAMB).

leg of lamb.	18 fresh mush-	pepper.	1 onion.
3 ozs. butter.	rooms.	1 tablespoonful meat-	1 glass white wine.
2 carrots.	salt.	glaze (No. 247).	1 pint veal stock.

Bone the leg of lamb, leaving only a short piece of the shin-bone to act as handle. Peel the mushrooms, and chop them coarsely. Melt 1 oz. of butter in a stewpan ; put in the mushrooms, season with salt and pepper, and cook ; then add the meat-glaze ; turn on to a plate, and let it get cold. Stuff the leg with the mushrooms, and sew it up neatly. Cut up the vegetables in slices. Melt 2 ozs. of butter in a large stewpan, put in the vegetables, lay the leg of lamb on the top, and add the lamb-bones. Brown the leg lightly, then dilute with the wine and stock. Put the pan in a moderate oven for about one hour. Dish up the joint, strain off the fat from the gravy, season it, reduce a little, and serve separately.

Average cost, 1s. to 1s. 2d., according to season. Time required, 15 minutes to the lb. Seasonable, December to August.

1,313. SELLE DE MOUTON RÔTI (ROAST SADDLE OF MUTTON).

saddle of mutton.	dripping.	red-currant jelly.	potato croquettes.
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Choose a saddle of mutton that has been hung long enough to be tender, trim it, and take away all unnecessary fat ; cut the flaps short, roll them up, but do not let them cover the undercut ; tie it with string in several places. Put the joint in a baking-tin ; put some dripping on the top, and roast, first placing it in a hot oven to brown, and then into a cooler part of the oven to finish cooking ; baste constantly whilst roasting. When the saddle is done, take it up, put on a hot dish, and stand it in the oven until the gravy is made. Pour away the dripping from the pan ; add some boiling water to the gravy, stir well, so as to loosen the essence of the meat on the tin ; boil up ; season with a little salt, and strain it into a sauce-tureen. Garnish the joint with potato croquettes arranged at each end of the dish. Send to table with the sauce and some red-currant jelly.

Average cost of saddle, 10d. to 1s. per lb. Time required, uncertain—depends on the size ; also, well-kept meat takes a shorter time to cook than if fresh. Seasonable at all times.

1,314. TO COOK A YORK HAM.

Choose a ham with a thin, smooth skin. Soak it in cold water for twelve hours, scrape it clean, and put into a large stewpan, cover it well with cold water, put on the fire and bring to the boil slowly ; simmer for four to five hours, according to size. When the ham is cooked, draw the pan away from the fire and let it get cold in the water, then take it up and skin it. The ham can then be either covered with brown breadcrumbs, or it can be glazed.

Average cost of a York ham, 1s. to 1s. 2d. per lb.

1,315. JAMBON BRAISÉ AU MADÈRE (BRAISED HAM WITH MADEIRA).

a small ham.	1 bottle Marsala or Madeira wine.	$\frac{1}{2}$ pint demi-glaze sauce (No. 29).	glaze.
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Soak the ham in cold water for twelve hours, saw off the knuckle-bone quite close ; put the ham into a large stewpan, cover well with cold water, bring slowly to the boil, and simmer gently until done. Take up the ham and skin, put it into another saucepan, add the wine to it, and simmer gently for half an hour, basting it frequently with the wine. Take up the ham, brush over with glaze, and keep hot. Add the sauce to the wine left in the stewpan, simmer for ten minutes, strain and skim the sauce, pour some of it round the ham, and serve the remainder separately.

Average cost, uncertain. Time required, 3 hours. Seasonable at all times.

1,316. GIGOT DE MOUTON RÔTI AUX TOMATES (ROAST LEG OF MUTTON WITH TOMATOES).

8 lbs. leg of mutton. | 6 tomatoes. | salt. | pepper. | 2 ozs. butter. | mushrooms. | chopped parsley.

Trim the leg of mutton, place it on a baking-tin, and bake it for two to two and a half hours ; baste it well during the cooking. Skin the tomatoes by dipping them into hot water, and then peeling carefully with a knife. Cut them in halves ; butter a baking-tin, put the tomatoes on it ; season with pepper and salt, and cook them in the oven with a buttered paper over for about ten minutes ; they must not get too soft. Wash, dry, and peel some mushrooms ; melt some butter in a stew-pan, put in the mushrooms, and cook for about ten minutes ; season them with salt and pepper. Dress the leg of mutton on a hot dish. Make the gravy by pouring away the dripping from the baking-tin, and adding boiling water to the essence of the meat in the tin ; stir with a spoon, in order to loosen the gravy. Season with salt, and pour it over the meat. Garnish round the dish with the tomatoes and mushrooms arranged alternately. Serve very hot.

Average cost, 9s. Time required, 3 hours. Seasonable at all times.

1,317. ÉPAULE DE MOUTON FARCIE (STUFFED SHOULDER OF MUTTON).

1 shoulder of mutton.	1 tablespoonful parsley.	$\frac{1}{2}$ onion.
$\frac{1}{4}$ lb. raw bacon.	4 ozs. breadcrumbs.	salt and pepper.
4 ozs. mutton suet.	1 teaspoonful savoury herbs.	2 eggs.

Bone the mutton ; remove all fat that is unnecessary. Chop the suet finely, mix it with the breadcrumbs ; add the chopped parsley, herbs, and onion ; cut the bacon in very small dice, and stir it into the rest of the ingredients ; season with pepper and salt ; beat the eggs, and bind the farce with them. Mix all well together ; stuff the shoulder with this preparation. Roll up the meat, fasten it with string, and place on a baking-tin. Put some dripping over it, and bake in a moderate oven for about one and a half or two hours, according to the size of the joint. Baste occasionally. When done, take it up, place on a dish, and serve with gravy made from the essence of the meat in the baking-tin. Serve at once, very hot.

Average cost of mutton, 9d. per lb. Time required, 2 hours. Seasonable at all times.

1,318. POULARDE RÔTIE (ROAST CAPON).

Draw and truss a capon, put it on a baking-tin, or place it in front of a good fire ; cover the bird with butter or dripping, and either roast or bake it. Baste constantly while cooking. When done, take it up and put on a hot dish. Pour off the dripping in the baking-tin, add some brown stock, made from the giblets of the fowl, stir with a spoon to loosen the gravy, boil up, season with salt and pepper ; strain into a sauce-tureen ; garnish round the bird with well-washed and picked watercress. Serve with a sauce-tureen of bread sauce (No. 13).

Average cost, 4s. to 5s. Time required, 1 hour to $1\frac{1}{4}$ hours, according to size. Seasonable at all times. Sufficient for 6 persons.

1,319. POULET BOUILLI (BOILED FOWL).

1 fowl. | 1 pint Bechamel sauce (No. 4). | 1 hard-boiled egg. | chopped parsley.

Prepare the fowl, truss it for boiling ; have ready a saucepan of boiling water, put in the fowl, add some salt, skim well, and simmer until done. A large fowl will take about one hour to cook, a small one from half to three-quarters of an hour. When the fowl is done, take it up, drain, and place on a hot dish ; pour the sauce over, so as to quite cover it ; garnish with the hard-boiled egg rubbed through a sieve, and a little chopped parsley, and serve.

Average cost, 3s. 6d. to 5s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,320. CARRÉ DE MOUTON BRAISÉ À LA JARDINIÈRE (BRAISED NECK OF MUTTON WITH VEGETABLES).

best end of neck of mutton.	$\frac{1}{2}$ pint stock.	1 onion.	2 ozs. streaky bacon.
bouquet garni (No. 194).	pepper and salt.	2 carrots.	mixed vegetables— <i>i.e.</i> , carrots,
$\frac{1}{2}$ pint brown sauce (No. 6).	$1\frac{1}{2}$ ozs. butter.	2 cloves.	turnips, peas, beans, etc.

Bone the neck, and trim ; roll up, and tie with string. Melt the butter in a stewpan ; peel the onion, scrape the carrot, cut them in slices, and put into the butter ; place the meat on these, with the bacon cut in pieces on the top ; add the bouquet garni and the cloves. Brown the meat nicely, then add the stock, season with salt and pepper, put on the lid of the pan, and cook slowly for about one hour ; then add the sauce, and put the pan in the oven to finish cooking. When done, take up the meat, remove the string, and keep the joint hot. Skim the grease off the sauce, strain, and boil up again. Dish the neck, pour the sauce over, and garnish round with groups of mixed vegetables, which have been cooked separately in salted water, and then mixed and tossed in butter over the fire. Serve very hot.

Average cost of mutton, 9d. per lb. Time required, $1\frac{1}{2}$ hours. Seasonable in the spring and summer.

1,321. HANCHE DE VENAISON RÔTIE (ROAST HAUNCH OF VENISON).

Choose a haunch of venison that has been hung for a fortnight or three weeks. Saw off the chine-bone and the knuckle, wipe the meat thoroughly with a damp cloth and then with a dry one. Cover the meat with a sheet of well-greased paper, and over that a paste made of flour and water, over this again another greased paper, tie with string, place the venison on the spit, and put it down to a clear fire (or it can be baked in the oven) to roast for about three to four hours, basting it well during the cooking. Twenty minutes before the joint is done, take away the paper and paste ; baste the haunch well, and then dredge all over with flour ; put it again to the fire, in order to brown, basting it well. When done, dish the venison on a hot dish ; send to table with a good gravy, and serve red-currant jelly separately.

Average cost, uncertain. Time required, 3 to 4 hours, according to size. Seasonable, June to December.

1,322. POULET RÔTI AUX CRESSONS (ROAST CHICKEN WITH WATERCRESS).

1 fowl. | bread sauce (No. 13). | butter. | watercress.

Prepare and truss a chicken for roasting. Put it down before a clear fire, or bake it in the oven. Baste it constantly with butter during the cooking. When done, take it up, drain, and draw out the skewers and string ; dress on a hot dish ; pour a little good gravy round ; garnish with watercress, and send to table with a tureen of well-made bread sauce.

Average cost, 3s. 6d. to 5s. 6d. Time to roast, 30 minutes to 1 hour, according to size. Seasonable always. Sufficient for 4 persons.

1,323. POULARDE AUX CHAMPIGNONS (PULLET WITH MUSHROOMS).

1 pullet. | 18 white mushrooms. | lemon. | 1 pint Allemande sauce (No. 1). | larding bacon.

Truss the pullet for boiling, rub over with lemon, to keep it white, and cover the breast with thin slices of larding bacon ; this is tied on with string. Have ready a saucepan of boiling white stock, put in the fowl, bring up to the boil again, skim well, and simmer for one and a quarter hours. When done, take up the bird, take off the bacon, place on a hot dish, cover it with Allemande sauce, and garnish round with the cooked mushroom-heads.

Average cost, 5s. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 6 persons.

1,324. SELLE DE VENAISON, RÔTIE À LA CUMBERLAND (ROAST SADDLE OF VENISON).

1 small saddle of venison. butter.	Cumberland sauce (No. 129).	French beans. larding bacon.
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Choose a small saddle which has been well hung. Take away the skin and sinews, and trim the joint. Lard the saddle with strips of larding bacon, then tie with string. Place the joint on a baking-tin, season with salt and pepper, and put some pieces of butter on the top. Cook in a hot oven for the first twenty minutes, and then in a cooler place until done. The venison must be constantly basted during cooking. When the saddle is done, take it up, untie it, place on a dish in the oven to keep hot. Pour off the grease in the pan, add some boiling water or stock, stir well, boil up, season to taste, and pour it round the joint. Have ready some cooked French beans, drain them, and toss in butter. Send these to table with the venison and a sauce-tureen of Cumberland sauce.

Average cost, uncertain Time required, according to size. Seasonable, June to December.

1,325. POULARDE AU VERT PRÉ.

1 pullet or capon. larding bacon. asparagus-heads.	1½ pints suprême sauce (No. 74). French beans.	peas. 1 truffle. 3 ozs. butter.	pepper. salt. lemon.
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Truss the pullet for boiling, rub the breast and legs with lemon, to keep it white, and cover the breast with thin slices of larding bacon; tie this on with twine. Have ready a saucepan of boiling water or white stock; put in the bird, add a little salt, bring up to the boil again, skim well, and simmer gently for about one and a quarter hours. When done, take up the bird, remove the bacon, take out the trussing-strings, place on a hot dish. While the bird is cooking, prepare the sauce and garnish. Boil the vegetables separately in salted water. When cooked, take 3 ozs. of cooked peas, put them into a mortar with 3 ozs. of butter, a little salt and pepper; pound well, then rub through a hair sieve. Heat the sauce, and work this butter into it by degrees. Coat the pullet with this sauce; sprinkle over some chopped truffle, and arrange the cooked vegetables round the dish in groups. Serve hot.

Average cost, 5s. 6d. Time required, 1¼ hours. Seasonable, May to July Sufficient for 6 persons.

1,326. POULARDE À LA POULETTE (CAPON WITH POULETTE SAUCE).

1 capon. 1 onion.	1 pint poulette sauce (No. 65). bouquet garni (No. 194).	2 cloves. butter.	salt and pepper. 1 lb. mushrooms.
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Truss the capon for boiling. Have ready a saucepan of boiling water or stock, add the onion stuck with the cloves, the bouquet garni, and a little salt; bring to the boil; skim and then simmer gently until done. Prepare the mushrooms, and cook them in butter. Dish the bird on a hot dish, pour the sauce over, garnish with the mushrooms, and serve.

Average cost, 5s. 6d. Time required, about 1½ hours. Seasonable at all times. Sufficient for 6 persons.

1,327. DINDE FARCIE AUX MARRONS (ROAST TURKEY STUFFED WITH CHESTNUTS).

1 small turkey. ¼ lb. fresh pork.	1 dessertspoonful parsley. 1 teaspoonful savoury herbs.	2 or 3 lbs. chestnuts. 4 ozs. suet.	pepper. dripping.	stock. salt.
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Singe, draw and truss the turkey for roasting. Take away the skin and sinews from the pork, chop it finely, also the suet and liver of the turkey; roast the chestnuts in the oven until the outer and inner skins can be removed, then boil them in

stock until tender, drain and pass them through a coarse sieve. Mix the chestnuts with the finely minced pork and suet in a basin; add the chopped parsley and herbs; season with pepper and salt, bind with a little stock, mix all well together. Stuff the bird with this, both the breast and body, sew up with string, and place on a roasting-tin; put some dripping into the tin, and baste with it constantly whilst roasting. Cook for about one and a half to two hours, according to the size of the bird. When cooked, dish the turkey on a hot dish, pour a little good gravy round, and send the remainder to table separately. Send also a tureen of bread sauce.

Average cost, 11d. to 1s. per pound. Time required, 1 to 2 hours, according to size. Seasonable, November to January.

1,328. POULARDES À LA ROYALE (CAPONS, ROYAL STYLE).

2 capons.	larding bacon.	1 pint velouté sauce (No. 82).	truffles.
cockscombs.	croustade of bread.	button mushrooms.	ham.

Truss the fowls for boiling, lard the breast of each, place them in a stewpan with enough stock to half cover them. It should not come above the larding. Cover them with a buttered paper, put on the lid, and let simmer until the birds are done. While they are cooking, cut a piece of bread in the shape of a vase, fry a golden brown in hot fat. Place this in the centre of a dish; dress the fowls, one on each side of the croustade. Have ready a ragout of cockscombs, truffles, cooked button mushrooms, and ham, cut in fancy pieces. Arrange this, garnish round the dish, and pour over the ragout the pint of sauce. Arrange some of the pieces of the garnish on two hâtelet skewers, stick these through the croustade, and serve hot.

Average cost, 12s. Time required, 1½ hours. Seasonable all the year. Sufficient for 12 persons.

1,329. DINDE BOUILLIE—SAUCE CÉLERI (BOILED TURKEY WITH CELERY SAUCE).

1 turkey.	sausage-meat.	bouquet garni (No. 194).	10 peppercorns.	2 carrots.
2 onions.	piece of celery.	celery sauce (No. 22).	forcemeat balls.	4 cloves.

Prepare the turkey, truss it for boiling; stuff the breast of the bird with sausage-meat, sew up the opening. Put the turkey into a large saucepan of boiling water or stock, sufficient to well cover it, let it come to the boil again, then skim it; add the onions, stuck with the cloves, carrots, a piece of celery, bouquet garni, and the peppercorns. Draw the saucepan to the side of the fire, and let it simmer gently for about one hour and a half. When done, take up, drain, and dish; remove the strings used in trussing, pour over the celery sauce, and garnish with forcemeat balls round the dish.

Average cost, 11d. to 1s. per pound. Time required, 1½ to 2 hours, according to size. Seasonable, September to March.

1,330. DINDE FARCIE, FROIDE (STUFFED TURKEY, COLD).

1 small turkey.	1 small pickled ox-	3 pints white chaudfroid	3 lbs. veal.
2 lbs. sausages.	tongue.	sauce (No. 124).	truffle.
3 hard-boiled eggs.	seasoning.	aspic jelly (No. 251).	tarragon.

Bone the turkey in the same way as a fowl (No. 1,253). Care must be taken that the skin is not broken in any part. Boil the ox-tongue in the usual way, and allow it to get quite cold. Cut the veal into small pieces, taking away all skin, sinew, and bone. Shell and chop the hard-boiled eggs, rather coarsely; put these into a basin with the veal. Skin the sausages, and mix them thoroughly with the eggs and veal. Season well with pepper and salt. Place the ox-tongue inside the turkey, having the root of the tongue towards the neck. Fill round the tongue with the veal and sausage mixture, giving the bird, as much as possible, its original appearance before boning. More veal and sausage may be required to stuff the bird, or it may take less, according to the size of the turkey. Roll the bird in a cloth, tie

tightly at each end with string. Have ready a large pan of boiling stock or water, place the stuffed turkey in it, and let it boil gently for three to four hours, according to size. Take it up, tie the cloth tightly at each end with fresh string, and press lightly in the cloth until cold. Remove the cloth and any fat that may be adhering to the bird. Have ready the white chaudfroid sauce, coat the turkey all over with it, giving the bird several coatings, until a good glaze is obtained. Let this set quite firmly, and then decorate the breast with slices of truffle, cut in fancy shapes, and also with leaves of tarragon or chervil. Melt some aspic jelly, allow it to get half-set, and pour over the decorated turkey, in order to give it a bright appearance. Place the turkey on a cold dish, garnish round with chopped aspic jelly and a few sprigs of parsley or watercress.

Average cost, 18s. to 30s. Time required, 3 to 4 hours to cook. In season, September to March.

1,331. CANETON BRAISÉ AUX NAVETS (BRAISED DUCKLING WITH TURNIPS).

1 duckling.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	1 glass white wine.	pepper.
2 ozs. butter.	$\frac{1}{2}$ pint brown stock.	12 small onions.	1 onion.
3 turnips.	1 bouquet garni (No. 194).	salt.	1 carrot.

Truss the duckling. Melt 2 ounces of butter in a stewpan; put in the onion, peeled and cut in slices, the carrot scraped and sliced, and the bouquet garni. Place the duckling on the top, and cook until the bird is nicely browned; turn it about in the pan so that it gets equally coloured all over. Strain away the butter, add the wine and stock, put on the lid of the pan, and cook over the fire or in the oven until done. Peel the turnips, cut each one in quarters, and shape neatly; blanch in slightly salted water, then drain and fry brown in butter. Peel the twelve small onions, blanch them in salted water, and finish cooking in butter. When the duckling is half-cooked, place it in another saucepan, and put the turnips and onions with it. Reduce the braising liquor, after straining, to half glaze, add the Espagnole sauce to it, and boil up. Strain this over the duckling, and finish cooking gently. Dish up the bird on a hot dish, sauce over, and arrange the garnish round the dish.

Average cost, 5s. 6d. Time required, 1 hour. Seasonable, March to August. Sufficient for 4 or 5 persons.

1,332. OIE RÔTIE, FARCIE (ROAST GOOSE, STUFFED).

1 goose.	6 large onions.	2 tablespoonfuls powdered sage.	pepper.
salt.	2 ozs. butter.	2 tablespoonfuls breadcrumbs.	apple sauce (No. 1,036).

Prepare the goose, wipe it inside with a damp cloth. Peel the onions, boil them until soft, chop finely, put with them the powdered sage, breadcrumbs, salt, and pepper; mix all well together, divide the butter into small pieces, and put with the other ingredients. Stuff the goose with this, truss it for roasting; roast or bake for about one and a half hours, baste well with dripping. When done, take it up and place on a hot dish. Strain off the fat, add some stock to the gravy in the pan, boil up, pour round the dish, and send to table with a sauce-tureen of apple sauce.

Average cost, 8d. per pound. Time required, $1\frac{1}{2}$ hours. Seasonable, September to February. Sufficient for 5 persons.

1,333. CANARD SAUVAGE AU SALADE D'ORANGES (WILD DUCK WITH ORANGE SALAD).

1 wild duck.	butter or dripping.	orange salad.	port-wine sauce (No. 53).
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Draw, singe, and truss the wild duck for roasting. Place the bird before a good fire to roast, or put it on a baking-tin and cook in the oven; baste it well whilst

cooking with butter or good dripping. When cooked, untruss it, dish up, and serve with orange salad and port-wine sauce sent to table separately.

SALADE D'ORANGES (ORANGE SALAD).

6 oranges.	$\frac{1}{2}$ teaspoonful tarragon	1 tablespoonful salad oil.	$\frac{1}{2}$ teaspoonful castor-
pinch of cayenne.	and chervil.	1 dessertspoonful brandy.	sugar.

Peel the oranges, remove the white pith. Divide the oranges into their natural divisions, take away all skin and pips. Arrange these pieces in a salad-bowl, pour over the salad-oil and brandy; season with a pinch of cayenne and the sugar. Chop the herbs finely, sprinkle over, mix all well together. The salad should be placed on ice for some time before serving.

Average cost, 4s. 6d. Time required, 30 to 40 minutes. Seasonable, August to March. Sufficient for 4 persons.

1,334. PERDREAUX BRAISÉS À LA PÉRIGUEUX (BRAISED PARTRIDGES, PÉRIGUEUX SAUCE).

2 partridges.	small piece of celery.	thin slices of larding bacon.	$\frac{1}{2}$ onion.	1 oz. butter.
$\frac{1}{2}$ pint stock.	1 bouquet garni.	Périgueux sauce (No. 62).	1 carrot.	fried bread.

Draw and truss the partridges. Cut the onion, carrot, and celery into slices. Melt the butter in a large stewpan, put in the sliced vegetables and the stock. Cover each bird with thin slices of larding bacon, tie these on with string. Place the partridges on the vegetables in the stewpan, add the bouquet garni, put on the lid of the pan, and simmer gently over the fire or in the oven until the birds are cooked. Cut a thick slice of bread, trim it nicely, and fry a golden-brown in hot fat or butter. When the partridges are cooked, take them up, drain, take off the bacon, and untruss them; dish on the croûte of fried bread and keep hot. Reduce the liquor from the braise, strain it and skim off the fat; add this reduced liquor to the sauce, simmer for a few minutes, then pour it over the partridges, and serve.

Average cost, 6s. Time required, 1 hour. Seasonable, September to February. Sufficient for 4 persons.

1,335. PERDREAUX RÔTIS AUX CHAMPIGNONS (ROAST PARTRIDGES WITH MUSHROOMS).

2 partridges.	$\frac{1}{2}$ lb. button mushrooms.	mushroom sauce	salt.
$1\frac{1}{2}$ ozs. butter.	cayenne.	(No. 25).	pepper.

Prepare the partridges for roasting. Melt the butter in a stewpan, peel the mushrooms and put them into the butter. Sprinkle over them a little salt and pepper, and, if liked, a very slight dust of cayenne; simmer for eight to ten minutes, then turn them on to a plate with the butter that they were cooked in. As soon as the mushrooms are cold divide them into two parts and stuff the bodies of the partridges, sew them up, and truss them for roasting. Put the partridges on a baking-tin with butter, and bake in the oven for about half an hour; baste well during the cooking. When done, take up the partridges, untruss them, dress on a hot dish, and send to table with the mushroom sauce separately.

Average cost, 6s. Time required, 40 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,336. FRIED BREADCRUMBS.

3 ozs. fresh breadcrumbs.	$1\frac{1}{2}$ ozs. butter.	salt.	pepper.
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Melt the butter in a small stewpan; when melted, put in the crumbs, and fry them over the fire a light brown. Stir them all the time they are frying; drain well on paper. Season with salt and pepper to taste.

1,337. PERDREAUX RÔTIS.

2 partridges.	fried breadcrumbs	watercress.
butter.	(No. 1,336).	bread sauce (No. 13).

Draw and truss the partridges for roasting. Put them before a quick fire, and roast for about half an hour; baste them constantly with butter. Instead of roasting the birds in front of the fire, they can be baked in a sharp oven; they will take about the same time, and should be well basted while cooking. When the partridges are cooked, take them up, untruss them, and place on a hot dish; garnish them with watercress that has been well washed and picked, and also with fried breadcrumbs. Send to table with them a tureen of gravy and one of bread sauce.

Average cost, 6s. Time required, 30 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,338. PERDREAUX À LA CRAPAUDINE (PARTRIDGES, CRAPAUDINE STYLE).

2 partridges.	pepper.	breadcrumbs.
salt.	clarified butter.	Italian sauce (No. 41).

Draw and truss the birds, singe them, cut each down the back, spread them open on a board, and wipe the insides with a damp cloth; beat the birds flat with a cutlet-bat, and skewer them so as to keep them flat. Sprinkle over some salt and pepper, dip them in melted, clarified butter or salad-oil, then cover well with breadcrumbs. Sprinkle over a little more butter. Grill over a clear fire; they will take about twenty minutes to cook. After they have been first browned over a sharp fire, they should do more slowly for the rest of the time. When done, take out the skewers and dress the partridges on a hot dish. Send to table with a sauce-tureen of Italian sauce. The birds should be a light brown when done.

Average cost, 6s. Time required, 20 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,339. PERDREAUX RÔTIS À LA PARISIENNE (ROAST PARTRIDGES, PARISIAN STYLE).

2 partridges.	1 gill white wine.	a few tomatoes.	1 gill Espagnole sauce
2 ozs. butter.	a few slices of bacon.	$\frac{1}{2}$ gill stock.	(No. 33).

Clean and truss the partridges for roasting. Cut the bacon in pieces, arrange them in a baking-tin; slice the tomatoes and place them on the bacon; put the partridges on the top. Break up the butter into small pieces and put it on the birds; season with a little salt and pepper, and bake in the oven for about half an hour; baste well during the cooking. When done, take up the birds, dress them on a hot dish. Skim the gravy, taking off all the fat; add the wine and the $\frac{1}{2}$ gill of stock, reduce a little, then stir in the sauce, strain into a stewpan, and cook for ten minutes gently. Season to taste. Send the partridges to table with the sauce served separately.

Average cost, 6s. Time required, $\frac{1}{2}$ hour. Seasonable, September to February. Sufficient for 4 persons.

1,340. PERDREAUX FARCIS, SAUCE POIVRADE (STUFFED PARTRIDGES WITH POIVRADE SAUCE).

2 partridges.	3 ozs. streaky bacon.	1 shallot.	$\frac{1}{2}$ teaspoonful capers.
8 game livers.	$1\frac{1}{2}$ ozs. breadcrumbs.	1 egg.	fried croûton.
larding bacon.	$1\frac{1}{2}$ tablespoonfuls milk.	salt and pepper.	poivrade sauce (No. 58).

Draw and singe the partridges. Put the eight game livers, after being washed, into a stewpan with cold water, and bring to the boil, drain and chop them finely. Chop the shallot and the capers, put the breadcrumbs into a basin, pour the milk over them, and let them soak for a short time. Chop the streaky bacon, put it into a mortar, and pound well, then rub through a wire sieve. Mix this with the bread-

crumbs, add the livers, shallot, and capers ; season with salt and pepper. Beat the egg and bind the mixture with it. Stuff the partridges with this mixture, sew up and truss them for roasting, cover the breasts with slices of larding bacon, put them on a baking-tin with some butter on them, and roast in the oven for thirty minutes. When the birds are cooked, dress them on a hot dish, placing them on a croûton of fried bread ; garnish with watercress, and serve with the sauce in a tureen separately.

Average cost, 6s. 6d. Time required, 45 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,341. PIGEONS RÔTIS FARCIS AUX MARRONS (ROAST PIGEONS STUFFED WITH CHESTNUTS).

2 pigeons.	bacon.	demi-glace sauce (No. 29).	butter.	pepper.
$\frac{1}{2}$ lb. chestnuts.	stock.	2 croûtons of fried bread.	salt.	watercress.

Draw, singe, and truss the pigeons as for roasting. Slit the chestnuts, put them on a buttered baking-tin, and bake in the oven until the outer shell and the inner skin can be easily removed, then put them into a stewpan. Cover with stock, and boil until the chestnuts are tender. Drain and chop them finely, put into a mortar and add to them an equal quantity of chopped bacon, pound well together ; season to taste. Stuff the pigeons with this mixture, place a slice of fat bacon over the breast of each pigeon, tie it securely with string. Place the birds on a buttered baking-tin, and roast in the oven for twenty minutes to half an hour, or if preferred they can be roasted in front of a clear fire for the same time. When done, dish each bird on a fried croûton of bread, or toast can be used. Finely chop and pound the livers of the birds, add to them the gravy from the baking-tin, first carefully removing all grease, and about 1 gill of demi-glace sauce ; simmer over the fire for a few minutes. Put the birds on a hot dish, garnish with watercress, and send to table with the sauce served separately.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable, November to January. Sufficient for 2 persons.

1,342. FAISAN RÔTI AU CRESSON (ROAST PHEASANT WITH CRESS).

1 pheasant.	croûton of fried bread.	brown breadcrumbs (No. 1,336).
fat bacon.	watercress.	bread sauce (No. 13).

Choose a young pheasant, hang it in a cold, dry place until the bird has acquired a game flavour ; the pheasant will be ready to cook when the feathers at the tail end are easily withdrawn. When the bird is ready for cooking, pluck it carefully, remove the crop and the inside, singe the body and legs, wipe the pheasant, and truss it for roasting. Put a piece of fat bacon over the breast, tie it on with string, place the bird on a baking-tin, and bake for thirty to forty minutes ; the bird must be basted constantly whilst cooking. Have ready a fried croûton of bread nicely trimmed, or a buttered slice of toast. Place the pheasant as soon as cooked on this, arrange on a hot dish, garnish with watercress, and serve with it fried breadcrumbs, bread sauce, and gravy. The bird before dishing should have the bacon removed that was tied over the breast.

Average cost, 4s. Time required, 45 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,343. FAISAN FARCI AUX CHAMPIGNONS (ROAST PHEASANT STUFFED WITH MUSHROOMS).

1 pheasant.	larding bacon.	salt.	bread sauce (No. 13).	1 oz. flour.
3 ozs. butter.	12 mushrooms.	cayenne.	3 gills stock.	2 shallots.

Draw and singe the pheasant, lard the breast with thin strips of larding bacon ; trim these neatly. Cut the mushrooms in quarters, melt 2 ozs. of butter in a stewpan, put in the mushrooms, and cook them for a few minutes ; add a little salt and cayenne. Turn out on to a plate to cool. When cold, stuff the pheasant with the mushrooms

and butter. Truss the bird, cover the breast with a piece of well-buttered paper, place it on a baking-tin, and bake in the oven for about thirty to forty minutes, basting it constantly. Take off the paper, and cook for ten minutes longer, in order to brown it. Melt 1 oz. of butter in a stewpan, put in the chopped shallots, and fry until brown. Chop the liver of the bird very finely, add this to the fried shallots, also the flour; mix these in, and then stir in the stock. Simmer gently for ten to fifteen minutes. Add the gravy from the pheasant, and season to taste. Remove any grease there may be, and strain. Dish the pheasant on a hot dish, and serve the bread sauce and gravy separately.

Average cost, 4s. 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,344. FAISAN À LA NORMANDE.

1 pheasant. | 2 ozs. butter. | 6 apples. | 1 gill cream. | salt. | pepper.

Pick, draw, and singe the pheasant. Melt the butter in a stewpan, put in the pheasant, and colour it all over a light brown. Peel the apples, take out the cores, cut them in pieces, and toss in butter. Lay the greater part of the apples in a casserole, place the pheasant on them, put the rest of the apples round the pheasant, pour the cream over; season very lightly with salt and pepper. Cover the casserole, put it in the oven, and cook for twenty to thirty minutes. Serve the pheasant in the casserole.

Average cost, 5s. Time required, 30 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,345. FAISAN À LA CRÊME.

1 pheasant. | 1 gill cream. | lemon-juice. | 2 ozs. butter. | 1 onion.

Prepare the pheasant. Melt the butter in a stewpan, put in the pheasant, and fry all over a light brown, with the onion cut in quarters. When the bird is rather more than half-cooked, add the cream and a few drops of lemon-juice; finish cooking the pheasant, basting all the time with the cream. When done, take up the pheasant, strain the contents of the pan, take off the fat, and serve round the pheasant.

Average cost, 5s. Time required, 30 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,346. FAISAN À LA BONNE FEMME.

1 pheasant. | 4 ozs. streaky bacon. | 2 Spanish onions.
3 ozs. butter. | 1 tablespoonful chutney. | salt and pepper.

Choose a well-hung pheasant, draw and singe it, truss for roasting. Melt the butter in a saucepan, cut up the bacon into small pieces, put these into the butter. Place the pheasant on the top, and fry it over a slow fire until nicely browned all over; then add the chutney and the onions, peeled and cut in thin slices. Cover the saucepan with the lid, and simmer gently for about forty-five minutes to one hour. Place the pheasant on a hot dish and keep hot. Stir the onions over the fire for a few minutes, season with salt and pepper, and garnish round the bird with them. Serve at once.

Average cost, 4s. Time required, 1 hour. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,347. FAISAN BRAISÉ (BRAISED PHEASANT).

1 pheasant. | slices of fat bacon. | 1 onion. | salt and pepper.
 $\frac{1}{2}$ pint stock. | 1 bouquet garni. | 1 carrot. | 1 lemon.

Draw, singe, and truss the pheasant. Cut up the bacon into squares, line the bottom of a stewpan with these. Slice the onion and carrot, put a layer of these over the bacon, add the bouquet garni and the stock, put in the pheasant, cover

with the lid, and cook in the oven until done. When the bird is nearly cooked, take off the lid of the saucepan and finish cooking, basting it well. When done, place it on a hot dish, strain the liquor from the braise into a small stewpan, skim off the fat, reduce a little until it is half glaze, pour it over the pheasant, or it can be served separately. Garnish the dish with slices of lemon.

Average cost, 4s. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,348. FAISAN À LA SAINTE-ALLIANCE.

1 pheasant.	2 ozs. beef marrow.	2 ozs. fat bacon.	savoury herbs.	cayenne.	salt
2 woodcocks.	4 ozs. raw truffles.	bitter oranges.	slice of bread.	butter.	pepper.

Draw and singe a well-hung pheasant, truss it for roasting. Bone the woodcocks, chop up the flesh and the intestines, add to these the beef marrow which has been poached and allowed to get cold ; chop the fat bacon finely, and add it to the rest of the ingredients. Cut the truffles in quarters, and cook them slightly in butter ; add them to the chopped woodcocks, etc. Season the preparation with salt and pepper and a pinch of savoury herbs. Stuff the pheasant with this mixture, truss it, place on a buttered baking-tin, and put it in the oven to cook. Cut a large slice of bread from a sandwich loaf, trim neatly, and fry it in clarified butter. Spread this croûton with some of the stuffing, kept back for that purpose. When the pheasant is two-thirds cooked, place this coated croûton under the bird so that the juices coming from the latter may fall on the croûton. When the bird is cooked, dish it on the croûton. Garnish the dish with slices of bitter orange, and serve the gravy separately. When serving, each piece of pheasant should be accompanied by a piece of the coated croûton and a slice of orange. Brillat Savarin, who was the inventor of this dish, said that a pheasant prepared in this way was fit for beings better than men.

Average cost, uncertain. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 or 5 persons

1,349. FAISAN BOUILLI (BOILED PHEASANT).

1 pheasant.	1 gill breadcrumbs.	1 tablespoonful beef suet.	salt and pepper.
beaten egg.	button mushrooms.	1 pint Bechamel sauce (No. 4).	lemon-peel.

Draw the pheasant, cut off the head and neck, leaving part of the skin of the neck to turn over. Chop the suet finely, mix it with the breadcrumbs ; season with salt and pepper and a pinch of very finely chopped lemon-rind ; bind with beaten egg. Stuff the bird with this mixture, folding the skin over and fastening it with a skewer. Have ready a saucepan of boiling water, put in the pheasant, and bring to the boil, then draw the pan to the side of the fire, and simmer gently for thirty minutes. Skim it, if necessary, while cooking. When done, dish the pheasant on a hot dish, pour the Bechamel sauce over, and see that it is nicely coated. Prepare the button mushrooms, cook them in butter, and place them round the dish, arranging them in groups. Serve very hot.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,350. COQ DE BRUYÈRE BRAISÉ (BRAISED GROUSE).

1 grouse.	½ onion.	salt.	½ pint stock.	watercress.
fat bacon.	parsley.	pepper.	flour.	butter.

Pluck, draw, and singe the grouse, wipe it inside with a damp cloth. Truss it and tie into shape. Cut some fat bacon into slices, line the bottom of a stewpan with them. Chop the onion and parsley, place the bird on the bacon, sprinkle over the chopped onion and parsley, season with salt and pepper, cover with some more slices of bacon ; add the stock. Put on the lid of the pan, place on the side of the fire, and cook gently until they are tender. Dish the grouse on a hot dish. Strain

the liquor from the braise, skim off the fat. Melt a little butter in a small stewpan, add some flour (sufficient to slightly thicken the gravy), brown it over the fire, add the liquor, and stir until it boils ; simmer for a few minutes. Garnish the grouse with watercress. Send the bird to table with the sauce separately.

Average cost, 5s. Time required, 1 hour. Seasonable, August to December. Sufficient for 3 persons.

1,351. COQ DE BRUYÈRE RÔTI (ROAST GROUSE).

1 grouse.	toast.	fried breadcrumbs	bread sauce (No. 13).
butter.	watercress.	(No. 1,336).	gravy.

The grouse should be well hung : it should be hung for a few days unplucked. When the bird is ready to cook, pluck it carefully so as not to injure the skin, then draw and singe it. Roast the grouse before a good fire, or put it on a baking-tin and cook in the oven ; baste the bird well with butter during the cooking. Grouse takes about thirty-five minutes to cook, or rather longer if large. A piece of buttered toast is put under the bird if it is cooked in the oven. When the grouse is done, take it up, untruss it, put the toast on a hot dish, place the grouse on it, garnish with watercress, and serve with it separately bread sauce, fried breadcrumbs, and a sauce-tureen of good gravy.

Average cost, 5s. Time required, 35 minutes. Seasonable, August to December. Sufficient for 3 persons.

1,352. LIÈVRE RÔTI À LA SEVILLE (ROAST HARE, SEVILLE STYLE).

1 hare.	2 tablespoonfuls chopped	1 pint poivrade sauce	1 tablespoonful orange
2 eggs.	parsley.	(No. 58).	marmalade.
larding bacon.	salt and pepper.	4 ozs. beef suet.	1 oz. breadcrumbs.

Truss the hare for roasting. Chop the suet finely, put it into a basin with the breadcrumbs and parsley ; season with pepper and salt, bind with the eggs. Stuff the hare with this preparation, sew it up, and then place on a baking-tin with a slice of larding bacon over the back. Put into a moderate oven, and roast for one and a quarter to one and three-quarter hours, according to size, basting frequently. Have ready the poivrade sauce, mix into it one tablespoonful of orange marmalade, stir this over the fire until melted. Take up the hare, untruss it, and place on a hot dish ; pour some of the sauce round the dish, and serve the rest separately in a sauce-tureen.

Average cost, 4s. 6d. Time required, 1¼ to 1½ hours. Seasonable, August to March. Sufficient for 6 or 8 persons.

1,353. LIÈVRE PIQUÉ (LARDED HARE, ROASTED).

1 hare.	larding bacon.	butter.
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Skin the hare, draw it, and wipe with a dry cloth ; truss the hare for roasting. Cut the larding bacon into strips. It is best, before larding the hare, to remove the thick bluish skin which is found on the legs, etc. During cooking this skin is apt to catch, and spoils the appearance of the dish. Lard the hare, trim the strips of bacon closely. Cover with a buttered paper, and roast it before a clear fire, or place on a baking-tin and bake in the oven. A hare will take from one to one and a half hours to cook. The hare must be well basted whilst cooking ; this is most essential, as hare is inclined to be dry. Ten minutes before the hare is done take off the paper in order to brown the bacon. When cooked, take up, place on a hot dish, and untruss it. Pour off the fat from the dripping-pan, make the gravy from the essence of the hare and some brown stock, season to taste, and pour it round the dish. Red-currant jelly can be served with it. The hare, if liked, can be stuffed with the ordinary veal stuffing.

Average cost, 3s. 6d. Time required, 1 to 1½ hours. Seasonable, August to March. Sufficient for 8 or 9 persons.

1,354. RÂBLE DE LIÈVRE RÔTI (ROAST BARON OF HARE).

1 hare.	2 ozs. breadcrumbs.	$\frac{1}{2}$ teaspoonful savoury	2 eggs.	2 or 3 tomatoes.
2 ozs. suet.	1 tablespoonful chopped	herbs.	larding bacon.	green gooseberry.
salt.	parsley.	pepper.	watercress.	sauce (No. 97).

Skin the hare, clean it, wipe with a dry cloth. Take off the hind legs, the fore legs, and the head, leaving the whole of the back—a piece corresponding with the saddle in butcher's meat. Remove all the tendons, and lard it finely all over the fillets with strips of larding bacon. Chop the suet, parsley, and herbs, mix these with the breadcrumbs, add salt and pepper, beat the eggs and bind the stuffing with them. Work this mixture into a ball, place it inside the hare, sew it up, and truss for roasting. Place before a good fire, keeping it well basted, until cooked, or it may be placed on a baking-tin and baked in the oven. It is a good plan to put a piece of greased paper over the hare. Remove this ten minutes before taking from the fire or oven, in order to brown the larding bacon. Take up when cooked, untruss, place on a hot dish, and garnish with watercress and sliced tomatoes. Serve with a tureen of gooseberry sauce.

N.B.—The remains of the hare can be jugged or used for soup

Average cost, 5s. Time required, 20 to 30 minutes to roast the hare. Seasonable, August to March. Sufficient for 4 or 5 persons.

1,355. RÂBLE DE LIÈVRE À LA CRÈME (ROAST BARON OF HARE WITH CREAM).

1 hare.	$\frac{1}{2}$ gill stock.	1 gill sour or thick cream.	lemon-juice.	seasoning.
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Skin the hare, clean it, wipe with a dry cloth. Take off the head, the fore and hind legs, leaving the whole of the back; cut the ribs short, so that the joint is the same as the saddle in butcher's meat. Remove the tendons. Put the joint down before a good fire, or bake it in the oven. Baste it well whilst cooking. When nearly cooked, pour the stock and the cream into the pan, finish cooking the hare, basting it with the cream. When the râble is ready, place it on a hot dish, strain the liquor in the pan into a clean stewpan, take off the fat, and add a few drops of lemon-juice, season to taste, and pour it round the hare.

N.B.—The legs and trimmings of the hare can be used up for making soup, hash, civet, or other dishes.

Average cost, 4s. Time required, 30 to 45 minutes. Seasonable, August to March. Sufficient for 4 to 6 persons.

1,356. SELLE DE VENAISON, RÔTIE, SAUCE GRANDVENEUR (ROAST SADDLE OF VENISON WITH GRANDVENEUR SAUCE).

small saddle of venison.	larding bacon.	stock.	grandveneur sauce (No. 37).
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Take a small, well-hung saddle of venison, remove the skin, and lard with thin pieces of larding bacon. Cover the top of the saddle with neat rows of this larding; tie round several times with string, to keep it a good shape. Place the joint in a baking-tin, spread with a little butter, and put into a moderate oven to roast for two to two and a half hours, according to size. The saddle must be kept well basted, adding more butter or dripping if there is not sufficient for the purpose. When done, take up the joint, remove the string, and place it on a hot dish. Have ready the grandveneur sauce, pour it into a sauce-tureen, and serve separately.

Average cost, uncertain. Time required, 2 to 2½ hours. Seasonable, June to December.

1,357. SELLE DE VENAISON AUX TOMATES (SADDLE OF VENISON WITH TOMATOES).

small saddle of venison.	larding bacon. tomatoes.	2 ozs. butter. 1 carrot.	1 onion. Robert sauce (No. 68).
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Take a small, well-hung saddle of venison, remove the skin, and then cover with neat rows of strips of larding bacon. Tie round several times with string to keep the joint in shape. Clean and slice the onion and carrot, place a layer of them at the bottom of a baking-tin, place the saddle on the top, and spread with half the butter. Place in a moderate oven, and roast for two to two and a half hours, according to size, keeping the joint well basted all the time. Slice the tomatoes rather thickly, place them on a buttered tin, season with salt and pepper, and cook slightly in the oven, taking care that they do not go to pieces. Take up the saddle, remove the string, and place on a hot dish ; garnish round the joint with groups of the cooked tomatoes.

1,358. PINTADE RÔTIE AU CRESSON (ROAST GUINEA-FOWL WITH CRESS).

1 guinea-fowl. watercress.	thin slices of bacon. bread sauce (No. 13).	fried breadcrumbs (No. 1,336).	butter. gravy.
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Draw and singe the guinea-fowl, and truss it for roasting. Tie some thin slices of fat bacon over the breast ; roast it in front of a good fire, or place it on a baking-tin, and put in the oven ; it will take half an hour or longer to cook, according to the size. Baste well with butter during the cooking. When done, take it up, untruss it, and place on a hot dish ; garnish with picked and well-washed watercress. Send to table with fried breadcrumbs and a tureen of bread-sauce, and one of gravy.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable, March to May
Sufficient for 4 or 5 persons.

1,359. ORTOLANS.

Pick, singe, remove the crops ; the trail is left in them. Truss them for roasting ; wrap each in a vine-leaf, and cover with a square of fat bacon ; tie with string, and put them down before a brisk fire, or put on a baking-tin in the oven, and cook for eight to ten minutes, basting constantly. When cooked, take out the skewers used in the trussing, leave the vine-leaf and bacon on ; dish each bird on a fried croûton of bread ; dish up and garnish with watercress ; serve gravy and brown breadcrumbs separately.

Average cost, uncertain. Time required, 10 minutes. Seasonable, May and June. Sufficient, one for each person.

1,360. MAUVIETTES PANÉES (LARKS CRUMBED AND ROASTED).

6 larks.	brown breadcrumbs.	1 hard-boiled yolk of egg.	potato chips.	toast.
1 egg.	1 dessertspoonful	1 dessertspoonful bread-	1 shallot.	salt.
butter.	chopped parsley.	erumbs.	2 or 3 mushrooms.	pepper.

Chop the shallot finely ; put 2 ounces of butter into a mortar, work in the shallot, parsley, hard-boiled yolk of egg, the chopped mushrooms, one dessertspoonful of breadcrumbs, and salt and pepper, mix all thoroughly together. Pick, clean, and singe the larks, leaving the trail in, all but the gizzard ; put in each a piece of the above stuffing. Pass a thin skewer through the body to truss them, cut off the feet, brush over with melted butter, dip in beaten egg, and roll in brown breadcrumbs ; roast them in front of the fire, or in the oven, for eight or ten minutes, basting well all the time. Toast some bread, butter it, and divide into six square pieces, one for each bird ; arrange these on a baking-tin under the larks, so that they may catch

the drippings from the birds. When cooked, take them up, untruss them by removing the skewer, place each bird on a piece of toast, and arrange them in a circle on a hot dish ; place the fried potato-chips in the centre, and serve very hot.

Average cost, 2s. Time required, 15 minutes. Seasonable, August to March 1. Sufficient for 3 or 4 persons.

1,361. MAUVIETTES RÔTIES (ROAST LARKS).

6 larks.	larding bacon.	brown breadcrumbs	watercress.
butter.	toast.	(No. 1,336).	1 lemon.

Pick, clean, and singe the larks ; the trail may be left in, but remove the gizzard. Pass a thin skewer through the bodies to truss them, cut off the feet, brush over with melted butter, and cover each breast with a piece of larding bacon. Roast the birds before the fire, or in the oven, for eight or ten minutes ; keep them well basted with butter while cooking. Have some toast ready ; butter it, and cut it in square pieces, one for each bird ; arrange these on a baking-tin under the larks in order to catch the drippings from the birds. When they are cooked, take them up, untruss them by removing the skewer, place each bird on a piece of toast, and arrange them in a circle on a hot dish ; fill the centre with fried breadcrumbs, and garnish with watercress and quarters of lemon.

Average cost, 1s. 6d. Time required, 10 minutes. Seasonable, August to March 1. Sufficient for 3 persons.

1,362. PINTADE PIQUÉ A LA FINANCIÈRE (LARDED GUINEA-FOWL WITH FINANCIÈRE GARNISH).

1 guinea-fowl.	salt.	financière garnish (No. 223).	1 carrot.
larding bacon.	pepper.	1 lb. quenelle forcemeat (No.	$\frac{1}{2}$ pint stock.
$\frac{1}{2}$ pint white wine.	1 onion.	201).	1 truffle.

Pluck, draw, and singe a guinea-fowl ; lift the breast-bone, removing the fillets ; stuff the body with quenelle forcemeat, replace the fillets, and put back the bird to its original shape. Cut some larding bacon in thin strips ; lard the fillets and legs with them ; truss the bird before larding. Cut some fat bacon in thin pieces, line a stewpan with them, slice the onion and carrot, and place a layer over the bacon ; put in the bird, add the wine and stock, place the pan on the fire, keeping on the lid, and bring to the boil, then draw to one side, and simmer until the bird is cooked. Dish up the guinea-fowl, strain the stock, take off the fat, and reduce to glaze ; brush over the fowl with this. Put the guinea-fowl in the centre of a hot dish, arrange the financière garnish round. Have ready an attellette decorated with a truffle and a cockscomb, pass this through the breast of the bird, and serve.

Average cost, 6s. Time required, $1\frac{1}{2}$ hours. Seasonable, March to May. Sufficient for 5 or 6 persons.

1,363. ROAST BLACK COCK.

1 black cock.	butter.	toast.	gravy.	bread sauce (No. 13).
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Take a black cock that has been well hung, or the bird will be dry and tasteless. Pick and draw the bird, but do not wash it ; truss in the usual way. Place in front of a clear fire, or in a moderate oven, placing some butter on the breast. Cook rather quickly for about forty-five minutes, basting it well with butter. About ten minutes before serving place a piece of toast in the dripping-tin under the bird. Take up the black cock, untruss it, and dress on the piece of toast on a hot dish. Serve a good gravy and also bread sauce in separate sauce-tureens.

Average cost, 2s. 3d. to 2s. 9d. each. Time required, forty-five minutes. Seasonable, September to December. Sufficient for 2 persons.

1,364. ROAST CAPERCAILZIE.

1 capercaillie. | butter or dripping. | bread sauce (No. 13). | fried breadcrumbs (No. 1,336).

Truss the capercaillie, place in a baking-tin or in front of the fire, covering the breast with plenty of butter or dripping. Cook rather quickly at first, and then remove to a cooler place, keeping the bird very well basted all the time. It will take from one to one and a half hours according to size. Take it up, untruss, and place on a hot dish, surrounded with fried breadcrumbs, and serve bread sauce and some good gravy separately.

Average cost, from 3s. Time required, 1 to 1½ hours. Seasonable, October to March. Sufficient for 6 to 10 persons, according to size.

1,365. PETITS POUSSINS RÔTIS (ROASTED CHICKS).

2 or more petits poussins. | watercress. | butter or dripping. | gravy. | bread sauce (No. 13).

Clean and truss the petits poussins in the same way as for other poultry. Place them in front of a clear fire, or in a moderate oven, and cook quickly, basting frequently with butter or dripping. They will take about twenty minutes to roast. Take them up, untruss and place on a hot dish, garnish round with watercress, and serve with gravy and bread sauce separately.

Average cost, 1s. 6d. or 1s. 9d. each. Time required, 20 minutes. Seasonable, April to September. Sufficient for 2 persons.

1,366. TÊTE DE VEAU À L'ANGLAISE (BOILED CALF'S HEAD).

1 calf's head.		parsley sauce (No. 61).		2 onions.		1 turnip.
piece of celery.		bouquet garni.		2 carrots.		2 cloves.

Soak the head in salted water for a few hours, then, with a small, sharp knife, bone the head, remove the brains. Roll the head into the shape of a galantine, place it in a cloth, and tie it with string, so as to keep it a good shape; put it in a saucepan of cold water sufficient to cover the head, add a teaspoonful of salt; bring to the boil, skim well, and add the vegetables, prepared and cleaned, the bouquet garni, the cloves, and a few peppercorns; put on the lid of the saucepan, and allow it to boil gently for three or four hours, according to the size of the head. When done, take it up, untie it, remove the cloth, and dress the head on a hot dish; have ready some parsley sauce. Blanch the brains, cut them in dice, or chop, and put them into the sauce; pour this over the head. Skin the tongue, and place on one side of the head. Serve very hot.

Average cost, 6s. Time required, 3 or 4 hours. Seasonable at all times. Sufficient for 10 or 12 persons.

CHAPTER XVII

COLD MEAT COOKERY

1,367. SAVOURY HASH.

1 lb. cold meat.	2 ozs. butter.	1 pint stock.	1 carrot.	salt.
a few mushrooms.	1½ ozs. flour.	2 onions.	½ turnip.	pepper.

Wash and scrape the carrot, peel the turnip, and cut them into dice ; boil each of these separately in slightly salted water until tender. Melt the butter in a stewpan ; peel and slice the onions, fry them in the butter a nice brown colour. Cut the meat in neat slices, remove any skin, gristle, or fat ; dip the slices in the flour ; put them with the onion, and brown slightly. Stir in the remainder of the flour, add the stock ; stir until boiling ; season with salt and pepper. Strain the water from the vegetables, and add them to the meat ; prepare a few mushrooms, cook them, and then add to the hash. Let all simmer very gently for a few minutes, taking care not to allow it to boil. Serve on a hot dish, with the vegetables piled up high in the centre.

Average cost, without meat, 6d. Time required, 20 minutes. Seasonable always. Sufficient for 4 persons.

1,368. WINCHESTER CUTLETS.

½ lb. cooked meat.	¼ lb. breadcrumbs.	pepper.
cayenne.	1 teaspoonful chopped parsley.	salt.
1 oz. butter.	a little mushroom ketchup.	2 eggs.

Remove skin and gristle from the meat ; mince it finely. Melt the butter in a stewpan ; stir in the minced meat, breadcrumbs, parsley, pepper, salt, and cayenne ; mix all well together. Beat one egg well, add to the rest of the ingredients also a little mushroom ketchup ; work into a stiff paste ; turn on to a plate to cool. Divide the mixture into equal parts ; shape each part into small cutlets, dip in beaten egg, breadcrumb them, and fry in very hot fat. Dish in a circle on a hot dish, and garnish the centre with fried parsley.

Average cost, without meat, 4d. Time required, 30 minutes. Seasonable always. Sufficient for 8 cutlets.

1,369. LENTIL CUTLETS.

¼ lb. lentils.	little stock.	1 oz. butter.	1 onion.	salt.
½ lb. cold meat.	fried parsley (No. 195).	breadcrumbs.	cayenne.	1 egg.

Soak the lentils for twelve hours, then boil until soft. Boil the onion, and chop it finely. Mince the meat. Melt the butter in a stewpan ; put in the meat, lentils, and onion ; season with salt and a pinch of cayenne ; add sufficient stock to make the mixture into a paste. Turn the mixture on to a plate to cool. When cold, divide into equal portions, and make each portion into the shape of a cutlet. Egg and breadcrumb them, and fry in boiling fat a golden brown. Dish them in a circle, and garnish with fried parsley.

Average cost, without meat, 3d. Time required, 1½ to 2 hours. Seasonable always. Sufficient for 10 or 12 cutlets.

1,370. WESTPHALIA BALLS.

$\frac{1}{2}$ lb. potatoes.	a little cream or milk.	1 oz. butter.	cayenne.	salt.
2 ozs. chopped ham.	fried parsley (No. 195).	breadcrumbs.	frying-fat.	2 eggs.

Boil the potatoes ; dry them well ; let them cool, then pass them through a wire sieve. Melt the butter in a stewpan ; put in the potatoes, add the ham, cayenne, and salt, beat up one egg, and stir it into the dry ingredients in the stewpan. If the mixture is not quite moist enough, add a little cream or milk. Turn out on to a plate to cool. When cold, form into small balls ; egg and breadcrumb them, and fry a golden brown in boiling fat. Dish up, and garnish with fried parsley.

Average cost, 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 balls.

1,371. MEAT PANCAKES.

$\frac{1}{4}$ lb. flour.	1 egg.	1 small onion.	$\frac{1}{4}$ lb. cold meat.
dripping.	$\frac{1}{2}$ pint milk.	1 oz. butter.	salt and pepper.

Sieve the flour into a basin with a pinch of salt ; break in the egg, and mix in by degrees 1 gill of milk. Beat this mixture for fifteen minutes, then stir in the rest of the milk, and, when possible, put the batter aside for an hour or so, as this adds greatly to its lightness, by allowing the air to dissolve into it. Peel and chop the onion very finely ; melt the butter in a saucepan, put in the onion, and fry until a golden brown. Cut the cold meat up into small dice, taking away all fat and gristle ; put it into the onion, and season well with pepper and salt. When the batter is ready, stir the cold meat preparation into it. Have some dripping melted in a saucepan ; pour a little of this into a frying-pan ; when hot, pour in a tablespoonful of the meat and batter ; tip the frying-pan slightly, in order to keep the pancakes a good shape. When brown on one side, turn over carefully with a fish-slice or broad knife ; cook this side also, and then take up and place on a hot dish. Continue in this way until the batter is finished. The pancakes, when cooked, should be half-moon shaped. Dish up on a hot dish, overlapping one another. Serve very hot, and immediately, as they spoil if kept waiting.

Average cost, 4d., without the cold meat. Time required, 30 minutes, if batter is used immediately. In season all the year. Sufficient for 3 or 4 persons.

1,372. MEAT FRITTERS.

$\frac{1}{2}$ lb. cold meat.	1 tablespoonful milk.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill stock or water.	1 onion.
fried parsley.	1 tablespoonful salad-oil.	2 $\frac{1}{4}$ ozs. flour.	salt and pepper.	2 eggs.

Remove all fat and gristle from the meat, and then pass through a fine mincing machine. Chop the onion finely ; melt the butter in a saucepan, and fry the onion in it until a golden-brown colour. Mix in $\frac{1}{4}$ oz. flour ; moisten with the stock or water, and stir over the fire until the mixture is very thick and leaves the sides of the pan clean. Add the minced meat to this panada ; season with pepper and salt, and stir over the fire until thoroughly mixed. Turn out on to a plate, and allow it to cool. Sieve the remaining flour into a basin ; break in 2 yolks of eggs ; add the milk, salad-oil, and seasoning. Stir this mixture until perfectly smooth, then beat for five minutes. Whip the two whites of eggs very stiffly, and stir into the batter very lightly just before using. Shape the cold meat mixture into small cork shapes ; dip each into the batter, taking care not to coat them too thickly with it. As each piece of meat is dipped in the batter, drop it into a pan of very hot fat. Fry them until a golden-brown colour ; take them up, drain well, and arrange in a pile on a hot dish on a dish-paper. Garnish with fried parsley, and serve hot.

Average cost, 5d., exclusive of cold meat. Time required, 45 minutes. In season all the year. Sufficient for 4 or 5 persons.

1,373. GAME FRITTERS.

$\frac{1}{2}$ lb. cold game.	2 shallots.	salt.	2 eggs.	fried parsley.
6 mushrooms.	lemon-rind.	pepper.	frying-batter.	1 oz. butter.

Free the game from skin and bone ; chop it finely ; chop the shallots, fry them in the butter. then add the minced mushrooms ; cook a few minutes, then add the game, salt, pepper, and a little lemon-rind ; bind the mixture with the beaten eggs, to form a paste. Shape this paste into balls or cork shapes, dip in batter, and fry in boiling fat a golden-brown. Dish up, and garnish with fried parsley.

Average cost, 6d., without game. Time required, 30 minutes. Seasonable, August to February. Sufficient for 8 or 10 fritters.

1,374. CURRY OF COLD MEAT.

$\frac{1}{2}$ lb. cold meat.	salt.	$\frac{1}{2}$ apple.	1 tablespoonful curry-	a little stock or water.
2 ozs. dripping.	2 onions.	pepper.	powder.	boiled rice (No. 1,039).

Cut the meat into dice ; chop the onions finely ; melt the dripping in a stewpan, put in the onions, and fry them a dark brown ; sprinkle the curry-powder over the meat, mix well together ; put this with the onion in the stewpan, fry over the fire until the curry-powder sticks round the meat ; then add by degrees some stock or water—just enough to cook the curry. Peel and core the apple, chop it finely, and add it to the curry ; let all simmer together very gently for half an hour, season to taste with pepper and salt. Have ready some rice nicely boiled and dried. Dish the curry neatly on a hot dish, and serve with the rice in a separate dish.

Average cost, 5d., exclusive of meat. Time required, 45 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,375. CANNES CUTLETS.

8 slices cold meat.	1 teaspoonful chopped	frying-fat.	1 egg.
1 lb. potatoes.	parsley.	fried parsley.	salt.
2 $\frac{1}{2}$ ozs. butter.	breadcrumbs.	milk.	pepper.

Cut the slices of meat $\frac{1}{2}$ inch thick ; shape them like cutlets. Melt 2 ozs. of butter, chop the parsley finely, put it on a plate ; add the melted butter, and mix together. Season the slices of meat with salt and pepper, and dip them into the melted butter. Have the potatoes ready boiled, or cold potatoes left over from a previous meal may be used, mash over the fire ; add to them $\frac{1}{2}$ oz. of butter, turn on to a plate, and let cool. Cover the meat on both sides with a thick layer of mashed potatoes. Shape the edges neatly with a knife dipped in hot milk. Beat up the egg on a plate ; put the cutlets into it one at a time ; brush them over, and then toss in breadcrumbs. Fry in a frying-basket in very hot fat. Drain on paper ; arrange on a dish-paper on a hot dish, and garnish with fried parsley. Serve very hot.

Average cost, 6d., without meat. Time required, 40 minutes, if potatoes have to be cooked ; 20 minutes in the other case. Seasonable always. Sufficient for 8 cutlets.

1,376. RICE CUTLETS.

$\frac{1}{2}$ lb. cold meat.	$\frac{1}{2}$ teaspoonful chopped parsley.	$\frac{1}{4}$ lb. rice.	salt.
1 pint stock.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 oz. butter.	1 onion.
breadcrumbs.	fried parsley (No. 195).	pepper.	1 egg.

Chop the onion finely ; melt the butter in a stewpan ; put in the onion, and fry it without browning ; add the rice ; fry a little ; then stir in the stock ; boil until the rice is tender and has absorbed the stock, adding a little more stock if necessary. When done, add to it the minced meat, chopped parsley, salt, and pepper ; mix all together thoroughly over the fire. Turn the mixture on to a plate and let it get cold. Divide this preparation into equal portions—eight or ten—make up these portions into cutlet shapes. Beat up the egg on a plate, dip in each cutlet, then

toss in breadcrumbs ; fry in very hot fat a golden brown. Drain on paper ; dish up in a circle ; garnish the centre with fried parsley, and send to table with the brown sauce separately.

Average cost, 6d., exclusive of meat. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 or 10 cutlets.

1,377. DURHAM CUTLETS.

$\frac{1}{2}$ lb. cold meat.	1 teaspoonful chopped parsley.	1 oz. butter.	salt.
$\frac{1}{4}$ lb. cold potatoes.	fried parsley (No. 195).	breadcrumbs.	pepper.
$\frac{1}{2}$ small onion.	clarified fat (No. 197).	macaroni.	1 egg.

Take away gristle, skin, and most of the fat from $\frac{1}{2}$ lb. of beef or mutton. Mince it finely, or pass it through a mincing-machine. Chop the onion, melt the butter in a stewpan, put in the onion, and fry it a golden brown. Pass the potatoes through a wire sieve ; add them and the minced meat to the fried onion, mix in the chopped parsley ; season to taste with pepper and salt, stir all well together until

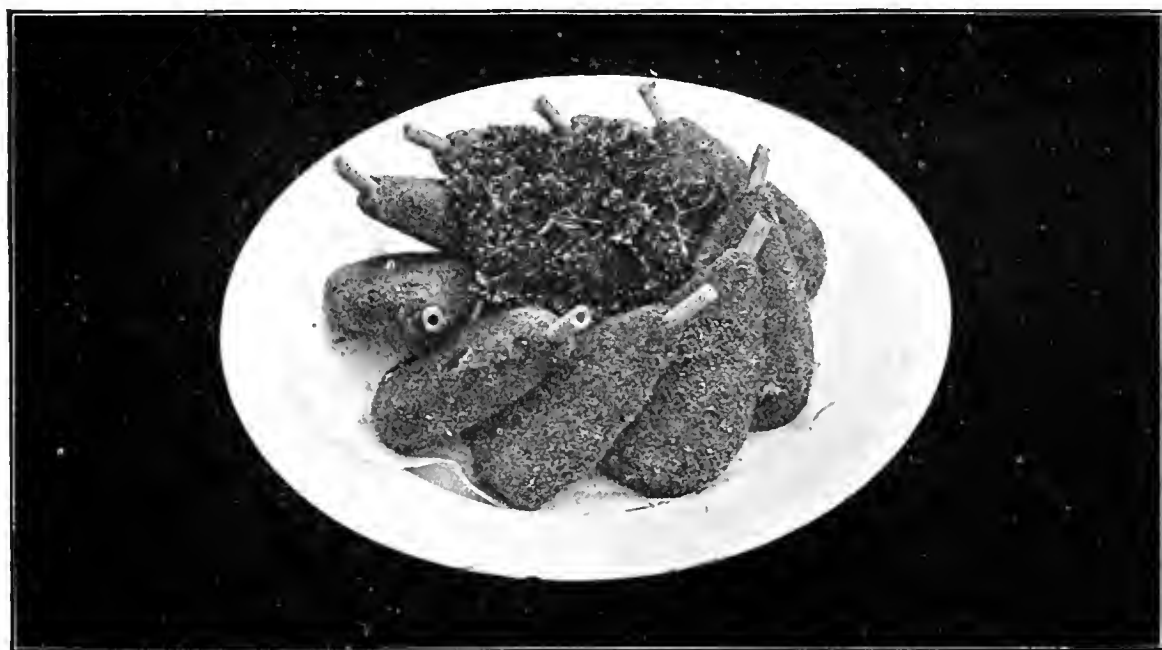


FIG. 88.—DURHAM CUTLETS.

hot and well mixed. Turn this preparation on to a plate ; spread it out to cool. When cold, divide the mixture into six or eight equal parts. Make each part up into the shape of a cutlet, dip in beaten egg, toss in breadcrumbs ; repeat this so that they may be a golden colour. Fry in smoking fat a nice brown ; drain on paper. Insert at the end of each cutlet a small piece of raw macaroni, to represent the bone of the cutlet. Dish in a circle, the cutlets overlapping each other ; fill the centre with fried parsley, and serve.

Average cost, 3d., without the meat. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 or 8 cutlets.

1,378. PATTIES OF COLD MEAT.

$\frac{1}{2}$ lb. flour.	4 ozs. dripping or butter.	salt and pepper.
$\frac{1}{2}$ lb. cold meat.	marjoram and thyme.	chopped parsley.

Sieve the flour into a basin, rub in the dripping or butter, add a little salt, mix into a stiff paste with cold water. Turn the pastry on to a floured board, and roll it out $\frac{1}{4}$ inch thick. Grease six or eight patty-pans. Cut out six or eight rounds with a round pastry-cutter, a size larger than the patty-pans ; put these on one side for the tops of the patties. After this is done, roll out the trimmings of the

pastry, and cut out the pieces for the bottoms with the same cutter ; line the patty-pans with these. Cut up the cold meat into dice, season with salt and pepper, add a small quantity of the chopped herbs ; fill the patty-pans, moisten each with a few drops of stock, cover with the lids, press the edges together, make a hole in the centre, and bake until the pastry is a nice colour. Dish up, and garnish with fresh parsley.

Average cost, 4d., exclusive of meat. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 or 8 patties.

1,379. MEAT CROQUETTES.

$\frac{1}{2}$ lb. cold meat.	$\frac{1}{2}$ gill stock.	1 teaspoonful chopped	salt.
$\frac{1}{2}$ oz. butter.	breadcrumbs.	parsley.	pepper.
$\frac{1}{4}$ oz. flour.	fried parsley.	slice of onion.	1 egg.

Cut up the meat, take away all skin, fat, and gristle, chop the meat finely, or pass it through a mincing-machine. Chop the onion. Melt the butter in a stewpan, put in the onion, and fry it a golden brown ; then add the flour, cook a little, mix in the stock, stir until it boils. Cook until the sauce is thick and leaves the sides of

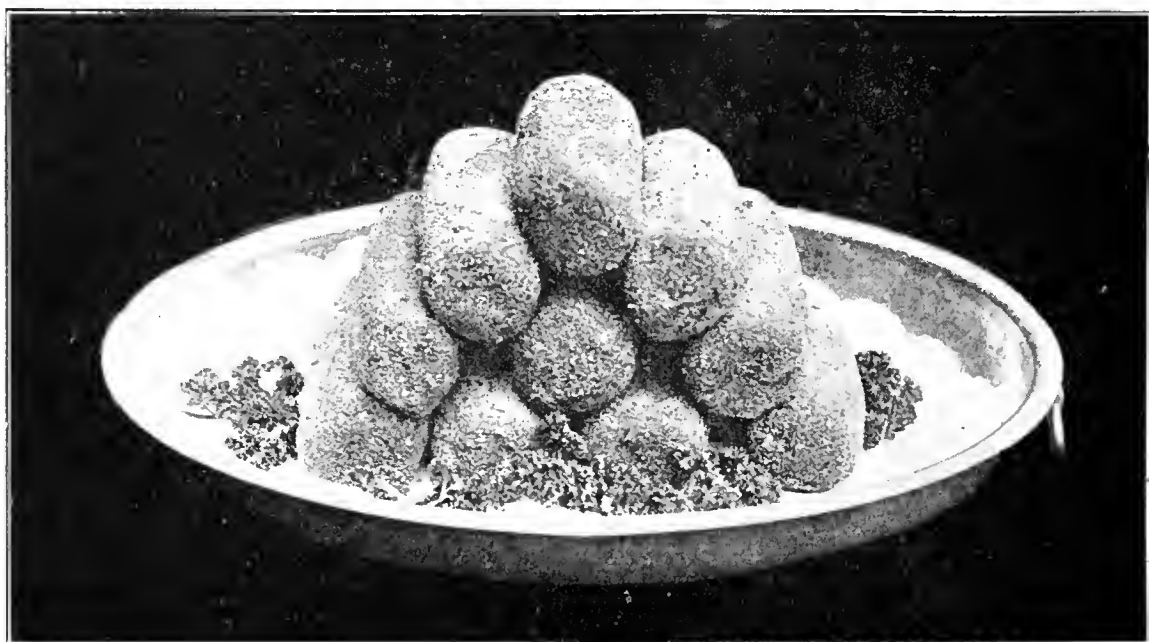


FIG. 89.—MEAT CROQUETTES.

the pan. Mix in the minced meat, the chopped parsley ; salt and pepper to taste. Stir all well together until thoroughly mixed and hot. Turn on to a plate, spread it out, and let cool. Divide the mixture when cold into eight equal parts. Shape them into balls or cork-shapes, taking care to make them all the same size and shape. Beat an egg on a plate, dip the croquettes into it, brush over well, so that they are thoroughly coated, then toss in breadcrumbs. If the croquettes are made with dark meat, such as beef or mutton, it is best to egg and crumb them a second time, so as to insure their being a pretty golden colour when fried. Have ready some very hot clarified fat (No. 197) in a stewpan, put the croquettes into a frying-basket, plunge it into the fat (this should be deep enough to cover the croquettes), and fry until a golden brown. Take up, drain, turn out on to kitchen-paper, in order to remove any fat that may be clinging to them. Dress them in a pile on a dish-paper, placed on a hot dish, garnish with fried parsley, and serve. A sauce-tureen of tomato, brown, or piquante sauce sent to table with them is an improvement.

Average cost, without meat, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 croquettes.

1,380. A TASTY PIE.

1 lb. cold meat.	1½ lbs. potatoes.	¾ pint stock.	salt.
1 lb. tomatoes.	¼ lb. dripping or butter.	½ lb. flour.	pepper.

Cut the meat in slices ; remove skin, fat, and gristle. Slice the boiled potatoes in slices, about $\frac{1}{4}$ inch in thickness ; also the tomatoes. Arrange a layer of potatoes at the bottom of a lightly greased pie-dish ; season with salt and pepper. Next, put a layer of tomato slices, then seasoning, on this the slices of meat. Continue in this way until the dish is full. Pour the stock over ; the meat should be just covered. Put the flour into a basin with a pinch of salt, add the dripping or butter, break it up into small pieces in the flour, then rub it in until it looks like breadcrumbs. Add sufficient water to make it into a stiff paste. Turn it on to a floured board ; roll out ; cut some strips of the paste to go round the edge of the dish, wet it lightly with the fingers ; place on the rest of the pastry, to form a cover, press the edges together, and decorate round the edge. Cut some leaves of pastry ; make a slit in the centre of the pie, and place the leaves round ; make a pastry-rose for the centre. Place in the oven and bake until the crust is done. Serve hot.

Average cost, without meat, 1s. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 to 6 persons.

1,381. CASSOLETTES OF RICE.

4 ozs. rice.	1 egg.	1½ ozs. butter.	¼ oz. flour.
salt.	pepper.	breadcrumbs.	½ gill stock.
1 onion.	¼ lb. meat.	1 pint white stock.	fried parsley.

Chop the onion, melt 1 oz. of butter in a stewpan, put in three parts of the chopped onion, fry without browning ; then add the rice, fry a little, stir in the pint of stock, and cook until the rice is tender and has absorbed the stock. A little more stock may be necessary. Season it nicely with salt and pepper ; turn it into a sauté-pan or cake-tin, place a piece of greased paper on the top, and press until cold. Mince the meat (any kind) ; melt the $\frac{1}{2}$ oz. of butter in a small stewpan, fry the remainder of the onion a light brown, stir in the flour, add the $\frac{1}{2}$ gill of stock, and cook until thick ; stir in the meat, and make thoroughly hot. Now cut out with a round pastry-cutter some patty cases from the rice, egg and breadcrumb them, and then with a smaller cutter mark the lid. Fry in very hot fat until a golden brown ; drain, lift the lid, scoop out the centre, and fill the cases with the meat mixture. Replace the lid, dish up, and garnish with fried parsley. Serve hot.

Average cost, 6d., exclusive of meat. Time required, 1 hour. Seasonable at all times. Sufficient for 6 cassolettes.

1,382. DRESDEN PATTIES.

½ lb. cold meat.	½ oz. flour.	breadcrumbs.	pepper.
a little milk.	½ gill stock.	fried parsley.	1 egg.
½ oz. butter.	½ small onion.	slices of stale bread.	salt.

Cut some slices of bread, about 2 inches thick, stamp out into rounds with a cutter, 2 inches in diameter ; mark the top of each with a smaller cutter, and scoop out the inside, taking care to leave a piece at the bottom of each case. Cut out a lid for each patty case with the smaller cutter. Put a little milk into a basin, dip the cases and the lids into it, then egg and breadcrumb them, and fry a golden colour in hot fat. Melt the butter in a stewpan, chop the onion, fry it in the butter until a light brown ; mix in the flour, add the stock, and stir until it boils. Mince the meat, add it to the sauce, mix over the fire until quite hot, season with salt and pepper, and fill the cases, letting the meat stand above the case. Put a lid on each, dish up, and garnish the dish with fried parsley. Serve hot.

Average cost, without meat, 6d. Time required, 30 minutes. Seasonable always. Sufficient for 8 or 10 patties.

1,383. VEAL BALLS.

$\frac{1}{2}$ lb. cold veal.	$\frac{1}{2}$ tablespoonful mixed herbs.	1 teaspoonful chopped	$\frac{1}{2}$ gill stock.
$\frac{2}{2}$ ozs. cooked ham.	$\frac{1}{2}$ teaspoonful lemon-rind.	parsley.	salt.
1 whole egg.	1 dessertspoonful flour.	clarified fat (No. 197).	pepper.
1 yolk of egg.	fried parsley (No. 195).	1 oz. butter.	breadcrumbs.

Cut away all gristle and skin from the veal, mince it finely, or pass it through a mincing machine. Prepare the ham in the same way. Melt the butter in a stewpan, mix in the flour, add the stock, and stir until thick. Mix in the veal and ham, add the chopped parsley, mixed herbs, the finely-grated lemon-rind, salt and pepper, bind with the yolk of egg, and turn the mixture on to a plate to cool. When cold, divide into equal parts, roll each into a ball, taking care that they are all the same size, egg and breadcrumb them once, and fry in smoking clarified fat a golden brown. Take up, drain on paper, dish on a hot dish, and garnish with fried parsley. A suitable sauce served with these is an improvement.

Average cost, 6d., without the meat or ham. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 balls.



FIG. 90.—VEAL BALLS.

1,384. SHEPHERD'S PIE.

1 lb. cold meat.	1 small onion.	a little flour.	salt.
$1\frac{1}{2}$ lbs. cold potatoes.	$1\frac{1}{2}$ ozs. dripping.	gravy.	pepper.

This pie can be made with cold potatoes left over from a previous meal, but if there are none of these, fresh potatoes must be boiled for the purpose. Cut up the meat into small dice, sprinkle the meat with a little flour. Chop the onion finely, melt the dripping in a stewpan, fry the onion a light brown, stir in the meat. add sufficient gravy, and season nicely with salt and pepper; stir the mixture well until thoroughly hot, and simmer gently for five minutes. Turn into a pie-dish, cover with mashed potato, smooth it neatly, and then mark it with a fork. Place the pie in the oven to brown the potato, or under a salamander. Do not on any account allow the pie to stay in the oven long, or the gravy will dry up, and the pie will be dry. If onion is not liked for flavouring, parsley or a small quantity of sweet herbs can be used instead. Dish the pie as soon as ready, and serve very hot.

Average cost, nominal. Time required, 30 minutes. Seasonable always. Sufficient for 4 persons.

1,385. POTATO TURNOVERS.

$\frac{1}{2}$ lb. cold boiled potatoes.	a little chopped pickle. $\frac{1}{4}$ lb. cold meat.	1 or 2 eggs. breadcrumbs.	a little flour. cayenne.	pepper. salt.
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Mince the meat finely, season it highly with salt, cayenne, and pepper. Mash the potatoes, or put them through a sieve. Add enough flour and egg to make them into a paste, season nicely with salt and pepper. Roll out this paste; cut into rounds about the size of a saucer. Put a little of the mince in the centre of each round, fold over, press the edges together; dip them in beaten egg, toss in breadcrumbs, and fry in very hot fat until a golden brown. Garnish with fried parsley, and serve hot.

Average cost, 4d., without meat. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 or 9 turnovers.



FIG. 91.—CASSOLETTES OF POTATO.

1,336. CASSOLETTES OF POTATO.

1 lb. potatoes.	pepper.	1 whole egg.	fried parsley.
1 oz. butter.	salt.	1 teaspoonful chopped parsley.	$\frac{1}{4}$ lb. cooked chicken.
1 yolk of egg.	breadcrumbs.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	1 oz. cooked ham.

Cook the potatoes—or potatoes left over can be used—let them get cold, then rub through a sieve. Melt the butter in a stewpan, put in the potatoes, stir until hot, add the yolk of one egg, the chopped parsley, salt and pepper. Turn the mixture on to a plate to cool. Divide into about eight equal portions, make each into a ball, then flatten into the shape of patty cases. Beat the whole egg and the white of the other on a plate, dip the cases into this, toss in breadcrumbs, and then mark the centre of each patty with a small pastry-cutter. Fry them a golden brown in very hot fat, take up and drain, lift off the lid, and scoop out the soft inside. Before frying the cases, prepare the meat. Mince the chicken and ham, put into a stewpan, season to taste, and add sufficient sauce to bind the mixture. Keep this preparation hot in the stewpan while the cases are being fried and prepared; fill the latter with the meat, put on the lid, dish up, and garnish with fried parsley.

N.B.—Any kind of meat or game can be used instead of the chicken.

Average cost, 8d., exclusive of chicken. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 cassiolettes.

1,387. SNACKS.

3 ozs. rice.	$\frac{1}{2}$ gill tomato sauce (No. 77).	2 eggs.	a little brown or
1 pint brown stock.	$\frac{1}{2}$ onion.	$1\frac{1}{2}$ ozs. butter.	tomato sauce.
salt.	pepper.	3 ozs. cold meat.	fried parsley.

Chop the onion, melt the butter in a stewpan, put in the chopped onion, and fry it lightly without browning; then add the rice, and fry until brown, stirring it all the time; then add the stock, boil until the rice is tender and has absorbed the stock; then add the $\frac{1}{2}$ gill of tomato sauce, season with salt and pepper, cook again for a few minutes. Let this mixture cool for a minute; then add the yolks of the eggs, stir over the fire again to bind the eggs. Turn the mixture out on to a plate to cool. Sprinkle a board and hands with flour, divide the rice into equal parts, shape each of these portions into round balls. Have ready the cold meat chopped, mix with it a very little brown or tomato sauce, just sufficient to bind, season it with salt and pepper. After the rice balls are made, make a hole in the centre of each, and put into the hollow some of the prepared meat; work the rice over so as to close up the opening. Beat the whites of the eggs on a plate, dip the balls in it, then toss in breadcrumbs, and fry a golden brown in very hot fat. Drain, dish up, and serve with fried parsley.

Average cost, 8d., exclusive of meat. Time required, 45 minutes. In season all the year. Sufficient for 3 persons.

1,388. SURPRISE POTATOES.

4 large potatoes.	1 lb. cold meat.	3 mushrooms.	2 ozs. butter.
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Peel the mushrooms, chop them coarsely, and cook in a saucepan in 1 oz. of butter. Cut the meat into small pieces, add them to the mushrooms, season with pepper and salt, and heat thoroughly. Choose four large even-sized potatoes, wash them thoroughly, dry in a cloth; make a small incision in each, place in a moderate oven, and bake until soft. This will take about one hour. Cut each potato in half lengthways, scoop out most of the centre, and rub through a wire sieve. Season with pepper and salt, and mix in 1 oz. of butter; replace some of this purée in the potato skins, leaving a hollow in each. Fill this centre cavity with the meat preparation. Place the halves of potato together again, and put in the oven for a few minutes to reheat. Serve on a dish-paper or folded napkin.

Average cost, 5d., exclusive of meat. Time required, $1\frac{1}{4}$ hours. In season all the year. Sufficient for 4 persons.

1,389. MEAT AND POTATO CROQUETTES.

1 lb. cold potatoes.	brown sauce	$1\frac{1}{2}$ ozs. butter.	1 oz. flour.	1 egg.
2 yolks of eggs.	(No. 6).	$\frac{1}{4}$ lb. cold meat.	1 onion.	salt.

Rub the potatoes through a fine wire sieve. Melt 1 oz. of butter in a saucepan, add the potatoes, flour, salt, and two yolks of eggs. Stir over the fire until thoroughly mixed. Turn out on to a floured board, roll out about $\frac{1}{4}$ inch thick, and cut into rounds 2 inches across. Peel and chop the onion finely, melt $\frac{1}{2}$ oz. of butter in a saucepan, and fry the onion in it until a golden brown. Cut the cold meat into very small pieces, removing all fat and gristle. Put the meat into the saucepan containing the fried onion, season to taste with salt and pepper, and moisten with a little brown sauce. Place a spoonful of this mixture in the centre of half the rounds of potato, wet round the edges with a little water, place another round of potato on the top of each, and press together lightly. Beat up an egg, and brush over the top of each croquette with it. Place them on a floured tin, and bake in a moderate oven for 10 to 15 minutes. Dish up in a pile, and serve hot.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. In season all the year. Sufficient for 4 or 5 persons.

1,390. MEAT AND ONION DUMPLINGS.

$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. cold meat.	3 large Spanish onions.
$\frac{1}{4}$ lb. beef suet.	brown sauce (No. 6).	1 dessertspoonful chopped parsley.

Peel the onions, place them in a pan of boiling salted water, and simmer gently for 5 to 10 minutes. Take them up and allow them to cool; then remove some of the centre of each onion, taking care not to break the outer casing. Cut the meat into very small dice, taking away all fat and gristle, put it into a saucepan with the chopped parsley and enough brown sauce to bind the mixture. Season to taste with pepper and salt, and then fill the cavity in each onion with this preparation. Sieve the flour into a basin with a pinch of salt; chop the suet very finely, removing all the skin. Add this to the flour, mix thoroughly, and then moisten with sufficient water to make it into a stiff dough. Divide it into three portions, roll them out, and wrap one piece round each stuffed onion, so as to entirely enclose it. Take three small pudding-cloths, dip them in boiling water, dredge them thickly with flour, and then tie one dumpling in each cloth. Place them in a pan of boiling water, and let them boil steadily for $2\frac{1}{2}$ hours. Take them up, remove the cloths, and serve at once.

Average cost, 6d., exclusive of cold meat. Time required, 3 hours. Seasonable, October to March. Sufficient for 3 persons.

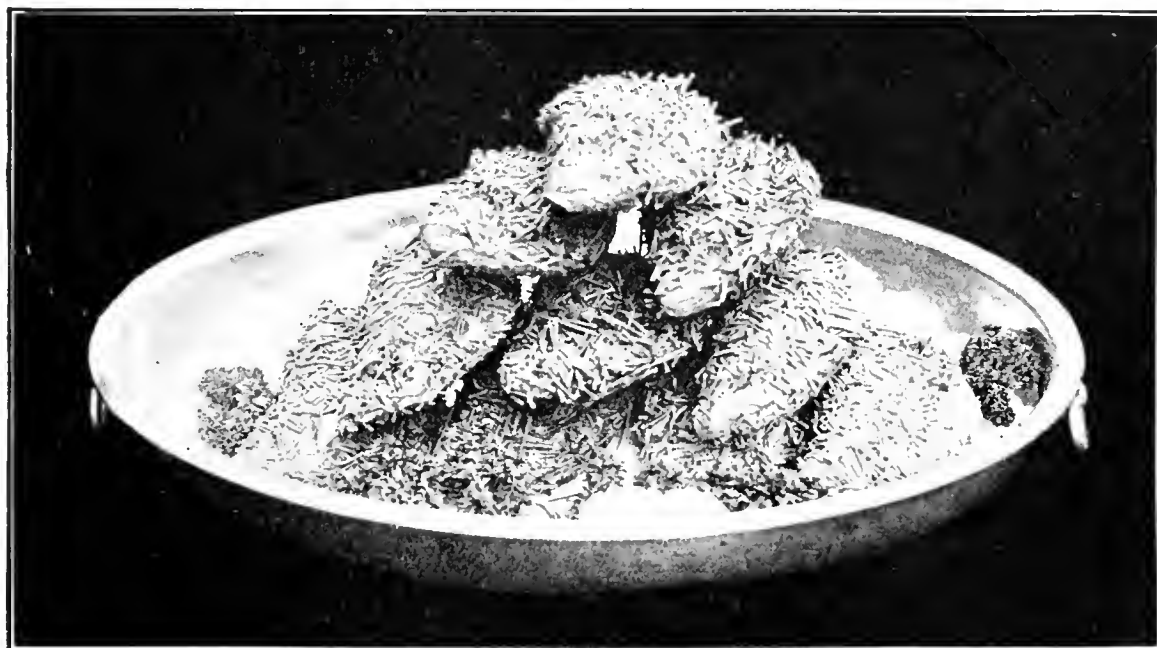


FIG. 92.—RISsoles OF COLD MEAT.

1,391. RISsoles OF COLD MEAT.

$\frac{1}{4}$ lb. cold meat.	$\frac{1}{2}$ gill stock.	1 teaspoonful chopped	2 ozs. butter.	fried parsley.	$\frac{1}{4}$ oz. flour.
salt and pepper.	4 ozs. flour.	parsley.	breadcrumbs.	$\frac{1}{2}$ oz. butter.	1 egg.

Mince the meat finely, put $\frac{1}{2}$ oz. of butter in a stewpan, melt it, and then stir in the flour; add the stock, and boil until thick. Mix the meat into this, season to taste with salt and pepper, and add the parsley. Turn on to a plate to cool. Sieve the 4 ozs. of flour into a basin, rub in the butter, add sufficient water to make it into a stiff paste. Turn the pastry on to a floured board, roll it out thinly, cut out some rounds with a pastry-cutter 2 to $2\frac{1}{2}$ inches in diameter. Put a small quantity of the meat on each round, wet the edges, fold over, and press well together; dip in beaten egg, toss in breadcrumbs, or, if liked, crushed vermicelli may be used, and fry the risssoles in very hot fat until a golden colour. Drain, and dish in a pyramid on a hot dish, garnish with fried parsley, and serve.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,392. STUFFED VEGETABLE MARROW.

1 small vegetable marrow.	1 tablespoonful chopped parsley.	$\frac{1}{4}$ oz. flour.	breadcrumbs.
$\frac{1}{2}$ lb. cold meat.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill water.	salt.
		fried parsley.	1 egg.

Peel the marrow, cut a small slice off each end and then remove the seeds without breaking the marrow. Put it into a saucepan of boiling salted water, and let it cook gently until tender, taking great care that it does not break. Lift it out when done, and let it drain well. Remove all fat and gristle from the cold meat, and put it through a mincing-machine. Melt the butter in a saucepan, mix in the flour, moisten with the water, and stir over the fire until it is very thick. Add the minced meat to this, also the chopped parsley, season to taste, and mix thoroughly over the fire. Stuff the boiled marrow with this mixture, making it quite level at each end. Roll it in flour to dry it, cover with beaten egg, and then roll in breadcrumbs. Fry in hot fat until a golden-brown colour. Dish up on a dish-paper on a hot dish, and garnish with fried parsley.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. Seasonable, August to October. Sufficient for 3 or 4 persons.

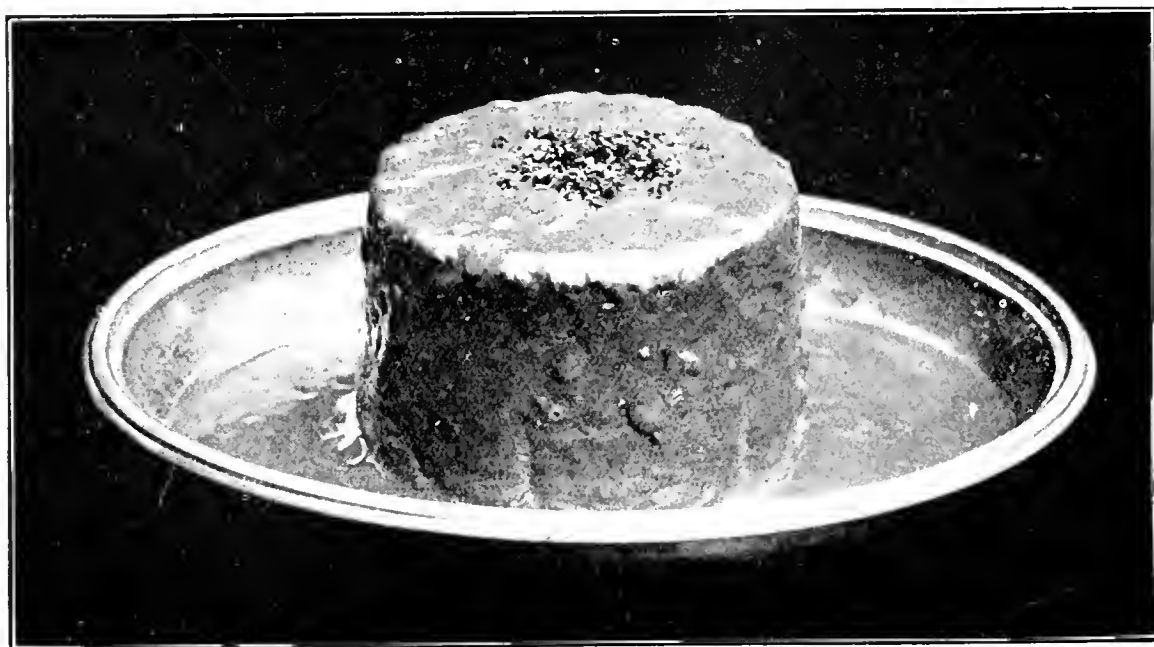


FIG. 93.—“GHIAC” (A NORWEGIAN DISH).

1,393. “GHIAC” (A NORWEGIAN DISH).

1 lb. cooked meat.	salt and pepper.	a large round of bread.
1 egg.	gravy or stock.	brown sauce (No. 6).

Take a large round of bread, 2 inches thick, pour over it enough hot gravy or stock to soak it, then pound it in a mortar to a smooth batter. Beat the egg well, mince the meat finely, add the meat, egg, salt, and pepper to the pounded bread, stir in a little sauce; mix all well together. Put this mixture into a well-buttered timbale-mould or cake-tin, which it must exactly fit, press it well down, and bake for about half an hour. Let it remain a few minutes after taking it out of the oven; then turn out on to a hot dish, sprinkle some breadcrumbs over it, and brown before the fire or in the oven. When well browned, pour over it some brown sauce, and serve. Peas, seakale, or cauliflower are excellent with it.

Average cost, without meat, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,394. MINCED BEEF À LA PORTUGAISE.

1 lb. cold roast beef.	$\frac{1}{2}$ pint brown sauce	cayenne.	1 onion.
$\frac{1}{2}$ teaspoonful lemon-rind.	(No. 6).	3 ozs. rice.	1 pint stock.
salt.	chopped parsley.	2 ozs. butter.	3 tomatoes.

Mince the beef, first removing all skin and fat, put the meat into a stewpan, add the brown sauce, season with salt and a pinch of cayenne, stir over the fire for a few minutes. Melt the butter in a stewpan, chop the onion, and as soon as the butter is hot, put in the onion, and fry it without browning. Next add the rice, fry for a few minutes in the butter; then add the stock, and boil until the rice is tender and has absorbed the stock. It must be constantly stirred during the process of cooking or it will burn. Season with salt and pepper. Butter six small dariole-moulds, fill them with the rice, press down, place them in the oven for a few minutes. Turn the mince on to a hot dish, turn out the rice timbales, put them round the dish. Have ready the tomatoes, cut in halves and baked, put one half-tomato between each timbale, sprinkle each tomato with a little chopped parsley, and serve.

Average cost, without meat, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,395. BRESLAW OF BEEF.

$\frac{1}{2}$ lb. roast beef.	1 teaspoonful chopped parsley.	salt.	little nutmeg.
4 ozs. breadcrumbs.	$\frac{1}{2}$ teaspoonful savoury herbs.	pepper.	brown sauce (No. 6).
2 ozs. butter.	1 gill of gravy or cream.	3 eggs.	$\frac{1}{2}$ teaspoonful lemon-rind.

Trim the meat, cut off the brown pieces, chop the meat up finely, put it with the breadcrumbs in a basin; mix with it the chopped parsley, herbs, salt and pepper, and very little nutmeg. Grate the lemon-rind, and add it to the other ingredients. Break up the butter into small pieces and mix in; pour over the gravy or cream, and the eggs well beaten. Mix all together thoroughly. Butter some small dariole-moulds, put in the mixture, place in a moderate oven, and bake for 20 to 30 minutes. When done, turn out, and send to table with a tureen of brown sauce.

Average cost, without meat, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 3 persons.

1,396. MINCED BEEF WITH POACHED EGGS.

1 lb. cold roast beef.	$\frac{1}{2}$ pint brown sauce (No. 6).	salt.
4 eggs.	toast.	pepper.

Remove the fat and skin from the meat, chop it up finely. Heat the brown sauce, add the chopped meat to it, season nicely with salt, pepper, and a dust of cayenne. Stir over the fire for about five minutes, until thoroughly hot. Toast some slices of bread, remove the crust, and cut in squares about $1\frac{1}{2}$ inches in size. Place these round a hot dish; pour the mince in the centre. Poach the eggs just before serving, trim and drain, and place one egg on each piece of toast. Serve at once.

Average cost, without meat, 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

1,397. MINCED BEEF.

1 lb. cold roast beef.	1 shallot.	pepper.
$\frac{1}{2}$ gill port-wine.	rind of $\frac{1}{2}$ orange.	$\frac{1}{2}$ pint tomato sauce (No. 77).
1 oz. butter.	salt.	fried croûtons.

Take away fat and skin from the beef, then mince it finely. Put the butter into a stewpan. When melted, add the chopped shallot, and fry without browning; then pour on the wine, add the shredded rind of half an orange, season with salt and pepper, simmer gently for a few minutes; then stir in the $\frac{1}{2}$ pint of tomato

sauce, bring to the boil, and add the minced beef. Let it get thoroughly hot over the fire. Turn out on to a hot dish, garnish round with pieces of toast, cut in three-cornered shapes, and serve very hot.

Average cost, without meat, 10d. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,398. BUBBLE-AND-SQUEAK.

cold boiled beef.		salt.		cabbage.
cold potatoes.		beef dripping or butter.		pepper.

Cut the beef, lean and fat, into slices about $\frac{1}{6}$ inch thick. Melt 2 or 3 ozs. of dripping in a frying-pan, and fry the slices quickly over a brisk fire; cook them until they are hot through, but do not let them get dry. Mix some cold cabbage or greens of any kind with an equal quantity of mashed potatoes. Fry these together in a little butter or dripping, keeping it stirred all the time; season nicely with salt and pepper. Pile the vegetables in the centre of a hot dish, arrange the slices of meat round, and serve very hot.

Average cost, from 4d. to 6d., without the meat. Time required, 20 minutes. Seasonable at all times.

1,399. DEVILLED BONES.

bones of beef or mutton.		mustard.		salt.		cayenne pepper.
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Blade-bones of shoulders of mutton or lamb, and ribs of beef, are generally used for this purpose. Also legs of chicken or turkey can be used in the same way. Any kind of bones with some meat on them will serve for this purpose. Score the meat on the bones across. Mix together some mustard, salt, and cayenne; fill the slits made in the meat with this mixture. Grill the bones crisply, without burning, and serve very hot.

1,400. HASH OF SALT BEEF.

1 lb. cold boiled beef.		2 onions.		1 gill red wine.		1½ ozs. flour.		salt.
8 mushrooms.		3 gills stock.		2 ozs. butter.		toast.		pepper.

Cut the beef into neat slices; peel the onions and chop them finely. Melt the butter in a stewpan and, when hot, put in the onions; fry them a nice brown, add the flour, and cook it until a light colour. Then moisten with stock and the wine, stir until it boils, simmer for ten minutes; season with salt and pepper. Put the slices of meat into the prepared sauce, simmer very gently for a few minutes, but do not on any account allow it to boil. Cook the mushrooms in butter, and keep hot. When ready to serve, dish the meat in a pile in the centre of a hot dish, pour the sauce over, and garnish each end with the mushrooms, and round the dish with three-cornered sippets of toast.

Average cost, 1s., exclusive of beef. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,401. SALT BEEF AU GRATIN.

1½ lbs. cold salt beef.		1 pint Italian sauce (No. 41).
butter.		brown-bread crumbs.

Cut the beef into nice slices, $\frac{1}{4}$ inch thick. Butter slightly a gratin-dish, arrange the slices on this, pour the Italian sauce over; cover with brown-bread crumbs, put here and there a few bits of butter. Place the dish in the oven to get hot. Serve in the same dish, very hot.

Average cost, 10d. Time required, 10 minutes. Seasonable always. Sufficient for 4 or 5 persons.

1,402. SALT BEEF WITH PIQUANTE SAUCE.

1½ lbs. cold salt beef.	1 turnip.	1 pint piquante sauce	2 carrots.
2 gills stock.	butter.	(No. 59).	seasoning.

Cut the beef in neat slices, trim and remove the fat and skin. Put the slices into a stewpan, pour over the stock, bring slowly to the boil, draw to the side of the fire, and let it simmer very gently for ten minutes. Scrape the carrot, peel the turnip, cut them into dice; cook in salted water or stock separately. Dish the slices of beef on a hot dish, pour the sauce over. Season the vegetables, drain, and mix them together. Melt a little butter in a small stewpan, put in the vegetables, and toss them in it; garnish the dish with these; either pile them in the centre or arrange groups round. Serve very hot.

Average cost, without meat, 1s. Time required, 30 minutes. Seasonable always. Sufficient for 4 or 5 persons.

1,403. SALT BEEF WITH BACON AND TOMATOES.

1½ lbs. cold salt beef.	1 oz. butter.	1 lb. tomatoes.
¼ lb. streaky bacon.	1 onion.	½ pint stock.

Remove all fat and skin from the beef, cut it in square pieces, 1½ inches in size. Take the rind off the bacon, and cut it in pieces the same size as the beef. Melt the butter in a stewpan, put in the bacon, and fry it. When it is brown, add the tomatoes, cut in slices, the peeled onions, sliced, and the stock. Cook gently for fifteen minutes. Season if necessary. Now add the meat, and simmer very gently for ten minutes longer. When done, turn out on to a dish, arrange neatly, and serve hot.

Average cost, without meat, 1s. 2d. Time required, 35 minutes. Seasonable always. Sufficient for 4 or 5 persons.

1,404. BEEF SALAD.

1 lb. lean cold boiled beef.	2 tablespoonfuls vinegar.	2 cooked potatoes.	2 lettuces.
½ teaspoonful chopped parsley.	2 tablespoonfuls salad oil.	1 hard-boiled egg.	salt and pepper.

Trim the beef, removing all skin, fat, and sinew; cut it up into thin slices, and then into large dice. Slice the potatoes; wash and dry the lettuces. Put the meat and potatoes into a salad-bowl; sprinkle over salt, pepper, and chopped parsley, add the vinegar and oil, mix all well together. Pile the salad in the centre of the dish, garnish round with the hearts of the two lettuces and slices of hard-boiled eggs, and serve.

Average cost, without meat, 10d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 persons.

1,405. BEEF HASH.

1 lb. cold beef.	1 onion.	½ turnip.	2 ozs. dripping.	toast.
6 pickled walnuts.	1 carrot.	1 pint stock.	1¼ ozs. flour.	salt and pepper.

Cut the beef into thin slices. Melt the dripping in a stewpan, put in the onion, carrot, and turnip, which have been previously prepared and cut in slices; fry these a nice dark brown. Then add the flour; stir this over the fire until it has become a pale brown colour. Then mix in the stock, stir until it boils, simmer gently for ten minutes, season to taste with salt and pepper, put in the slices of meat, and let it get thoroughly hot, but it must on no account be allowed to boil after the meat goes in. Warm the pickled walnuts in some of their own liquor, taking care to keep them whole. When ready to serve, dish the meat in the centre of a hot dish, pour the sauce over, garnish with the walnuts, and some dry toast cut in three-cornered shapes, round the dish.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,406. BEEF CAKES.

$\frac{1}{2}$ lb. cold beef.	1 tablespoonful chopped parsley.	mashed potatoes.
3 ozs. raw fat bacon.	$\frac{1}{2}$ teaspoonful mixed herbs.	1 egg.
1 teaspoonful flour.	$\frac{1}{2}$ pint brown sauce (No. 6).	salt and pepper.

Put the cold beef and raw bacon through a fine mincing-machine ; mix them together in a basin, add the flour, parsley, herbs, and seasoning. Beat the egg, and then stir it into the mixture, adding a little stock if the egg is not sufficient to bind it. Divide this preparation into eight equal portions, shape them into round, flat cakes. Dip each into flour that has been seasoned with pepper and salt. Melt some butter or dripping in a frying-pan, put in the beef cakes, and cook them rather quickly until nicely brown on each side. Mix a little butter or milk with the mashed potatoes, make a border of them on a hot dish ; dress the meat cakes on this, overlapping one another. Heat up the brown sauce and strain it round the outside of the potato border. Send to table immediately.

Average cost, 6d., exclusive of meat. Time required, 15 minutes. In season all the year. Sufficient for 4 or 5 persons.

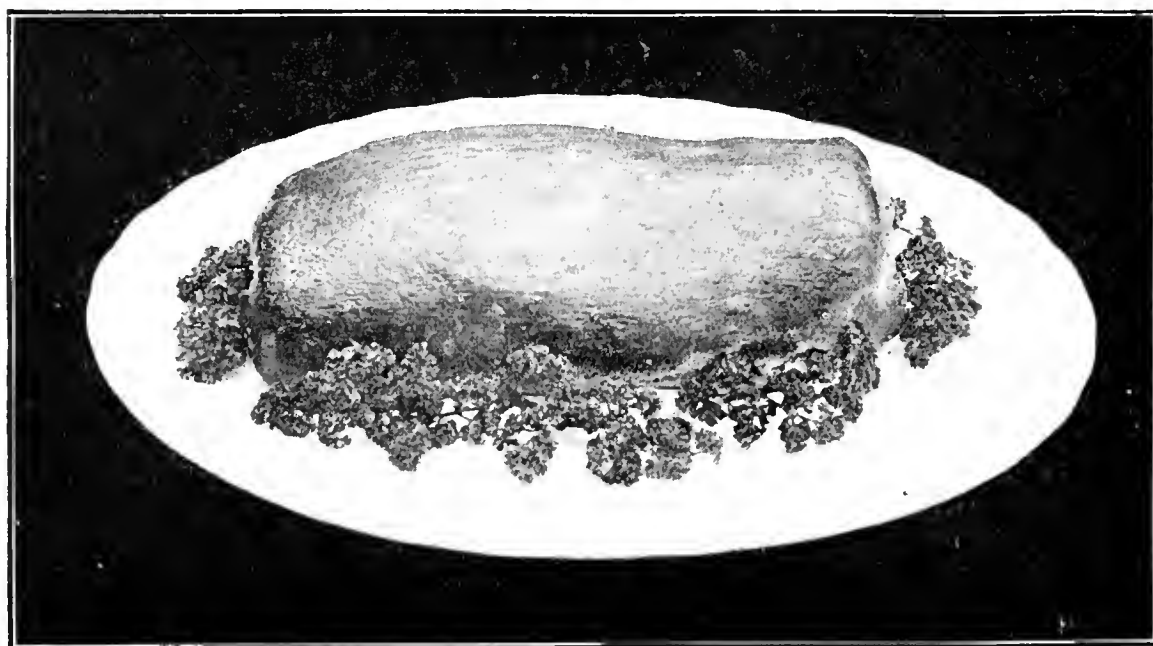


FIG. 94.—CANNELON OF BEEF.

1,407. CANNELON OF BEEF.

$\frac{1}{2}$ lb. cold beef.	$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill water.
$\frac{1}{4}$ lb. beef dripping.	1 small onion.	$\frac{1}{4}$ oz. flour.	pepper and salt.

Mince the beef finely, removing all fat and gristle. Chop the onion, and fry it a golden brown in the butter ; stir in $\frac{1}{4}$ oz. of flour, moisten with the water, and cook over the fire until the mixture is very thick and leaves the sides of the pan clean. Put in the minced meat, season with pepper and salt, and stir over the fire until the meat is thoroughly hot. Sieve the $\frac{1}{2}$ pound of flour into a basin, add a pinch of salt, and then rub in the dripping very lightly. Mix in enough water to make it a stiff dough. Turn out on to a floured board, roll out once, and then spread all over with the beef mixture. Roll up as for a roly-poly, fastening the edges with a little water. Place on a floured tin, and bake in a moderate oven for about thirty to forty minutes. Care must be taken that the roll is not too thick, or the pastry will not be done in the centre.

Average cost, 1 $\frac{1}{2}$ d., exclusive of meat and dripping. Time required, 1 hour. In season all the year. Sufficient for 4 or 5 persons.

1,408. RECHAUFFÉ OF BEEF.

1 lb. cold beef.	1 tablespoonful chopped parsley.	1 oz. butter or dripping.	salt.
2 onions.	$\frac{1}{2}$ pint demi-glace sauce (No. 29).	cold potatoes.	pepper.

Cut the beef into small, neat slices, removing the fat and gristle. Peel the onions, chop them finely. Melt the butter in a saucepan, put in the onion, and fry a golden brown. Mash the cold potatoes with a little butter or milk. Well butter a pie-dish, and line it with a layer of the potato; on this place some of the slices of beef, season them with pepper, salt, and chopped parsley, sprinkle over some of the fried onion, and pour in a little of the sauce. Place another layer of beef, onion, parsley, and sauce on the top, and continue in this way until the dish is full. Cover the top with a thick layer of mashed potato. Place in a moderate oven, and bake for twenty minutes. Serve hot.

Average cost, 8d., exclusive of meat. Time required, 30 minutes. In season all the year. Sufficient for 4 persons.

1,409. GRILLED BEEF WITH OYSTER SAUCE.

$1\frac{1}{2}$ lbs. cold beef.	demi-glace sauce (No. 29).	$\frac{1}{2}$ pint Bechamel sauce	1 yolk of egg.
mashed potatoes.	1 teaspoonful lemon-juice.	(No. 4).	12 oysters.

Remove the beards from the oysters, put them into a saucepan with their liquor, and bring them just to the boil. Take up the oysters, and cut them into small pieces. Have the Bechamel sauce ready heated in a saucepan, put into it the oyster liquor, and let it boil well; strain this sauce into another saucepan, add the yolk of the egg, and stir over the fire until the egg binds. Season to taste with salt and the lemon-juice. Lastly, add the pieces of oyster, heat thoroughly, but do not on any account allow it to boil. Cut the cold beef into neat slices, grill them for a few minutes over a clear fire. Heat up the mashed potato, make a border of it on a hot dish, arrange the beef slices on the top, and fill the centre with the prepared oyster sauce. Pour a little thin demi-glace sauce round the outside of the border, and serve very hot.

Average cost, 2s., exclusive of cold meat. Time required, 15 minutes. Seasonable, September to April. Sufficient for 5 or 6 persons.

1,410. BEEF EN PERSILLADE.

$1\frac{1}{2}$ lbs. cold beef.	1 tablespoonful chopped parsley.	2 shallots.	salt.
2 ozs. butter.	brown-bread crumbs.	beef gravy.	pepper.

Cut the beef into nice slices, removing all fat and gristle. Melt the butter, pour a little of it on a fire-proof dish, then arrange the slices of beef neatly on it. Sprinkle over with parsley and finely-chopped shallots, season with pepper and salt. Pour two or three tablespoonfuls of beef gravy over, and then sprinkle thickly with brown-bread crumbs and the rest of the melted butter. Place in a moderate oven for fifteen to twenty minutes. Take up, and serve in the dish that it was cooked in.

Average cost, 4d., exclusive of beef. Time required, 20 minutes. In season all the year. Sufficient for 5 or 6 persons.

1,411. BOUDINS OF BEEF.

1 lb. cold beef.	1 oz. butter.	Espagnole sauce	salt.
beef gravy or stock.	2 eggs.	(No. 33).	pepper.

Remove all fat and gristle from the meat, mince it finely, put into the mortar and pound, with just enough gravy or stock to moisten it. Season with pepper and salt, and rub through a wire sieve. Put this purée into a basin, melt the butter and stir it into the meat; beat the eggs, and add also. Butter some small dariole-moulds, fill them with the beef mixture, place them in a steamer, cover with

buttered paper, and steam gently for twenty to twenty-five minutes. When done, turn out carefully on a hot dish. Warm up the Espagnole sauce, and pour it over and round the boudins. Garnish the top of each with a little chopped parsley, and serve hot.

Average cost, 6d., exclusive of meat. Time required, 45 minutes. In season all the year. Sufficient for 3 persons.

1,412. MINCED BEEF WITH TOMATOES.

1 lb. tomatoes.	brown sauce (No. 6).	salt.
$\frac{1}{2}$ lb. cold beef.	1 dessertspoonful chopped parsley.	pepper.
1 onion.	grated Parmesan cheese.	1 oz. butter.

Mince the beef, removing all fat and gristle. Peel and chop the onion, fry it a golden brown in $\frac{1}{2}$ oz. of butter; add the minced beef to it, also the parsley and pepper and salt. Moisten with a little brown sauce. Cut a small piece off the top of each tomato, and scoop out the pulp carefully, taking care not to break the tomatoes. Rub the pulp through a hair sieve, and then stir it into the beef. Fill the tomatoes with the meat, sprinkle over the top of each with grated Parmesan cheese and the other $\frac{1}{2}$ oz. of butter, melted. Place on a buttered tin, and cook in a moderate oven for about ten minutes. The tomatoes used for this dish must not be too ripe, or they will break in the cooking. When done, take them out of the oven, arrange on a hot dish, and pour brown sauce round.

Average cost, 1s., exclusive of meat. Time required, 20 minutes. In season all the year. Sufficient for 3 or 4 persons.

1,413. CROUSTADE OF VEAL.

$\frac{1}{2}$ lb. flour.	$1\frac{1}{2}$ lbs. cold veal.	Bechamel sauce	pepper.
$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ lb. mushrooms.	(No. 4).	salt.

Sieve the flour into a basin, put in the butter, and rub in with the fingers until it looks like breadcrumbs. Mix in just enough cold water to make it into a stiff dough. Turn out on to a floured board, roll out, and line a flan ring with it. Fill with raw rice, and bake in a moderate oven until a pale brown. Remove the rice. Cut the veal into neat slices, not too large. Peel the mushrooms, cut off the stalks, divide into two or three pieces, and cook in the oven, with a little butter. Put the veal and mushrooms into a saucepan, moisten with enough Bechamel sauce to make it a nice consistency. Season to taste with pepper and salt. Fill the pastry croustade with this mixture, piling it rather high in the centre. Sprinkle a little chopped parsley over the top, and place in a cool oven to heat through. Serve hot.

Average cost, 10d., exclusive of meat. Time required, 45 minutes. In season all the year. Sufficient for 4 or 5 persons.

1,414. STEWED VEAL WITH HAM.

1 lb. cooked veal.	1 pint Bechamel sauce. (No. 4).	a little lemon-juice.	salt.
$\frac{1}{4}$ lb. cooked ham.	croûtons of fried bread.	1 hard-boiled egg.	parsley.

Cut the veal and ham into neat pieces, removing all fat from the ham. Put the Bechamel sauce in a saucepan, heat it thoroughly, season with salt and a little lemon-juice. Add the slices of veal and ham to this, and allow them to simmer gently for fifteen minutes. Turn it out on to a hot dish, garnish round alternately with slices of hard-boiled egg and three-corner-shaped croûtons of fried bread. Chop a little parsley and sprinkle it in the centre of the veal and ham. Serve very hot.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

1,415. STEWED VEAL WITH CUCUMBER.

2 lbs. cold loin of veal.	1 large cucumber.	1 oz. butter.	salt.
1 pint Bechamel sauce (No. 4).	cooked potatoes.	2 yolks of eggs.	pepper.

Cut the veal into nice pieces, taking away the bones. Peel the cucumber, cut it in quarters and remove the seeds, and then divide into smaller pieces. Put into boiling salted water, and let them cook gently until tender. Put 1 pint of Bechamel sauce into a pan, heat it thoroughly, and then add the pieces of veal; let them simmer gently for fifteen minutes. Mash the cooked potatoes, with a little milk or butter, make a border of them on a hot dish, and arrange the pieces of veal on it, overlapping one another. Place in a cool oven to keep warm. Strain the sauce into another pan, add the yolks of eggs, and stir over the fire until the eggs are cooked. It must not be allowed to boil, or the eggs will curdle. Melt the butter in a saucepan, drain the cucumber, and then toss it in the butter for a few minutes. Pour the prepared sauce over the veal and round the dish, and fill the centre with the pieces of cucumber. Serve hot.

Average cost, 10d., exclusive of veal. Time required, 1 hour. Seasonable, May to September. Sufficient for 5 or 6 persons.

1,416. VEAL AND POTATO RISsoles.

$\frac{1}{2}$ lb. cold veal.	1 teaspoonful chopped parsley.	breadcrumbs.	1 egg-yolk.
$\frac{1}{2}$ lb. cold potatoes.	$\frac{1}{2}$ teaspoonful grated lemon-rind.	fried parsley.	1 whole egg.
pepper.	2 hard-boiled eggs.	salt.	1 oz. butter.

Remove all bone, skin, and gristle from the veal, mince it finely; rub the potatoes through a fine sieve; chop the hard-boiled eggs finely. Melt 1 oz. of butter in a stewpan. When hot, put in the potato, and stir over the fire; then add the veal, the chopped eggs, grated lemon-rind, chopped parsley, pepper and salt; mix all together thoroughly. Then add the yolk of the egg, stir well, and turn on to a plate to cool. When cold, divide into equal parts, shape each portion into a ball or into the form of a cork; continue to do this until the mixture is all prepared. Beat up an egg on a plate, dip the balls into it, brush over so that every part is covered then toss in breadcrumbs. Have ready some clarified fat, very hot. As soon as it smokes, drop the rissoles into it, and fry a golden colour. Dish up in a pile on a hot dish, and garnish with fried parsley. If liked, a white or brown sauce can be sent up with them separately. Serve hot.

Average cost, without meat, 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 12 rissoles.

1,417. MINCED VEAL.

1 lb. cold veal—loin.	bouquet garni.	1 oz. butter.	1 onion.	salt.
grated lemon-rind.	rashers of bacon.	$\frac{1}{2}$ oz. flour.	toast.	pepper.

Remove the bones and skin from the veal, either loin or fillet; the meat should weigh a pound after this has been done. Put the bones and trimmings into a saucepan, add the onion, cut in quarters, and the herbs; pour over about $1\frac{1}{2}$ pints of cold water, bring to the boil, add some salt, skim well, and simmer gently for one hour. When done, strain the stock, skim off the fat, and let cool. Mince the veal finely. Melt the butter in a stewpan, stir in the flour, add $\frac{1}{2}$ pint of the stock, and bring to the boil; simmer for ten minutes. Season with salt and pepper. Now add the minced veal and a little grated lemon-rind; if not moist enough, add a little more stock. Cut some thin slices of streaky bacon, roll up, run a skewer through them to keep them in shape, place on a baking-tin, and cook in the oven until crisp. Pour the mince on to a hot dish, cut some slices of toast into small three-cornered pieces, border the dish with these, and garnish with the rolled bacon.

Average cost, without veal, 4d. Time required, after stock is made, 20 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,418. MINCED VEAL WITH MACARONI.

1 lb. cold veal.	$\frac{1}{4}$ lb. cooked ham.	1 gill stock.	1 lemon.	salt.
$\frac{1}{4}$ lb. macaroni.	grated lemon-rind.	1 oz. butter.	parsley.	pepper.

Mince the veal and ham finely, first removing all skin and bone. Prepare stock as in previous recipe. Mix together in a saucepan the veal, ham, grated lemon-rind, pepper and salt; dilute with the stock, adding a little more if necessary. Keep by the side of the fire, but do not let it boil. Break up the macaroni, have ready a saucepan containing plenty of boiling water, seasoned with salt; drop the macaroni into it, bring up quickly to the boil again, then cook for forty minutes. When done, drain it, and wash under the tap, shake and drain to remove the moisture. Melt 1 oz. of butter in a stewpan, put in the macaroni, stir it over the fire until thoroughly hot, season with salt and pepper. Turn out on to a hot dish, and make a border round the dish with it. Pour the mince into the centre, garnish with thin slices of lemon and sprigs of fresh parsley, and serve hot.

Average cost, without veal, 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,419. MINCED VEAL WITH SPINACH.

1 lb. cooked veal.	$\frac{1}{2}$ pint rich gravy or stock.	2 lbs. spinach.	toast.	$\frac{1}{2}$ oz. flour.
3 or 4 new laid eggs.	grated lemon-rind.	1 $\frac{1}{2}$ ozs. butter.	bacon.	salt and pepper.

Mince the veal finely; this should weigh a pound after bone and skin have been removed. Prepare the stock as in previous recipe (No. 1,417). Strain and skim, and let it cool. Melt $\frac{1}{2}$ oz. of butter in a stewpan, add the flour, moisten with the stock, stir until it boils, simmer for a few minutes; then put in the meat, and season to taste with salt, pepper, and grated lemon-rind. Boil the spinach, drain well, press out the water, and rub it through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the spinach, and stir until quite hot; season with salt and pepper. A little cream added is an improvement. Pack the spinach into a well-greased border-mould, and place it in a cool oven until required. Poach the eggs just before serving, trim neatly with a round cutter. Cut some streaky bacon into thin slices, roll them, run a skewer through them, place on a baking-tin, and cook until done and crisp. Make the toast, lastly, cut it into three-cornered pieces. Turn out the mould of spinach on to a hot dish, pour the veal into the centre, dress the eggs on the veal, place the bacon on the spinach alternately with the toast. Serve hot.

Average cost, without veal, 1s. 3d. Time required, 1 hour. Seasonable always. Sufficient for 3 or 4 persons.

1,420. VEAL TURNOVER.

$\frac{1}{4}$ lb. cold veal.	$\frac{1}{2}$ pint milk.	6 ozs. flour.	$\frac{1}{2}$ teaspoonful chopped parsley.
grated lemon-rind.	2 eggs.	2 ozs. butter.	pepper and salt.

Sieve the flour into a basin, make a well in the centre of the flour, and break in the eggs; stir together. Then add by degrees the $\frac{1}{2}$ pint of milk. When half the milk has been stirred in, beat well for ten minutes; then add the rest of the milk, season to taste with salt and pepper and the chopped parsley. Mince the veal, removing skin and bone, season it with salt, pepper, and a little grated lemon-rind. Put the butter in a frying-pan, put it over the fire, and when it is very hot pour in the batter. As soon as it begins to set place the minced veal in the centre. The batter must not be allowed to cook too quickly, or it will burn. When it is cooked on one side, fold the batter over from the edges to the centre, so as to enclose the meat, and turn it over carefully with a fish-slice. When quite cooked, turn on to a hot dish, lifting it to do so with the slice. Serve hot. A good gravy or a suitable sauce can be sent to table with it.

Average cost, without meat, 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,421. MINCED VEAL AND POACHED EGGS.

1 lb. cold potatoes.	1 dessertspoonful chopped parsley.	2 ozs. butter.
$\frac{1}{2}$ lb. cooked veal.	salt and pepper.	stock.
3 eggs.	bacon.	milk.

Mince the veal finely. Melt 1 oz. of butter in a saucepan, add the veal, and moisten with enough stock to make the mince a nice consistency. Season with pepper and salt, and mix in the chopped parsley. Mash the cold potatoes in a saucepan, with 1 oz. of butter and a little milk; season with pepper and salt. Cut six thin slices of bacon, roll them up, place on a skewer, and cook in the oven until crisp. Poach three eggs in boiling water, taking care to keep them a good shape. Make a border of the potatoes on a hot dish, smooth it with a fork, and then fill the centre with the veal mince. Trim the poached eggs neatly, and place them on the top of the mince. Garnish round the edge of the potato with the rolls of bacon; sprinkle a little chopped parsley in the centre of each egg. Serve hot.

Average cost, 10d., exclusive of veal. Time required, 30 minutes. In season all the year. Sufficient for 3 persons.

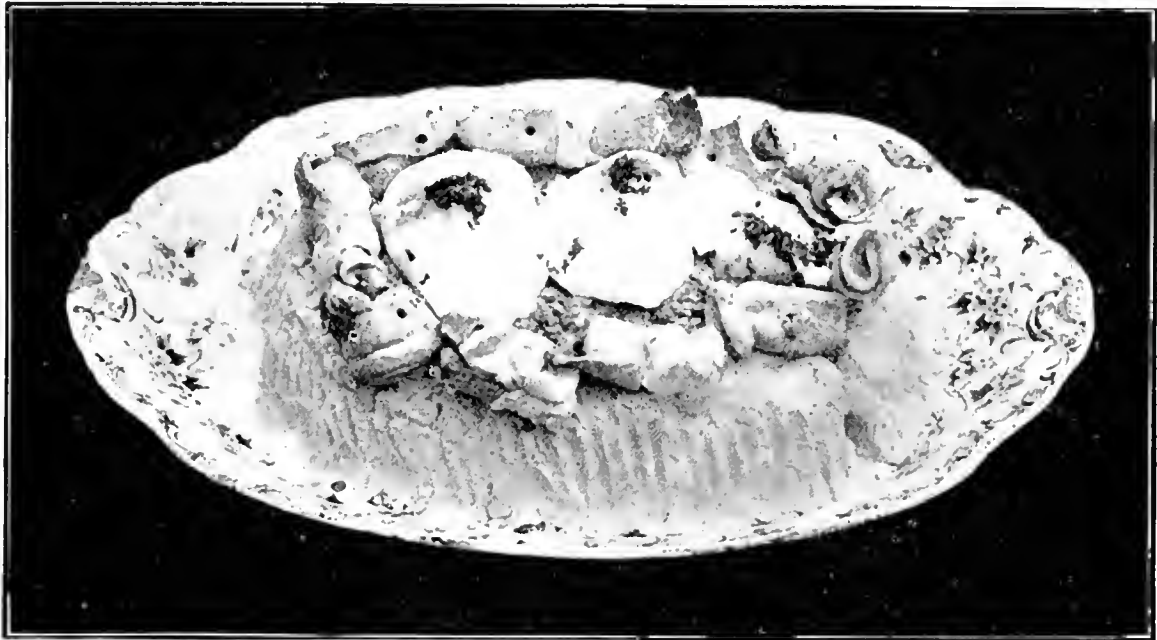


FIG. 95.—MINCED VEAL AND POACHED EGGS.

1,422. VEAL AND MACARONI AU GRATIN.

1 lb. cold veal.	1 oz. grated Parmesan	breadcrumbs.
$\frac{1}{4}$ lb. macaroni.	cheese.	salt.
1 lb. tomatoes.	3 ozs. butter.	pepper.

Remove the bone, skin, and gristle from the veal, mince it finely. Boil the macaroni for about forty minutes in a saucepan of fast-boiling water, seasoned with salt. When done, strain and wash it, drain, and chop well. Cut up the tomatoes in slices, rub them through a hair sieve. Melt the butter in a saucepan, put in, as soon as hot, the minced veal, the macaroni and tomato, mix all well together; season nicely with salt and pepper, add the Parmesan cheese, mix thoroughly and, when well incorporated, turn the mixture into a well-buttered pie-dish, smooth it over the top, sprinkle over it a few breadcrumbs, put a few bits of butter here and there, and place in a quick oven until brown. When hot, send to table in the same dish.

Average cost, without meat, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,423. VEAL WITH RISOTTO.

$\frac{1}{2}$ lb. cold veal.	1 quart of white stock.	$\frac{1}{2}$ pint tomato sauce (No. 77).
1 oz. butter.	1 oz. grated cheese.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).
6 ozs. rice.	1 onion.	salt and pepper.

Melt the butter in a saucepan ; peel and chop the onion, fry in the butter for a few minutes, then add the rice, and cook until it begins to brown. Moisten with the stock, and stir until the rice is tender and the stock absorbed. Mix in 1 gill of tomato sauce and the grated cheese, season with salt and pepper. Butter a timbale-mould, and line it with the risotto, 1 inch thick. Cut the veal into small pieces, put it into a saucepan, and moisten with the Bechamel sauce. Fill this mixture into the centre of the mould, cover the top with a layer of risotto, cook in the oven for 20 minutes. Turn out on a hot dish, and pour tomato sauce round.

Average cost, 9d., exclusive of veal. Time required, 1 hour. In season all the year. Sufficient for 3 or 4 persons.

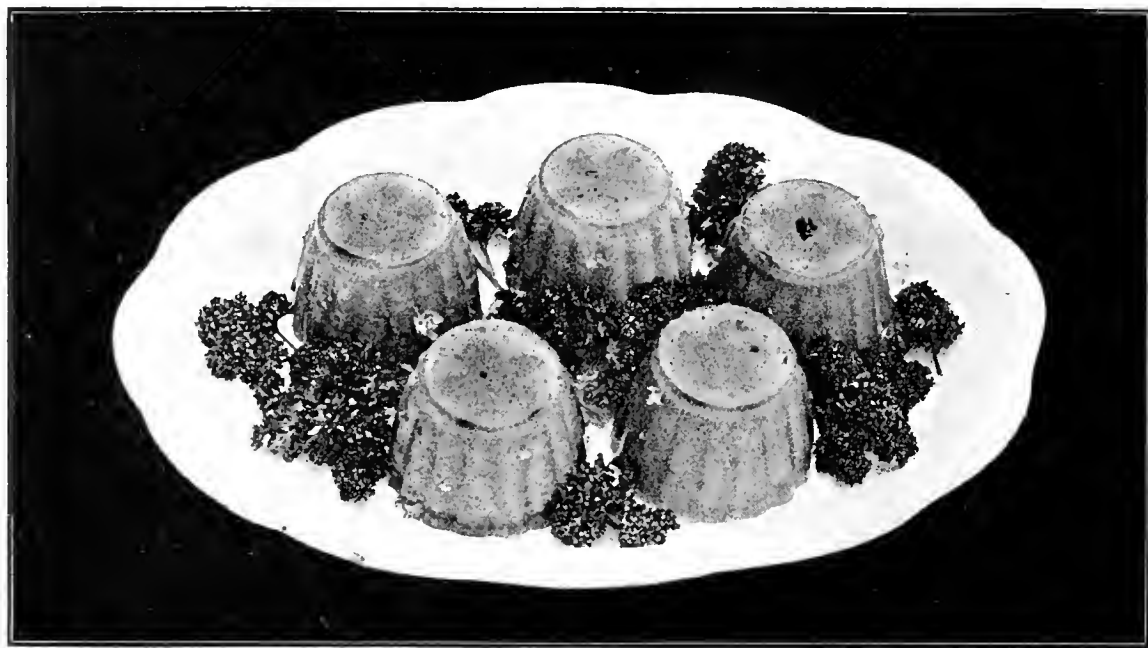


FIG. 96.—MINCED VEAL IN JELLY.

1,424. MINCED VEAL IN JELLY.

$\frac{1}{2}$ lb. cold veal.	1 gill white chaudfroid sauce (No. 124).	salt.
2 ozs. ham.	aspic jelly (No. 251).	pepper.

Line some small dariole-moulds with a thin layer of aspic jelly. This is best done by placing a smaller mould in each, and then pouring the aspic jelly into the cavity between the moulds. When set, remove the inner moulds by pouring some warm water into them and immediately lifting them out. Cut the cold veal into small pieces, also the ham, add the white chaudfroid sauce to them, season with pepper and salt, and put aside in a cool place until it begins to set ; then fill the cavities in the dariole-moulds with it. Cover with a thin layer of aspic jelly, and put aside to set. When quite firm, turn them out, by dipping in warm water. Arrange them on a cold dish, garnish with chopped aspic jelly and a few sprigs of parsley.

Average cost, 1s., exclusive of veal. Time required, 1 hour. In season all the year. Sufficient for 3 or 4 persons.

1,425. CHICKEN CUTLETS.

$\frac{1}{2}$ lb. cold chicken.	$\frac{1}{2}$ teaspoonful chopped parsley.	1 tablespoonful cream.	1 egg.
$\frac{1}{2}$ gill Bechamel sauce (No. 4).	mashed potatoes.	fried parsley (No. 195). breadcrumbs.	salt. pepper.

Cut up the cold chicken, take away skin, bone, and tendons, mince the meat finely, put it into a stewpan, add to it the Bechamel sauce and the cream, season with salt and pepper and chopped parsley. Mix thoroughly over the fire. Turn the mixture on to a plate, shape it into a cake, and let it get cold. When ready to use, divide the preparation into equal parts; take each part in turn, and shape into cutlets. Beat up the egg on a plate, dip in the cutlets, one at a time, brush over with the egg, lift into the breadcrumbs; shake these well over, so that the cutlets are thoroughly coated. Take a clean, dry knife, shape the cutlets again. Place them in a frying-basket, and fry them in very hot fat; take up, turn out on to kitchen-paper to drain. Have ready some mashed potatoes, mix in a little egg or milk, make a circular border with them on a hot dish, dress the cutlets on this in a circle, overlapping each other, fill the centre with fried parsley, and serve. If liked, a suitable sauce can be poured round, and peas or spinach served in the centre.

Average cost, without chicken, 6d. Time to prepare, 30 minutes. Seasonable always. Sufficient for 8 cutlets.

1,426. COLD CHICKEN ENTRÉE.

$\frac{1}{2}$ lb. cold chicken meat.	2 ozs. ham.	1 gill milk.	salt.
fried parsley (No. 195).	$\frac{1}{2}$ onion.	1 clove.	pepper.
small blade of mace.	$\frac{1}{2}$ oz. gelatine.	breadcrumbs.	1 egg.

Remove skin and gristle from the cold chicken, cut it up small, and put it into a mortar with the cooked ham, fat and lean; pound well together until a smooth paste. Put the milk into a saucepan; peel the onion, stick it with one clove; add this to the milk, with a tiny piece of mace, bring slowly to the boil; let it stand at the side of the fire until the milk is well flavoured. Add the gelatine, and melt; then strain it on to a tablespoonful of breadcrumbs. Let this stand until nearly cold, add to the chicken mixture, season to taste with salt and pepper. Spread this preparation on a flat dish, and let set. When cold, cut out into strips, about 2 inches long, egg and breadcrumb them, and fry a golden brown in very hot fat. Dish them in a pile, one upon another, crosswise, garnish with fried parsley, and serve.

Average cost, without chicken, 4d. Time to prepare, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

1,427. CHARTREUSE OF FOWL.

$\frac{3}{4}$ lb. cooked chicken.	$\frac{1}{4}$ lb. sausage-meat.	1 tablespoonful chopped parsley.	stock.
3 tomatoes.	2 tablespoonfuls breadcrumbs.	Espagnole sauce (No. 33).	salt.
2 eggs.			pepper.

Mince the chicken finely, put it into a basin, add the sausage-meat, parsley, breadcrumbs, and pepper and salt. Mix all well together, and bind with two beaten eggs and a little stock. Butter a timbale-mould, fill with the chicken mixture, put into a steamer, cover with buttered paper, and cook gently for three-quarters of an hour. Cut the tomatoes in slices, and cook in the oven with a little butter, taking care that they do not get too soft. Turn the chicken mould out on to a hot dish, pour the Espagnole sauce over and round it, garnish with the slices of tomato and a little chopped parsley. Serve hot.

Average cost, 1s., exclusive of chicken. Time required, 1 hour. In season all the year. Sufficient for 3 or 4 persons.

1,428. CROUSTADE OF CHICKEN AND MACARONI.

$\frac{1}{2}$ lb. cold chicken.	3 ozs. macaroni.	$\frac{1}{2}$ pint Bechamel sauce	$\frac{1}{2}$ lb. flour.
2 ozs. cooked ham.	Parmesan cheese.	(No. 4).	$\frac{1}{4}$ lb. butter.

Sieve the flour into a basin, rub in the butter lightly, and mix in just enough water to make it into a stiff dough. Roll out about $\frac{1}{8}$ inch thick, line a flan ring with it, fill with raw rice, and bake in a moderate oven until the pastry is done. Take it out and remove the rice. Break the macaroni into small pieces, and cook in boiling salted water until tender. Cut the chicken and ham into nice sized pieces, put them into a saucepan with the cooked macaroni, add some Bechamel sauce, taking care not to add too much, or it will run out of the croustade. Fill the pastry case with the chicken mixture, sprinkle grated Parmesan cheese over the top, and place in the oven to heat through. Serve hot.

Average cost, 10d., exclusive of chicken. Time required, 1 hour. In season all the year. Sufficient for 3 or 4 persons.

1,429. CHICKEN AND RICE AU GRATIN.

$\frac{1}{2}$ lb. cold chicken.	2 ozs. rice.	$\frac{1}{2}$ pint tomato sauce	salt.
Parmesan cheese.	breadcrumbs.	(No. 77).	pepper.

Cut the cold chicken into small pieces. Cook the rice in boiling salted water until tender, taking care that each grain is separate when cooked. Drain well. Butter a pie-dish, place a layer of the chicken at the bottom, then a layer of cooked rice. Pour some tomato sauce over this, sprinkle with breadcrumbs and grated cheese. Repeat these layers until the dish is full. The last layer must be cheese and breadcrumbs. Place in a hot oven to brown. Dish up, and serve very hot.

Average cost, 6d., exclusive of chicken. Time required, 30 minutes. In season all the year. Sufficient for 3 persons.

1,430. FRIED CHICKEN LEGS.

2 cold chicken legs.	1 egg.	breadcrumbs.	fried parsley.
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Divide the chicken legs at the joints. Beat up the egg, brush the chicken legs over with it, and then roll in breadcrumbs. Fry them in very hot fat until a golden-brown colour. Take them up and drain on paper. Dish on a dish-paper on a hot dish, and garnish with sprigs of fried parsley. Serve very hot.

Average cost, 2d., exclusive of chicken. Time required, 10 minutes. In season all the year. Sufficient for 2 persons.

1,431. QUENELLES OF COOKED CHICKEN.

$\frac{1}{4}$ lb. chicken meat.	1 gill breadcrumbs.	2 yolks of eggs.	salt.
chopped parsley.	$\frac{3}{4}$ pint Bechamel sauce	mashed potato.	cayenne.
1 oz. butter.	(No. 4).	2 lbs. spinach.	milk.

Mince the chicken finely, put it into a saucepan with the butter and the breadcrumbs, which have been first soaked in milk and then squeezed dry in a cloth; add to these the egg-yolks, and, if found necessary, a little Bechamel sauce; mix all well together, season with salt and a small dust of cayenne. Turn the mixture on to a plate to cool. Make into quenelles by means of two dessertspoons; dip one of the spoons into hot water, fill with the mixture, shape it with a knife, remove the quenelle with the other spoon, and place it in a buttered sauté-pan, cover with boiling stock or water, put on the fire, and cook for ten minutes very gently. When done, take up and drain on a cloth. Have ready some mashed potato, make a circular border with it on a hot dish, dress the quenelles on this, coat over with Bechamel sauce, sprinkle each quenelle with a little chopped parsley, and arrange in the centre of the dish some nicely cooked and prepared spinach. Serve hot.

Average cost, without chicken, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 or 8 quenelles

1,432. CHICKEN AU GRATIN.

cold chicken.	$\frac{1}{2}$ pint Mornay sauce (No. 110).	croûtons of fried bread.	cayenne pepper.
breadcrumbs.	$\frac{1}{4}$ oz. grated Parmesan cheese.	$\frac{1}{2}$ oz. butter.	salt.

Take all the flesh off the chicken bones, cut the meat into small pieces. Make the Mornay sauce as directed in No. 110, omitting the fish stock. Put the chicken into this sauce, and heat thoroughly, without allowing it to boil; season to taste with salt and cayenne. Turn the mixture on to a fire-proof dish, which has been well-buttered. Sprinkle the surface with cheese, breadcrumbs, and the $\frac{1}{2}$ oz. of butter, oiled. Place in a hot oven until the surface is nicely browned. Take it out, and place croûtons of fried bread all round the edge of the dish. Serve very hot.

Average cost, 10d., without chicken. Time required, 20 minutes. In season all the year. Sufficient for 2 or 3 persons.

1,433. CROUSTADES OF CHICKEN.

$\frac{1}{2}$ lb. cold chicken.	breadcrumbs.	1 gill thick Bechamel	salt.
1 oz. cooked ham.	grated Parmesan cheese.	sauce (No. 4).	pepper.
4 small dinner-rolls.	chopped parsley.	1 tablespoonful cream.	butter.

Cut up the chicken, remove the skin, bones, and tendons (there should be $\frac{1}{2}$ lb. of meat after this is done). Mince the chicken and ham finely, put it into a saucepan, add to it the cream and sufficient Bechamel sauce to moisten; season with salt, pepper, and chopped parsley. Cut the dinner-rolls in halves, scoop out some of the soft inside, fill them with the chicken mixture. Put over each a layer of white sauce, sprinkle with grated Parmesan cheese and freshly-made bread-crumbs, put a tiny piece of butter on each, and place in the oven for about ten minutes. When done, dish up, and serve very hot.

Average cost, without chicken, 8d. Time required, 25 minutes. Seasonable at all times. Sufficient for 8 croustades.

1,434. GAME PATTIES.

$\frac{1}{2}$ lb. cold game.	lemon-juice.	1 raw yolk.	puff paste trimmings.
pepper.	$\frac{1}{2}$ gill brown sauce.	salt.	white of egg.

Cut up the game, free it from skin, gristle, and bone, season it with salt and pepper. Put this into a stewpan, add the brown sauce, mix well together, then bind with the yolk of an egg. Roll out the pastry, line some patty-pans with it, fill with the mixture. Whip the white of egg stiffly, mix in a squeeze of lemon-juice, cover the patties with this, put them on a baking-tin, and bake in the oven until a golden colour. Take them up, arrange on a dish-paper, and serve hot.

Average cost, without the game, 6d. Time required, 30 minutes. Seasonable, August to February. Sufficient for 8 patties.

1,435. SMALL GAME SOUFFLÉS.

$\frac{1}{2}$ lb. cooked game.	$\frac{1}{2}$ gill brown sauce	2 eggs.	salt.
a pinch of sweet herbs.	(No. 6).	1 oz. butter.	pepper.

Cut the game in small pieces, removing all skin and bone, put it in a mortar, add the butter and work in the brown sauce; season with salt, pepper, and herbs; pound all well together, add the yolks of the eggs, mix thoroughly, and rub through a wire sieve. Put this purée into a basin, and mix into it the stiffly beaten whites of the eggs, stir lightly together. Butter some china or paper ramakin cases, fill them three-parts full with the mixture, and bake in a quick oven. Serve quickly in the cases.

Average cost, without game, 6d. Time required, 20 minutes. Seasonable, August to February. Sufficient for 2 or 3 persons.

1,436. SMALL TIMBALES OF GAME AND POTATO.

1 lb. mashed potato.	salt.	6 mushrooms.	2 yolks of eggs.
2 ozs. butter.	$\frac{1}{4}$ lb. cold game.	pepper.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).

Take any kind of cold game, remove the skin, bone, and sinews, cut it into small dice. Peel the mushrooms, chop them finely. Melt $\frac{1}{2}$ oz. of butter in a stewpan, put in the mushrooms, and cook them for a few minutes, stirring meanwhile. Add the dice of game to the mushrooms, season with salt and pepper. Add sufficient sauce to moisten the mixture, mix all well together. Rub the cooked potatoes through a fine sieve. Melt 1 oz. of butter in a stewpan; when hot, put in the sieved potato, season with salt and pepper, stir over the fire until hot through, then add the yolk of an egg, and work well together. Turn out this potato purée on to a plate, and let it cool. Butter some small dariole or timbale moulds, and line them with the potato purée, press the mixture well into the moulds, so that there may be no cracks or holes when turned out. Fill the centre of each mould with the game preparation, cover over the top of each with the potato purée, smooth with a knife, taking care to have them level, brush over with beaten egg, and bake a golden colour in a moderate oven. Heat the remainder of the Bechamel sauce, add the rest of the butter in little bits, make quite hot, but do not boil again after the butter is added. Turn out the little shapes on to a hot dish, pour the sauce round, and serve hot.

N.B.—Instead of game, chicken, duck, rabbit, or any kind of meat may be used.

Average cost, without game, 10d. Time required, 40 minutes. Seasonable, if game is used, August to February; otherwise, all the year. Sufficient for 6 or 8 timbales.

1,437. CHICKEN WITH TOMATO SAUCE.

1 cooked chicken.	1 oz. butter.	1 onion.	chopped parsley.
$\frac{1}{2}$ lb. tomatoes.	$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ oz. flour.	salt and pepper.

Cut up the chicken into joints. Melt the butter, put in the pieces, slice the onion, add to the chicken, and fry all together for a few minutes, then stir in the flour. Add the stock and the tomatoes cut in slices, stir until it boils, simmer gently for ten minutes, then take out the chicken and arrange it on a hot dish. Take the fat off the sauce, rub through a hair sieve, return to the saucepan, reheat, season with salt and pepper, pour the sauce over the chicken, sprinkle with a little chopped parsley, and serve hot.

Average cost, 3s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,438. HASHED PHEASANT.

1 cold pheasant.	2 ozs. butter.	1 small onion.	$\frac{1}{2}$ carrot.
1 gill port-wine.	1 oz. flour.	bouquet garni (No. 194).	salt.
piece of celery.	$\frac{1}{2}$ pint stock.	croûtons of fried bread.	pepper.

Remove the meat from a cold pheasant. Chop the bones small, put them into a stewpan with the peeled onion, the carrot scraped, a piece of celery, and the bouquet garni, cover them with stock or water, stew gently for one hour; strain this stock and let it get cold. Remove the fat and measure off $\frac{1}{2}$ pint. Cut the meat of the pheasant into small pieces. Melt the butter in a small stewpan, sprinkle the flour over the meat, and fry in the butter until slightly browned; then add the wine and stock, stir until it boils, then simmer very gently by the side of the fire for a few minutes; season to taste with salt and pepper. Cut some bread into three-cornered shapes, and fry them a golden colour in hot fat. Turn out the meat on to a hot dish, arrange it neatly, garnish with the fried croûtons, and serve.

Average cost, 4s. Time required, 1 $\frac{1}{2}$ hours. Seasonable, October to February. Sufficient for 3 persons.

1,439. GAME BOUDINS.

1 lb. cold game.	$\frac{1}{4}$ lb. breadcrumbs.	breadcrumbs.	butter.	2 eggs.
$\frac{1}{4}$ lb. mushrooms.	brown sauce (No. 6).	fried parsley.	milk.	salt and pepper.

Mince the game very finely, put it into a basin, and season highly with pepper and salt. Peel the mushrooms, and cook them in the oven with a little butter. When done, take them out, and chop finely. Soak the breadcrumbs in a little milk until soft, then drain away the surplus milk, and mix the breadcrumbs into the game, also the chopped mushrooms. Beat up one egg and bind the mixture with it. Shape into round, flat cakes, keeping them all the same size. Beat the remaining egg on a plate, brush the cakes over with it, and then toss in breadcrumbs. Fry in very hot fat until a golden brown. Arrange in a circle on a dish-paper on a hot dish, fill the centre with fried parsley, and send to table with brown sauce served separately.

Average cost, 8d., exclusive of game. Time required, 30 minutes. Seasonable, August to March. Sufficient for 4 or 5 persons.

1,440. PARTRIDGE WITH MUSHROOMS.

2 cold partridges.	$\frac{1}{4}$ lb. mushrooms.	stock.
$\frac{1}{2}$ pint demi-glaze	cold potatoes.	meat-glaze.
sauce (No. 29).	parsley.	salt.

Cut the partridges into neat joints. Have ready some boiling stock with a little meat-glaze added to it; put the pieces of game into this, and let it simmer gently for fifteen minutes. Peel the mushrooms, remove the stalks, and cook in the oven with a little butter. Put the potatoes into a saucepan with some milk, mash them, and heat thoroughly; shape into a border on a hot dish. Arrange the pieces of partridge on the potatoes, mix a little thin demi-glaze sauce with the cooked mushrooms, and place them in the centre of the border. Pour the rest of the sauce over the partridge and round the dish. Garnish with a little chopped parsley, and serve immediately.

Average cost, exclusive of game, 6d. Time required, 20 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,441. CASSOLETTES OF PARTRIDGE.

6 ozs. rice.	2 ozs. grated Parmesan	breadcrumbs.	1 egg.
1 quart white stock.	cheese.	fried parsley.	1 shallot.
brown sauce (No. 6).	$\frac{1}{2}$ lb. cooked partridge.	$\frac{1}{2}$ oz. butter.	salt.

Put the stock into a saucepan, and, when boiling, sprinkle in the rice; stir over the fire until the rice is tender and all the stock absorbed. Season to taste with salt and pepper, mix in the grated cheese, and then turn out on to a plate. Spread it out until about 2 inches thick, and then leave until quite cold. Peel and chop the shallot, fry it a golden brown in the butter; add the partridge, cut in very small pieces, and enough brown sauce to make it a nice consistency (it must not be too liquid or it will run out of the cassolettes). When the rice is cold, cut it out with a round cutter about 2 inches across. Brush them over with beaten egg, dip in breadcrumbs, and then mark the top of each one with a smaller cutter. Fry them in very hot fat, drain on paper, and lift out the centre-piece, which has been marked with a smaller cutter. Scoop out some of the centre, and fill with the partridge mixture, piling it up rather high, so that it stands above the rice. Place the rounds that were taken out of the centre on the top of the meat. Arrange them on a hot dish on a dish-paper, and garnish with fried parsley. Serve hot.

Average cost, 6d., exclusive of game. Time required, 2 hours. Seasonable, September to February. Sufficient for 4 or 5 persons.

1,442. RECHAUFFÉ OF PARTRIDGES.

2 cold partridges.	1 lemon.	$\frac{1}{2}$ pint brown sauce	salt.
1 gill claret.	parsley.	(No. 6).	cayenne pepper.

Cut the partridges into neat joints. Put the brown sauce into a saucepan with the claret, the rind of the lemon cut in thin strips, and the juice strained. Let this come to the boil, then put in the pieces of partridge, and allow it to simmer gently for fifteen minutes. Season with salt and cayenne. Dish the partridge in a pile on a hot dish, pour the sauce over, and garnish with a little chopped parsley. Serve hot.

Average cost, 8d., exclusive of game. Time required, 20 minutes. Seasonable, September to February. Sufficient for 4 persons.

1,443. CORNETS OF GAME.

$\frac{1}{2}$ lb. cold game.	1 shallot.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 egg.
$\frac{1}{8}$ preserved mushrooms.	1 oz. butter.	$\frac{1}{2}$ lb. puff pastry (No. 976).	salt.

Cut the cold game into small dice. Peel and chop the shallot finely. Melt the butter in a saucepan, put in the shallot, and fry until a pale brown; add the dice of game, the preserved mushrooms, cut in quarters, and enough Bechamel sauce to



FIG. 97.—CORNETS OF GAME.

make it a nice consistency. Season well with salt and pepper. Roll the puff pastry into a long strip. Cut into strips about 1 inch in width, and roll each piece round a greased cornet-tin, beginning at the tip and allowing each fold to overlap the last. Fasten at the top with a little water. Place them on a baking-tin, and then brush over with beaten egg. Bake in a quick oven for about ten minutes. Take out and remove the cornet-tins while hot. Fill with the game preparation, place in the oven for a few minutes to reheat the pastry, and then arrange on a dish-paper on a hot dish. Garnish with parsley, and serve hot.

Average cost, 1s., exclusive of game. Time required, 45 minutes. Seasonable, August to March. Sufficient for 4 persons.

1,444. MUTTON AU GRATIN.

1 lb. cooked mutton.	2 onions.	1 tablespoonful chopped parsley.
$\frac{1}{2}$ pint Espagnola sauce (No. 33).	2 tomatoes.	1 tablespoonful grated Parmesan
2 ozs. butter.	breadcrumbs.	cheese.

Peel and chop the onions finely. Melt 1 oz. butter in a saucepan, put in the onion, and fry a golden brown. Cut the tomatoes in small pieces, add them to the

fried onion, cook for a few minutes, then moisten with the Espagnole sauce ; season to taste with pepper and salt. Cut the cold mutton into neat slices, removing the fat, place them in the prepared sauce, and allow it to simmer gently for ten minutes. Then take up the slices of mutton, and arrange them neatly on a fireproof dish. Add the chopped parsley to the sauce, and pour it over slices of mutton ; sprinkle the surface with grated Parmesan cheese and 1 oz. butter, oiled. Place in a hot oven until the surface is nicely browned. Take up, and serve very hot.

Average cost, 6d., exclusive of meat. Time required, 30 minutes. In season all the year. Sufficient for 4 persons

1,445. SCALLOPS OF MUTTON.

1 lb. cold mutton.	1 tablespoonful grated	a few breadcrumbs.	salt.
3 oz. butter.	Parmesan cheese.	1 tablespoonful chopped parsley.	pepper.

Cut the cold mutton into small pieces, taking away all fat and gristle. Mix the chopped parsley, pepper, and salt with the cold meat. Rub some scallop-shells over with butter, and place some of the meat in each. Melt the butter, pour

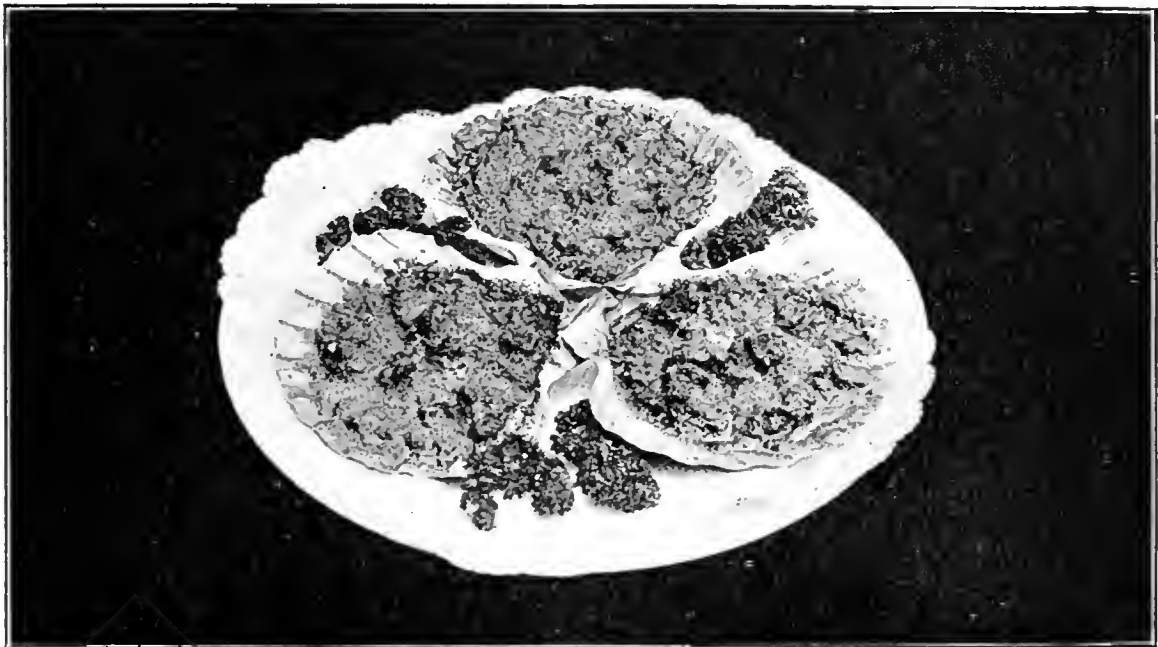


FIG. 98.—SCALLOPS OF MUTTON

some over each scallop, and sprinkle the surface with Parmesan cheese and a few breadcrumbs. Place in a hot oven until brown. Dish on a napkin on a hot dish, and serve immediately.

Average cost, 5d., exclusive of meat. Time required, 20 minutes. In season all the year. Sufficient for 4 or 5 persons.

1,446. PILAU OF COLD MUTTON.

$\frac{3}{4}$ lb. cold mutton.	2 slices bacon.	2 onions.	chopped parsley.
3 oz. butter.	1 quart stock.	6 ozs. rice.	salt and pepper.

Melt 2 ozs. butter in a saucepan, put in the rice, and stir over the fire until a pale brown. Then moisten with 1 quart of stock, stir again over the fire until the rice is tender and the stock nearly absorbed. More stock must be added if it boils away before the rice is tender ; season with pepper and salt. Cut the mutton into neat slices, fry them slightly in $\frac{1}{2}$ oz. butter. Then lay them on the top of the cooked rice in the pan, placing some of the rice on the top of the meat. Cover with the lid of the saucepan, and let it cook gently for twenty minutes. Peel the onions, cut them in rings, and fry in $\frac{1}{2}$ oz. butter until a golden brown. Take them

up, drain, and put aside to use as a garnish. Cut the bacon into strips, fry them, and keep them also for garnish. Take up the mutton, make a bed with the rice on a hot dish, arrange the slices of mutton neatly on it, and garnish round the dish with alternate groups of fried onion and strips of bacon. Sprinkle the top with a little finely-chopped parsley, and serve very hot.

Average cost, 8d., exclusive of mutton. Time required, 1 hour. In season all the year. Sufficient for 4 or 5 persons.

1,447. RUSSIAN PATTIES.

cold sweetbread.	1 onion.	1 teaspoonful chopped	1 egg.
3 mushrooms.	$\frac{1}{2}$ gill stock.	parsley.	salt.
$\frac{1}{2}$ oz. butter.	$\frac{1}{4}$ oz. flour.	$\frac{1}{2}$ lb. short pastry.	pepper.

Chop the onion finely, fry it a golden brown in the butter; mix in the flour and stock, and stir over the fire until very thick. Cut the cooked sweetbread into small pieces. Cook the mushrooms in the oven with a little butter, then cut in pieces the same size as the sweetbread. Add both these, and also the parsley, to the onion, flour, and stock. Season to taste with salt and pepper. Roll the pastry out about $\frac{1}{8}$ inch thick and cut into rounds 2 inches across. Place a small portion of the sweetbread mixture in the centre, brush round the edges of the pastry with beaten egg, and then bring the paste up from each side of the circle and pinch it together in the centre. Brush over with beaten egg, and bake in a quick oven for ten to fifteen minutes. Serve dished in a pile, and garnish with sprigs of parsley.

Average cost, 10d., exclusive of sweetbread. Time required, 30 minutes. In season all the year. Sufficient for 3 persons.

1,448. COLD PORK À LA HOLLANDAISE.

$\frac{3}{4}$ lb. cold pork.	potatoes.	12 preserved mushrooms.	$\frac{1}{2}$ lemon.
1 oz. butter.	$\frac{1}{2}$ oz. flour.	1 dessertspoonful chopped	salt.
$\frac{1}{2}$ pint stock.	3 yolks of eggs.	parsley.	pepper.

Cut the pork into nice slices, removing all the fat. Melt the butter in a saucepan, mix in the flour, add the stock, and stir over the fire until the sauce boils. Put the slices of pork in this, also the mushrooms, finely chopped, and heat thoroughly. Mash some cold potatoes over the fire with a little butter; make it into a border on a hot dish, arrange the slices of pork on it, and place in the oven to keep warm. Strain the sauce into another pan, add the yolks of eggs, and stir over the fire until the eggs are cooked; it must not be allowed to boil or the eggs will curdle. When thick, add the juice of half a lemon and the chopped parsley. Coat the slices of pork with this sauce, and also pour some round the dish. Serve very hot.

Average cost, 10d., exclusive of pork. Time required, 30 minutes. Seasonable, September to April. Sufficient for 3 persons.

CHAPTER XVIII

LÉGUMES (VEGETABLES)

WELL-COOKED vegetables are wholesome and easy of digestion, and are of great importance as adjuncts to the daily dinner. At one time this branch of cookery was not given much attention by the English cook, but of late years more care has been devoted to the subject, especially as we are now following the foreign method of serving vegetables as a separate course, these dishes forming a distinctive part of the dinner.

A few rules for the successful cooking of plain boiled vegetables may prove useful.

All green vegetables should be put into fast boiling water, and brought up to the boiling-point as quickly as possible, and the water kept boiling until the vegetables are cooked. Plenty of water should be used.

Salt should be added to the water in which vegetables are boiled in the proportion of one tablespoonful to two quarts of water.

In order to preserve the colour of green vegetables, they should boil with the lid off.

Boil the vegetables exactly the right time ; if they are overdone their appearance and nutritive properties are destroyed, if underdone they are indigestible.

Vegetables should be drained thoroughly as soon as done, and served very hot.

ARTICHAUTS (ARTICHOKES)

1,449. ARTICHAUTS À LA BARIGOULE (ARTICHOKES, BARIGOULE STYLE).

4 small globe artichokes.	3 shallots.	$\frac{1}{2}$ gill white wine.	4 ozs. fat bacon.
Italian sauce (No. 41).	$\frac{1}{2}$ carrot.	$\frac{1}{2}$ pint brown stock.	8 mushrooms.
$\frac{1}{2}$ gill tomato sauce (No. 77).	$\frac{1}{2}$ turnip.	bouquet garni.	3 ozs. raw ham.
1 dessertspoonful chopped parsley.	1 onion.	2 ozs. butter.	pepper and salt.

Cut off the stalks of the artichokes, remove the outer leaves, and trim the tops of the other leaves, wash them, remove some of the centre leaves, and scoop out the chokes. Blanch them for five minutes, drain, and let them get cold. Chop the shallots. Melt the butter in a saucepan, put in the chopped shallots, and fry them without browning. Mince the mushrooms, the ham, and 2 ozs. of fat bacon ; add these to the shallots. When the mushrooms are cooked, stir in the wine, and reduce to one quarter ; moisten with the tomato sauce and the same quantity of Italian sauce, cook all together for a few minutes, then add the parsley, and season to taste. Stuff the artichokes with this preparation. Put a slice of thin bacon over the top of each artichoke and tie round with string. Cut the onion, carrot, and turnip into slices, line a stewpan with some pieces of fat bacon, place on this the sliced vegetables and the bouquet garni, lay the stuffed artichokes on the top, add the stock, cover with a buttered paper, put on the lid of the pan and braise them for about forty-five minutes to one hour. As soon as the artichokes are cooked, remove the string and bacon, and place them on a hot dish. Strain the liquor from the braise, take off the fat, reduce, and then add to it some Italian sauce. Pour some over the artichokes, and serve the rest separately.

Average cost, 3s. Time required, $1\frac{1}{2}$ hours. Seasonable, January to April. Sufficient for 4 persons.

1,450. ARTICHAUTS À L'ITALIENNE (ARTICHOKES WITH ITALIAN SAUCE).

4 artichokes.	Italian sauce (No. 41).	lemon.
2 ozs. butter.	a few slices of onion and carrot.	salt.
1 gill stock.	1 glass white wine.	pepper.

Prepare the artichokes by removing the stalk and trimming the leaves, then cut them in quarters and remove the fibrous part, rub them with lemon to prevent their turning black, parboil them for a few minutes, and then drain. Melt 2 ozs. of butter in a stewpan, put in the slices of vegetable, place the quartered artichokes on the top, season with pepper and salt, add the wine, put on the fire, and reduce for a few minutes ; then add the stock. Put the pan in the oven, and cook until the artichokes are tender. Dish on a hot vegetable dish in a pyramid, strain the liquor from the braise, take off the fat, reduce it, and add some Italian sauce. Pour over the artichokes, and serve.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable, January to April. Sufficient for 8 persons.

1,451. ARTICHAUTS BOUILLIS À LA HOLLANDAISE (BOILED ARTICHOKES WITH HOLLANDAISE SAUCE).

6 small artichokes.	lemon.	salt.	Hollandaise sauce (No. 101).
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Cut off the stalks of the artichokes, remove the outer leaves, and trim the other leaves ; wash them in water mixed with the juice of a lemon and a little salt, in order that they may not blacken ; tie them round with string, and plunge them into plenty of fast boiling water, slightly salted. Cook quickly until done (the time of cooking varies according to the quality of the vegetable from thirty to sixty minutes). Drain them, take off the string, and place on a hot dish on a napkin. Send to table with a tureen of Hollandaise sauce.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable, January to April. Sufficient for 6 persons.

1,452. FONDS D'ARTICHAUTS (ARTICHOKE BOTTOMS).

These can be obtained preserved in bottles and tins, and are extremely useful when the fresh vegetable is not in season.

There are two ways of preparing artichoke bottoms from the raw vegetable.

1. Take six medium-sized artichokes, cut off two-thirds of the upper part, remove the stem, and with the handle of a spoon scoop out the fibrous part ; trim the bottoms nicely, rub them over with lemon-juice, and put them into water containing a good squeeze of lemon-juice (this is to prevent them blackening, which they are apt to do). When the bottoms have been all prepared, cook them in boiling water with a little salt for about thirty to forty minutes.

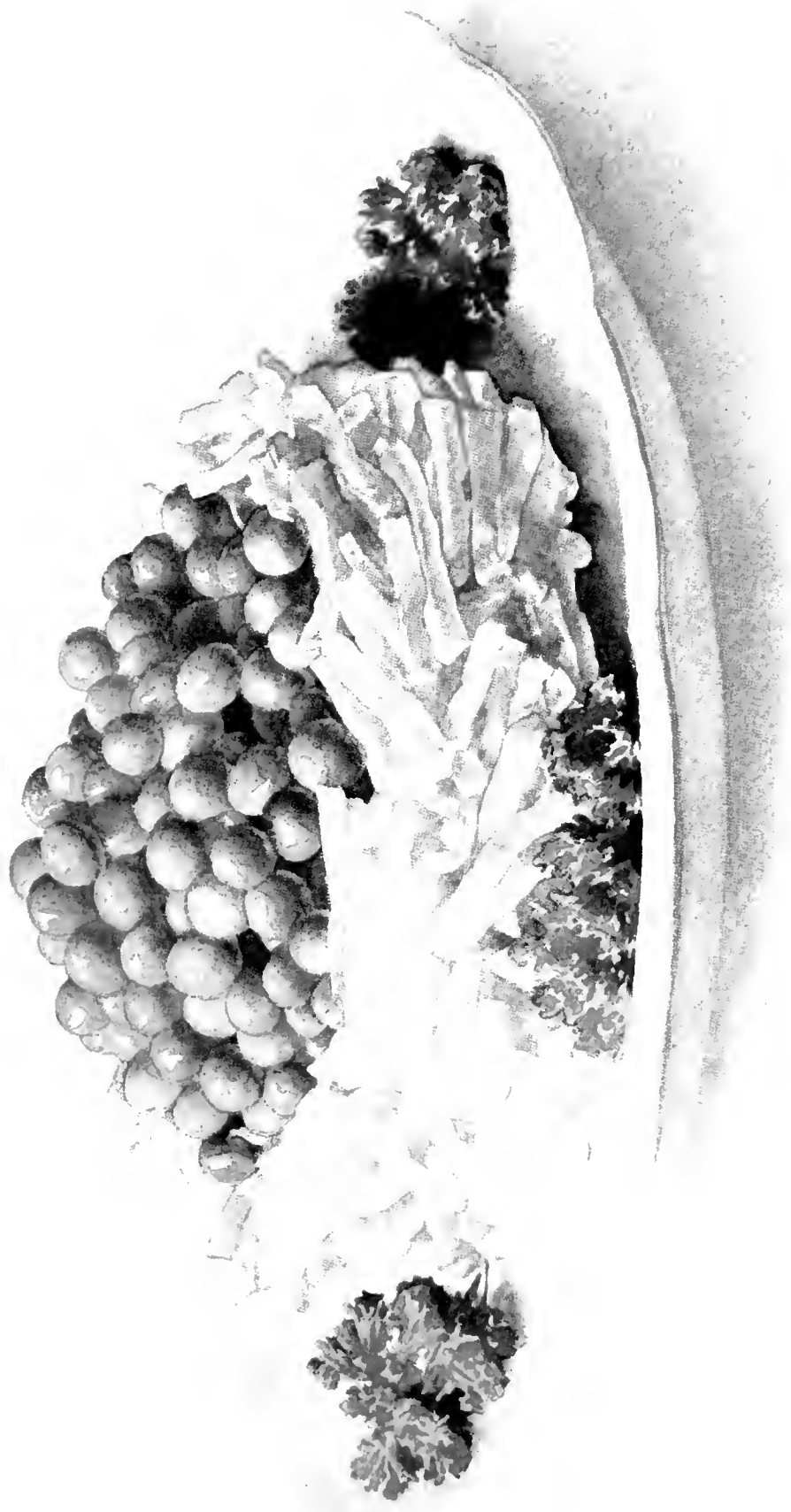
2. Remove the stems and outer leaves, trim the bottoms, and rub them with lemon to prevent them discolouring. Cut the tops of the artichokes and the tip of each leaf. Cook them in boiling salted water ; let them be rather underdone. Scoop out the fibrous part with the handle of a spoon, trim the bottom of each artichoke nicely, put them into boiling water containing a pinch of salt and the juice of half a lemon, boil for five or six minutes.

Average cost, 4d. each artichoke. Time required, according to size and quality of vegetable, 30 minutes to 1 hour. Seasonable, January to April.

1,453. FONDS D'ARTICHAUTS AUX CHAMPIGNONS (ARTICHOKE BOTTOMS WITH MUSHROOMS).

8 artichoke bottoms.	$\frac{1}{2}$ lb. fresh mushrooms.	2 egg-yolks.	salt.
1 gill Madeira sauce (No. 50).	1 oz. butter.	stock.	pepper.

Turn out some preserved artichokes, or, if preferred, the fresh globe artichokes can be prepared. Peel the mushrooms, wash and chop them finely. Melt the butter



Nid de Pommes de Terre aux Petits Pois

in a small stewpan, put in the mushrooms. and cook them for a few minutes, then add the yolks ; season with pepper and salt. Just before the dish is required, heat the artichokes in stock, sprinkle over them a little salt and pepper, fill them with the mushroom mixture. Have ready the Madeira sauce, pour it on to a hot dish, and dress the artichokes on it. Serve hot.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable always ; if fresh artichokes are used, January to April. Sufficient for 8 persons.

1,454. FONDS D'ARTICHAUTS KARIS À LA MORNAY (CURRIED ARTICHOKE BOTTOMS, MORNAY STYLE).

8 artichoke bottoms.	2 teaspoonfuls curry powder.	2 hard-boiled egg-	salt.
1 gill Bechamel sauce	1 tablespoonful grated cheese.	yolks.	cayenne.
(No. 4).	1 dessertspoonful chutney.	2 sardines.	1 oz. butter.
1 anchovy.	breadcrumbs.	fried croûtons.	1 shallot.

Chop the shallot finely, rub the egg-yolks through a sieve, bone the sardines and anchovy, scrape off the scales, chop them very finely. Melt the butter in a stewpan, put in the shallot, and fry a golden colour. Now add the curry-powder, fry for a few minutes, then add the sardines, anchovy, hard-boiled yolks, and chutney, mix all well together ; season with salt and a little cayenne. Season the artichokes (preserved ones) with salt, pepper, and a pinch of curry-powder. Fill them with the mixture, put on a buttered baking-tin, cover with the sauce, sprinkle over with grated cheese and a few breadcrumbs, place a tiny piece of butter on each, and put in a sharp oven for about five minutes to brown. Dish up on a hot dish, pour some sauce round, garnish with fried croûtons of bread, and serve very hot.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 8 persons.

1,455. FONDS D'ARTICHAUTS FARCIS AUX MARRONS (ARTICHOKE BOTTOMS STUFFED WITH CHESTNUTS).

8 artichoke bottoms.	8 chestnuts.	stock.	1 oz. butter.	salt.
brown sauce (No. 6).	meat-glaze.	stick celery.	$\frac{1}{2}$ onion.	pepper.

Slit the chestnuts on their flat side, put them into the oven for a few minutes to roast until the outer shell can be removed, then put them into boiling water in order to be able to peel off the under skin. When this has been done, place them in a stewpan, add enough stock to well cover them, the stick of celery, and onion, bring to the boil, and cook gently until soft. Strain the chestnuts, and pass them through a fine sieve with the piece of celery. Melt the butter in a small stewpan, put in the purée of chestnuts, make hot, and add a little brown sauce, salt, and pepper. Care must be taken not to make the mixture too moist. Heat the artichokes in stock, take up and drain, season with salt and pepper, and fill them with the chestnut purée ; shape it with the blade of a knife to a dome shape. Brush over with meat-glaze. Pour some brown sauce on a dish, dress the artichokes on it, and serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable, November to February ; if fresh artichokes are used, January and February.

1,456. BEIGNETS D'ARTICHAUTS À L'ESPAGNOLE (ARTICHOKE FRITTERS).

12 artichoke bottoms.	1 oz. cooked ham.	1 oz. butter.	salt.
2 ozs. cooked fillet of chicken.	1 tablespoonful salad oil.	fried parsley.	pepper.
1 tablespoonful Bechamel sauce	Espagnole sauce (No. 33).	frying fat.	1 oz. flour.
(No. 4).	1 tablespoonful milk.	1 shallot.	1 egg.

Chop the cooked chicken and ham finely. Mince the shallot. Melt the butter in a stewpan, put in the shallot, and fry without browning ; then add the chopped chicken and ham, mix with the Bechamel sauce, season nicely with salt and pepper, and turn on to a plate to cool. Next prepare some frying batter. Sieve 1 oz. of flour into a basin, add the yolk of the egg and the milk, mix thoroughly, stir in the oil,

and beat all well together ; add a pinch of salt, and just before frying beat the white of the egg very stiffly and stir it lightly into the batter. Drain and wipe the artichokes, season them lightly, and fill with the chicken mixture. Place them together two and two, so that the meat is between, run a small wooden skewer through each, so as to keep them together, dip each one into the batter, and drop them into very hot clarified fat. When a golden brown, lift them out, drain on paper, take out the skewer, and dish them on a hot dish. Garnish with fried parsley, and serve hot. A tureen of Espagnole sauce should be sent up separately.

Average cost, 2s. 6d., without chicken. Time required, 45 minutes. Seasonable always if preserved artichokes are used ; globe artichokes are in season January to April. Sufficient for 6 persons.

1,457. FONDS D'ARTICHAUTS À LA VÉNITIENNE.

8 artichoke bottoms.	$\frac{1}{2}$ lb. chicken forcemeat (No. 202).	1 truffle.	slice of tongue.	salt.
terrines of foie-gras.	$1\frac{1}{2}$ gills Madeira sauce (No. 50).	1 oz. butter.	1 gill white stock.	pepper.

Cook the artichoke bottoms, or use the preserved ones. Turn the foie-gras out of the jar, remove the fat and the truffle. Chop the latter finely ; pass the foie-gras through a fine sieve, mix the truffle with it. Wash and dry the artichokes, sprinkle them with salt and pepper, and fill them with the purée of foie-gras. Spread with the chicken forcemeat ; shape into the form of a dome with a knife dipped in warm water. Chop one truffle finely, also the slice of tongue, cover four of the coated artichokes thickly with the chopped truffle and the other four with the tongue. Butter a baking-tin with butter, place the artichokes on it, pour the stock round, cover with buttered paper, and put into the oven and cook for ten to fifteen minutes. Heat up some Madeira sauce, pour a small quantity on a hot dish, dress the artichokes on it, and serve very hot. The rest of the sauce can be served separately.

Average cost, 5s. Time required, 45 minutes. Seasonable at all times ; if fresh vegetables are used, January to April. Sufficient for 8 persons.

1,458. FONDS D'ARTICHAUTS À LA DUXELLE (ARTICHOKE BOTTOMS STUFFED).

8 artichoke bottoms.	1 shallot.	1 tablespoonful sherry.	salt.
Madeira sauce (No. 50).	2 ozs. butter.	$\frac{1}{2}$ gill demi-glaze sauce (No. 29).	pepper.
chopped parsley.	6 mushrooms.	1 tablespoonful breadcrumbs.	1 tomato.

Chop the shallot, prepare the mushrooms, wash and chop them finely. Melt the butter in a stewpan, put in the shallot, and cook without browning. Add the chopped mushrooms, cook until their moisture has evaporated, then add a pinch of chopped parsley and the sherry, reduce a little ; then mix in the demi-glaze sauce and the chopped tomato, season with salt and pepper, and stir in the breadcrumbs. Cook over the fire until of a right consistency. Take eight preserved artichoke bottoms, drain, wash, and dry them ; season with salt and pepper, stuff them with the above preparation. Arrange them on a buttered baking-tin, sprinkle a few breadcrumbs over, place a tiny bit of butter on each, and put in a hot oven to brown. Dish up, and serve with Madeira sauce separately.

Average cost, 2s. 9d. Time required, 30 minutes. Seasonable at all times ; if fresh vegetables are used, January to April. Sufficient for 8 persons.

1,459. FONDS D'ARTICHAUTS À LA MORNAY (ARTICHOKE BOTTOMS, WITH MORNAY SAUCE).

6 artichoke bottoms.	$\frac{1}{2}$ oz. butter.	1 oz. grated cheese.
1 gill Mornay sauce (No. 110).	1 tablespoonful cream.	pepper.
1 small terrine of foie-gras.	breadcrumbs.	salt.

Drain the artichoke bottoms, wash and wipe them, season lightly with salt and pepper. Turn the foie-gras out of the jar, take out the truffle, which will be found embedded in it, rub the foie-gras through a sieve, chop the truffle finely, and mix

it with the purée of foie-gras, stir in the cream, and season to taste. Fill the artichokes with this mixture, put them on a buttered tin, cover with Mornay sauce; sprinkle with grated Parmesan cheese and a few brown-bread crumbs, place a small piece of butter on each, and cook in a sharp oven for a few minutes until brown and hot through. Dish up, and serve hot.

Average cost, 3s. Time required, 20 minutes. Seasonable at all times; if fresh artichokes are used, January to April. Sufficient for 6 persons.

1,460. FONDS D'ARTICHAUTS À LA POLONNAISE.

12 artichoke bottoms.	2 gills Mornay sauce (No. 110).	$\frac{1}{2}$ oz. butter.	pepper.
1 cauliflower.	Parmesan cheese.	breadcrumbs.	salt.

Boil the cauliflower, drain, and cool. Divide the flower of the cauliflower into small pieces. Season the artichokes with salt and pepper, fill them with the cauliflower, cover each one with Mornay sauce, sprinkle over some grated Parmesan cheese, then a few brown-bread crumbs, put a small piece of butter on each, place them on a buttered baking-sheet, and cook in a sharp oven until brown. Dish up, and serve hot.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times; if fresh artichokes are used, January to April. Sufficient for 6 persons.

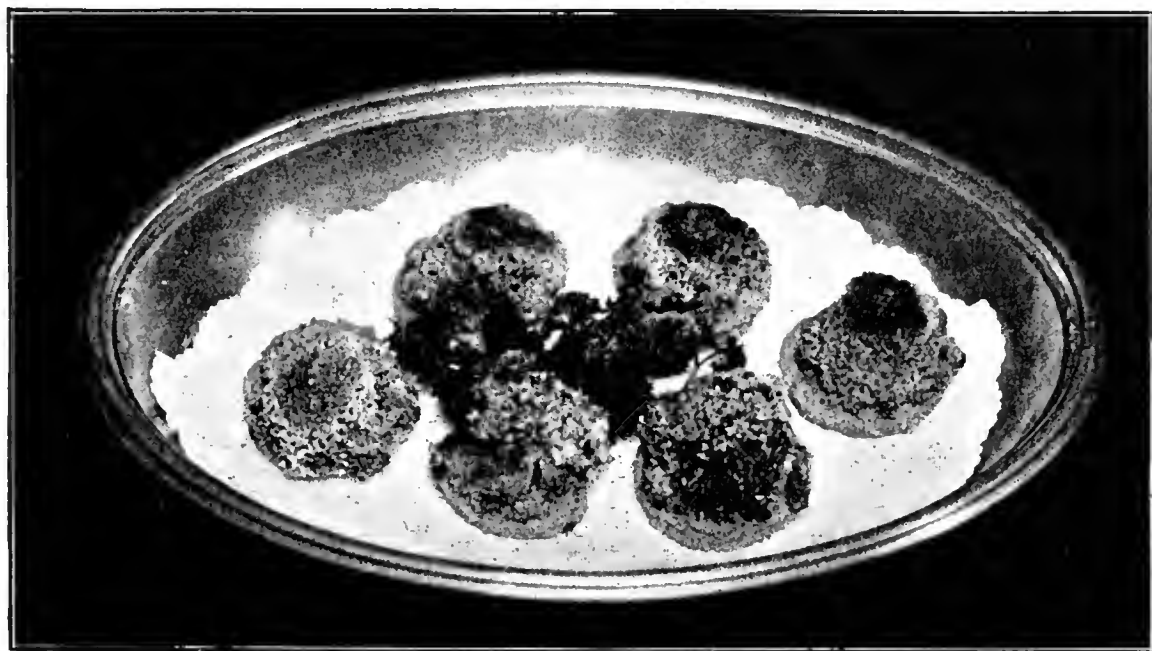


FIG. 99.—FONDS D'ARTICHAUTS À LA MONACO.

1,461. FONDS D'ARTICHAUTS À LA MONACO.

6 artichoke bottoms.	$\frac{1}{2}$ gill cooked asparagus points.	2 tablespoonfuls Espagnole	parsley.
1 hard-boiled egg.	$\frac{1}{2}$ teaspoonful parsley, tarragon,	sauce (No. 33).	salt.
$\frac{1}{2}$ oz. butter.	and chervil.	breadcrumbs.	pepper.

Prepare the artichokes, or obtain the preserved ones; if the latter, turn them out of the bottle carefully, so as not to break them. Drain, wash, and dry them; season with salt and pepper. Chop the hard-boiled egg finely. Melt the butter in a stewpan, put in the cooked asparagus points, the hard-boiled egg, the chopped herbs, and the Espagnole sauce, season to taste, mix all together carefully. Place the artichokes on a buttered baking-sheet, fill them with the mixture, sprinkle with breadcrumbs, place a small bit of butter on each, and cook in the oven for about five or six minutes. Dress them on a hot dish, garnish with sprigs of fresh parsley, and serve hot.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable always; if fresh artichokes are used, January to April. Sufficient for 3 to 6 persons.

1,462. FONDS D'ARTICHAUTS À LA FLORENTINE (ARTICHOKE BOTTOMS WITH SPINACH).

12 artichoke bottoms.	1 lb. spinach.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).
1 onion.	salt.	grated cheese.
2 ozs. butter.	pepper.	1 gill Mornay sauce (No. 110).

Procure a bottle of preserved artichoke bottoms, drain and wash them. Melt the butter, chop the onion, fry it in the butter without browning. Cook the spinach, drain it, press out the water, and rub it through a fine sieve; add this to the fried onion, mix well, and make thoroughly hot; season with salt and pepper; add about $\frac{1}{2}$ gill of Bechamel sauce, and stir over the fire for a few minutes. Season the artichokes with a sprinkle of salt and pepper, and stuff them with the mixture; butter a baking-tin, arrange the artichokes on it, coat them with Mornay sauce, sprinkle with grated Parmesan or Gruyère cheese, and place them in a hot oven to glaze. Dish up on a hot dish, and garnish with parsley.

Average cost, 2s. 6d. Time required, 40 minutes. Seasonable at all times; if fresh artichokes are used, January to April. Sufficient for 6 persons.

TOPINAMBOURS (JERUSALEM ARTICHOKE)

1,463. TOPINAMBOURS BOUILLIS (BOILED JERUSALEM ARTICHOKE).

2 lbs. Jerusalem artichokes. | juice of lemon. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | salt.

Wash the artichokes, peel them thinly. Have ready a basin of cold water, containing the juice of the lemon and a little salt; this is done to prevent them turning black by exposure to the air. For the same reason it is advisable to use a lined saucepan, if possible. Have ready the saucepan with boiling water, seasoned with salt. As soon as boiling, drop the artichokes into it, and boil from twenty to thirty minutes; when done, drain them, arrange them in a vegetable dish, pour the Bechamel sauce over, and serve hot.

Average cost, 6d. Time required, 30 to 40 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,464. TOPINAMBOURS FRITS (FRIED JERUSALEM ARTICHOKE).

1 lb. Jerusalem artichokes. | butter. | salt. | lemon-juice.

Wash the artichokes, peel them thinly, and as soon as ready put them into a basin of cold water containing some lemon-juice and a little salt. Then cook them in boiling salted water until nearly done, drain them, and let them get cold. Cut the artichokes in thin slices. Melt some butter in a sauté-pan, and, when hot, put in the slices of artichokes, and fry them a nice brown. Sprinkle a little salt over them, dish up, and serve hot.

Average cost of artichokes, 1½d. or 2d. per pound. Time required, 35 minutes. Seasonable, October to February. Sufficient for 3 persons.

1,465. TOPINAMBOURS À L'ITALIENNE (JERUSALEM ARTICHOKE, ITALIAN STYLE).

2 lbs. artichokes. | 2 ozs. salt butter. | pepper. | salt. | juice of 1 lemon. | $\frac{1}{2}$ pint stock.

Wash and peel the artichokes, trim them round, giving each artichoke the shape of a pear, place them, when ready, into a basin with cold water to cover, containing lemon-juice and a small quantity of salt. Melt the butter in a stewpan, put in the artichokes, sprinkle over some salt and pepper and a good squeeze of lemon-juice. Add the stock, and simmer gently with the lid on for half an hour. As soon as they are soft, dish them on a hot vegetable dish, pour some of the sauce in which they have been cooking over each artichoke, and serve hot.

Average cost, 8d. Time required, 40 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,466. TOPINAMBOURS AU RISOTTO (JERUSALEM ARTICHOKES WITH RISOTTO).

2 lbs. Jerusalem artichokes.	6 ozs. rice.	1 teaspoonful Bovril.	1½ gills tomato sauce
1 small onion.	2 ozs. butter.	1 oz. grated Parmesan	(No. 77).
2 pints stock.	lemon.	cheese.	chopped parsley.

Wash the artichokes, peel them, and as they are peeled put them into a basin of cold water to which the juice of a lemon has been added; let them stand in this for fifteen minutes, then boil them in salted water. Drain well, put them back into the stewpan, and add to them $\frac{1}{2}$ pint of stock, and keep hot until required. Melt the 2 ounces of butter in a stewpan, chop the onion and add it, fry without browning, put in the rice, stir a few minutes, then moisten with $1\frac{1}{2}$ pints of stock. Boil until the rice is tender and has absorbed the stock; this will take about thirty to forty minutes; the rice must be constantly stirred whilst cooking. Now stir in the Bovril, $\frac{1}{2}$ gill of tomato sauce, cheese, and seasoning. Cook for a few minutes, then fill up



FIG. 100.—TOPINAMBOURS AU RISOTTO.

a well-greased border-mould; press the rice well into it. When ready to serve, turn it out on to a hot dish, arrange the artichokes in the centre, pour the tomato sauce over, sprinkle with chopped parsley, and serve hot.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 or 5 persons.

1,467. TOPINAMBOURS À L'ESPAGNOLE (JERUSALEM ARTICHOKES WITH ESPAGNOLE SAUCE).

1 lb. artichokes.	$\frac{1}{2}$ pint Espagnole sauce	pepper.
lemon-juice.	(No. 33).	salt.

Wash and peel the artichokes, throw them when done into a basin of cold water containing lemon-juice and a little salt. Have ready a saucepan of salted boiling water, put in the artichokes, and boil them until tender. Drain well, and dish them; make the Espagnole sauce hot, and strain it over them; garnish with a little chopped parsley, and serve.

Average cost, 8d. Time required, 30 minutes. Seasonable, October to January. Sufficient for 3 persons.

1,468. TOPINAMBOURS AU GRATIN (JERUSALEM ARTICHOKES AU GRATIN).

2 lbs. artichokes.	milk.	lemon-juice.	salt.
$\frac{1}{2}$ gill Bechamel sauce (No. 4).	$\frac{1}{2}$ Parmesan cheese.	1 oz. butter.	pepper.

Wash, peel, and put the artichokes in cold water containing lemon-juice and salt. Have ready boiling in a saucepan sufficient milk and water to cover them, boil until they are quite soft, drain, and rub them through a hair-sieve, then mix into them the Bechamel sauce. Put on to a shallow dish, sprinkle with grated Parmesan cheese, put a few bits of butter here and there, place in a hot oven or under a salamander to brown the top, and serve.

Average cost, 8d. Time required, 30 to 40 minutes. Seasonable, October to February. Sufficient for 5 or 6 persons.

1,469. BEIGNETS DE TOPINAMBOURS (JERUSALEM ARTICHOKE FRITTERS).

1 lb. artichokes.	1 tablespoonful milk.	fried parsley.
2 ozs. flour.	1 tablespoonful salad oil.	salt.
2 eggs.	brown sauce (No. 6).	pepper.

Wash and peel the artichokes, drop them into salted cold water with lemon-juice. Cook them in boiling water containing a little salt and a squeeze of lemon-juice. When done, drain them, and let cool. Next prepare the batter. Sieve the flour into a basin with a pinch of salt; add to it the yolks of the eggs, the milk and oil; mix all well together until it is smooth, then beat for ten minutes. Whip the whites of the egg very stiffly, and stir them into the batter when ready to fry. Have ready a pan of clarified fat, make it very hot, then dip the artichokes one at a time into the batter; drop them into the boiling fat, and fry a golden brown. Lift out on to kitchen paper to drain. Dish up on a hot dish, and garnish with fried parsley. Send a tureen of sauce to table with them separately. The artichokes, instead of being cooked in batter, could be egg-and-bread crumbed and fried a golden brown.

Average cost, 8d. Time required, 30 to 40 minutes. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,470. TOPINAMBOURS FARCIS (STUFFED JERUSALEM ARTICHOKEES).

2 lbs. large artichokes.	2½ gills Bechamel sauce (No. 4).	2 ozs. butter.
$\frac{1}{4}$ lb. cooked chicken.	1 oz. cooked ham.	salt.
1 lemon.	$\frac{1}{2}$ gill stock.	pepper.

Wash and peel the artichokes, trim each to the shape of a pear, cut a piece off the end of each, so that they will stand, throw them as soon as ready into a basin of cold water containing a little salt and the juice of a lemon. Put them into a stewpan containing sufficient boiling water to cover them, and cook for about twenty to thirty minutes. Drain, and let them cool. Chop the cooked chicken and ham very finely, put the meat into a mortar and pound, add about $\frac{1}{2}$ gill of Bechamel sauce, season with salt and pepper, and pass through a sieve. Scoop the centres out of the artichokes with a vegetable cutter, fill the hollows with the chicken mixture. Arrange the stuffed artichokes in a buttered baking-tin; add the $\frac{1}{2}$ gill stock. Cover with a buttered paper, and bake in the oven for ten minutes. Dish up in a circular row on a hot dish, pour the 2 gills of sauce over and round them, and serve hot.

Average cost, without chicken, 10d. Time required, 40 minutes. Seasonable, October to February. Sufficient for 6 persons.

ASPERGES (ASPARAGUS)

1,471. TO PREPARE ASPARAGUS FOR COOKING.

Remove the loose leaves, scrape the stems, cut the ends so as to have them all the same length, put them into a basin of cold water, wash them carefully and quickly ; tie them in small bundles, taking care that the heads are all of equal size. Put the asparagus in salted boiling water, sufficient to cover them in a saucepan large enough to hold the asparagus ; care must be taken not to break the heads. This vegetable takes about twenty minutes to cook.

1,472. ASPERGES À LA MILANAISE (ASPARAGUS, MILAN STYLE).

1 bunch asparagus. | 2½ ozs. butter. | grated Parmesan cheese.

Cook the asparagus in boiling water ; drain the vegetable well, butter a dish, place on it a row of asparagus, sprinkle with grated Parmesan cheese, then some more asparagus, and then more cheese ; continue in this way until the asparagus is all used up. The cheese should be sprinkled over the heads. Put 2 ounces of butter in a stewpan, cook it until of a nut-brown colour, pour this over the heads, and glaze slightly in front of the fire or under a salamander. Serve very hot.

Average cost, 2s. 6d. for 100 heads, in full season. Time required, 30 to 35 minutes. Seasonable, February to July. Sufficient (100 heads) for 8 persons.

1,473. CROUSTADES AUX ASPERGES.

6 small rolls. | 1 oz. butter. | pepper.
2 gills asparagus points. | ½ gill whipped cream. | salt.

Wash the asparagus, cut in small pieces, boil until tender in boiling salted water, drain carefully. Cut the top off each roll, scoop out the inside, the soft crumb, and dry them for a few minutes in the oven. Melt the butter in a stewpan, put in the tips, and toss them in it ; season with salt and pepper, mix the cream with them, fill the rolls, and dish them on a napkin or dish-paper, garnish with parsley, and serve hot.

Average cost, 2s. Time required, 30 minutes. Seasonable, February to July. Sufficient for 6 persons.

1,474. ASPERGES À LA POLONNAISE.

1 bunch asparagus (100 heads). | 3 hard-boiled yolks of eggs. | 3½ ozs. butter.
1 dessertspoonful chopped parsley. | ¾ oz. breadcrumbs. | salt.

Wash, trim, and boil the asparagus ; drain thoroughly. Rub ½ ounce of butter on a dish, place on it a layer of asparagus ; pass the yolks of the eggs through a sieve, mix them with the parsley ; sprinkle the asparagus heads with this, place another layer of the vegetable on the top, and continue in this way until the asparagus is used up, sprinkling each layer in the same way as the first. Put the rest of the butter (3 ounces) in a stewpan, cook it over the fire until it becomes nut-brown, add the breadcrumbs to it, and pour this over the heads ; serve at once.

Average cost, 2s. 6d. to 3s., in full season. Time required, 30 minutes. Seasonable, February to July. Sufficient for 6 or 8 persons.

1,475. ASPERGES À LA MOUSSELINE (ASPARAGUS WITH MOUSSELINE SAUCE).

1 bundle asparagus. | ½ pint Hollandaise sauce. | 1 gill cream. | salt.

Wash the asparagus, tie it up in small bundles, cut the stems so as to make them all the same length. Place them in a large stewpan with plenty of salted boiling water, and cook until tender. Drain, untie the bundles, and dish them on a hot dish. Heat the Hollandaise sauce, but do not let it boil ; stir in the cream, and

make hot without boiling. Pour this sauce over the heads of the asparagus, or, if preferred, send to table separately in a sauce-tureen.

Average cost, 2s. to 3s. Time required, 20 to 30 minutes. Seasonable, February to July. Sufficient for 6 or 8 persons (100 heads).

1,476. POINTES D'ASPERGES EN PETITS POIS (ASPARAGUS TIPS AS PEAS).

1 bunch small green asparagus (sprue), 100 heads. | butter. | salt.

Clean and wash the asparagus, cut the tops in small pieces to represent good-sized peas, cook them in plenty of boiling water seasoned with salt. When cooked, drain well. Melt some butter in a stewpan, put in the tips, toss them in it, and season with salt. Turn out on to a hot dish, and serve.

Average cost, 1s. Time required, 15 to 20 minutes. Seasonable, January to July. Sufficient for 6 persons.

1,477. ASPERGES À LA HOLLANDAISE (ASPARAGUS, HOLLANDAISE SAUCE).

1 bundle asparagus. | Hollandaise sauce (No. 101). | salt.

Clean and trim the asparagus, tie up in small bundles, cut the stems so that they are all the same length, place these in boiling salted water in a good-sized stewpan, and boil until tender. Drain carefully; untie the bundles, place them on a slice of dry toast on a hot dish, and serve the sauce in a tureen separately.

Average cost, 2s. 6d. for 100 heads, in full season. Time required, 20 to 30 minutes, according to size. Seasonable, February to July. Sufficient (100 heads) for 8 persons.

AUBERGINES (EGG-PLANTS)

1,478. AUBERGINES FARCIES (STUFFED EGG-PLANTS).

2 medium-sized egg-plants. | 6 mushrooms. | 2 ozs. butter. | parsley.
 $\frac{1}{2}$ small onion. | $\frac{1}{4}$ lb. cooked meat. | tomato sauce. | seasoning.

Cut the aubergines in halves lengthwise, cook them in salted boiling water until tender. Drain them, and scoop out the pulp; chop this up, also the onion; melt the butter in a stewpan, fry the onion without browning, and then mix with the pulp; chop the meat and the mushrooms, add these, season with salt and pepper, mix all together thoroughly. Fill the halves of the aubergines with this stuffing, put a few bits of butter here and there, sprinkle over a few breadcrumbs, and place in the oven for about fifteen minutes. When done, dish up on a hot dish, garnish with parsley, and serve very hot. Send to table with the vegetable, a sauce-tureen of tomato sauce.

Average cost, 2s. Time to prepare, 45 minutes. Seasonable in spring and summer. Sufficient for 4 or 5 persons.

1,479. AUBERGINES AU GRATIN (EGG-PLANT, AU GRATIN).

1 egg-plant. | $\frac{3}{4}$ pint Mornay sauce | breadcrumbs. | salt.
 butter. | (No. 110). | grated Parmesan cheese. | pepper.

Peel the egg-plant, boil in salted boiling water until tender, drain well, and cut in slices $\frac{1}{2}$ inch thick; butter a gratin-dish, put a layer of the Mornay sauce on it, place on that the slices of egg-plant, season with salt and pepper, and cover with the sauce, sprinkle with breadcrumbs and grated Parmesan cheese, put a few bits of butter on the top, and bake in a sharp oven until brown. Send to table in the dish it was baked in.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable in spring and summer. Sufficient for 2 or 3 persons.

1,480. AUBERGINES GRILLÉES (GRILLED EGG-PLANT).

1 egg-plant.		mustard.		breadcrumbs.		butter.		pepper.		salt.
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Cut the egg-plant in slices $\frac{1}{2}$ inch thick, season them with salt and pepper and a little made mustard, cover with breadcrumbs, and grill them for eight to ten minutes over a moderate fire. Dish up on a hot dish; melt some butter in a small stewpan, pour this over, and serve very hot.

Average cost, 8d. Time required, 10 minutes. Seasonable in spring and summer. Sufficient for 2 or 3 persons.

VEGETABLE MARROW**1,481. STUFFED VEGETABLE MARROW.**

1 vegetable marrow.	1 tablespoonful Bechamel sauce (No. 4).	1 raw yolk.	pepper.
1 oz. ham.	$\frac{1}{4}$ lb. cooked rabbit.	butter.	salt.

Chop the rabbit-meat and ham very finely, put them into a saucepan, and mix with the Bechamel sauce, season with salt and pepper, mix in the raw yolk, stir over the fire until thoroughly mixed. Peel the marrow, cut it in half lengthwise, remove the seeds, put the halves in salted boiling water, and cook for about ten or twelve minutes; take up, drain, and let them cool. Butter a baking-tin, put the marrow on it, fill each half with the prepared stuffing, sprinkle a few breadcrumbs over each, place a few bits of butter on the top, and bake in a moderate oven for ten to fifteen minutes. Dish up, and serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable, June to August. Sufficient for 3 or 4 persons.

1,482. VEGETABLE MARROW AU GRATIN.

2 marrows.	$\frac{1}{2}$ oz. flour.	2 ozs. Parmesan cheese.	salt.
$1\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ pint milk.	breadcrumbs.	pepper.

Peel the marrows, cut them in quarters, take out the seeds, then cut into convenient pieces, boil them in salted water. Put 1 ounce of butter into a stewpan; when melted, mix in the flour, add the milk, and stir over the fire until it boils; season nicely with salt and pepper, and then stir in 1 ounce of cheese. As soon as the marrows are cooked, drain them thoroughly, arrange them on a hot dish, and pour the sauce over; sprinkle over the remaining 1 ounce of cheese and some breadcrumbs, put on the top a few bits of butter, and place in a hot oven to brown. Serve at once, very hot.

Average cost, 1s. Time required, 45 minutes. Seasonable, June to August. Sufficient for 6 persons.

1,483. STEWED VEGETABLE MARROW.

1 medium-sized marrow.	$\frac{1}{2}$ pint melted-butter sauce	pepper.
2 ozs. butter.	(No. 43).	salt.

Peel the marrow very thinly, cut it in quarters, take out the seeds, and slice it into pieces about 1 inch square. Melt the butter in a stewpan, put in the marrow, stir it over the fire for a few minutes, then cover with the lid of the pan; draw to the side of the fire, and let it stew gently until the marrow is tender; it should be stirred occasionally. When done, sprinkle over a little salt and pepper, dish it up on a hot dish, and serve the melted-butter sauce separately. This way of cooking marrows is preferable to plain boiling, as they are of a better flavour, and not so watery.

Average cost, 4d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 3 or 4 persons.

1,484. VEGETABLE MARROW À L'ESPAGNOLE.

1 vegetable marrow. | 3 tomatoes. | 1 onion. | 2 ozs. butter. | $\frac{3}{4}$ pint stock. | salt. | pepper.

Peel the onion, and slice it. Melt the butter in a stewpan, put in the onion, and fry without browning; slice the tomatoes, add them to the onion, and cook a little. Peel the marrow, cut it in quarters, take out the seeds, and slice it into pieces about 2 inches square; add these to the onion and tomato, season with salt and pepper, add the stock, and stew gently until the marrow is tender. When the marrow is sufficiently cooked, turn it on to a hot dish, place the onion and tomato over it, and serve.

Average cost, 10d. Time required, $\frac{1}{2}$ hour. Seasonable, June to August. Sufficient for 3 or 4 persons.

1,485. VEGETABLE MARROW À LA LYONNAISE.

1 marrow. | 2 onions. | 2 ozs. butter. | 1 gill stock. | chopped parsley. | pepper. | salt.

Peel the marrow thinly, cut it into round slices $\frac{1}{2}$ inch thick, take out the seeds. Peel the onions, and slice them. Melt the butter in a stewpan, put in the onions and fry them a light brown; then add the slices of marrow, season with pepper and salt, add the stock, and cook gently until tender. When done, dish the marrow, pour the sauce and onions over it, sprinkle over some chopped parsley, and serve hot.

Average cost, 6d. Time required, 30 minutes. Seasonable, June to August. Sufficient for 3 or 4 persons.

BETTERAVES (BEETROOTS)**1,486. BETTERAVES BOUILLIES (BOILED BEETROOTS).**

beetroots. | salt.

Wash the beetroots without breaking the skin; they must not be cut or scraped, or the skin broken, or the colour will be spoilt. Put them into a saucepan of boiling water, add some salt, and boil them for one and a half to two hours, according to size; if very large, longer than this. Take them up when done, and let them cool; peel them, cut in thin slices, and serve either plain or with vinegar poured over, and seasoned with salt and pepper.

Average cost, $1\frac{1}{2}$ d. to 3d. each. Time required, $1\frac{1}{2}$ to $2\frac{1}{2}$ hours, according to size. Seasonable all the year. Sufficient for—number uncertain.

1,487. BAKED BEETROOT.

1 beetroot. | butter. | pepper. | salt.

Wash the beetroot thoroughly, but be careful not to break the skin or even to cut away any of the fibres. Place on a baking-sheet, and put into a rather slow oven; when cooked whole they will take five or eight hours to bake. When done, they can be served hot with butter, pepper, and salt, or served cold, cut in slices. Beetroots done in this way are very wholesome, and are rich and sweet in flavour, though less bright in colour than when boiled.

Average cost, $1\frac{1}{2}$ d. to 3d. each. Time required, 5 to 8 hours, according to size. Seasonable all the year. Sufficient for 3 or 4 persons

1,488. BETTERAVE À LA CRÊME (BEETROOT WITH CREAM).

1 large cooked beetroot. | $\frac{1}{2}$ pint stock. | 1 yolk of egg. | 1 gill cream. | pepper. | salt.

Take a large beetroot, peel it, and cut in slices; put it into a stewpan with the stock and seasoning, stew it gently until quite hot. Strain off the stock. Dress the beetroot on a hot dish; put the stock back into the saucepan. Whip the yolk of the egg with the cream, add this to the stock, place it on the fire, and bring to the boil, but it must not actually boil. Pour this sauce over the beetroot, and serve.

Average cost, 9d. Time to prepare, 15 minutes. Seasonable at all times. Sufficient for 4 persons.

1,489. BETTERAVE SAUTÉE (SAUTED BEETROOT).

1 cooked beetroot. | 2 ozs. butter. | pepper. | salt.

Peel the beetroot, cut it into slices. Melt the butter in a stewpan ; when hot, put in the slices of beetroot, season with salt and pepper, and toss over the fire until the slices are thoroughly hot ; cook for about five or six minutes. Dish them in a hot vegetable dish, and serve.

Average cost, 4d. Time to prepare, 10 minutes. Seasonable at all times. Sufficient for 4 persons.

CAROTTES (CARROTS)**1,490. CAROTTES À LA FLAMANDE (CARROTS, FLEMISH STYLE).**

1 bunch new carrots.	$\frac{1}{2}$ oz. flour.	1 dessertspoonful chopped	fried bread.
1 oz. butter.	$\frac{2}{2}$ egg-yolks.	parsley.	pepper.
$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ gill cream.	pinch of castor sugar.	salt.

Select young spring carrots for this dish, wash and scrape them, cut each one in quarters. Put the carrots into a stewpan of salted boiling water, and cook them for about ten minutes, then drain them. Melt the butter in a saucepan, put in the carrots, sprinkle them with the flour, salt, pepper, and a pinch of sugar, toss them in the butter for about five minutes ; stir in the stock, draw to the side of the fire, and simmer gently for about fifteen minutes ; stir occasionally. As soon as the vegetables are cooked, draw away from the fire, and let them cool for a minute ; beat the yolks of eggs with the cream, stir into the carrots, and cook gently until the eggs are done, but do not allow it to boil. Have ready some fried bread croûtons ; these are cut in three-cornered shapes. Dish the carrots on a hot dish, sprinkle with chopped parsley, garnish round the dish with the fried croûtons of bread, and serve very hot.

Average cost, 10d. Time required, 45 minutes. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,491. CAROTTES À L'ANDALOUSE (CARROTS, ANDALUSIAN STYLE).

6 young carrots.	$\frac{1}{2}$ pint port-wine sauce	pinch of sugar.
2 ozs. butter.	(No. 53).	salt.

Wash and scrape the carrots, cut them in quarters. Melt the butter in a stewpan ; when hot, put in the carrots, sprinkle with salt and sugar, place at the side of the fire, and cook slowly ; when three-parts cooked, pour off the butter, and add the port-wine sauce. Finish cooking the carrots, dish up on a hot dish, pour the sauce over, and serve.

Average cost, 1s. Time required, 1 hour. Seasonable in the spring. Sufficient for 2 or 3 persons.

1,492. CAROTTES BRAISÉES (BRAISED CARROTS).

1 bunch young carrots. | 2 ozs. butter. | 1 pint brown stock. | pinch of sugar. | salt.

Wash and scrape the carrots, cut them in quarters, place them in a stewpan of salted boiling water, and parboil them ; strain, and put them into 2 ounces of melted butter in a stewpan, fry a golden colour, then add a gill of stock, and braise them on the side of the fire for about forty-five minutes ; add the rest of the stock to them by degrees. When the carrots are cooked, dish them in a pile on a hot dish, remove the fat from the liquor in the pan, season it, and pour it over the carrots. Serve hot.

Average cost, 8d. Time required, 1 hour. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,493. CASSOLETTES DE CAROTTES (CARROT CASSOLETTES).

1 small bunch of carrots.	2 eggs.	puff-paste.	pepper.
1 tablespoonful cream.	2 ozs. butter.	1 gill stock.	salt.

Wash and scrape the carrots, cut them in slices. Melt the butter in a stewpan, put in the carrots, and cook them over the fire for about five minutes, stirring all the time ; do not allow them to brown ; pour in the stock, and simmer slowly until the carrots are tender. When done, pass through a fine sieve, return the purée to the stewpan, beat in the egg-yolks, one at a time, add the cream, season to taste, and stir over the fire until the eggs are partly cooked ; take the pan off the fire, and let the contents cool a little. Whisk the whites of the eggs to a stiff froth, and stir lightly into the mixture. Roll out the puff-paste, line some small patty-pans with it, prick the bottom of each with a fork, fill up with the purée, and bake in a brisk oven for ten or fifteen minutes. Dish up on a hot dish, garnish with sprigs of parsley, and serve hot.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year ; new carrots in the spring. Sufficient for 4 or 5 persons.

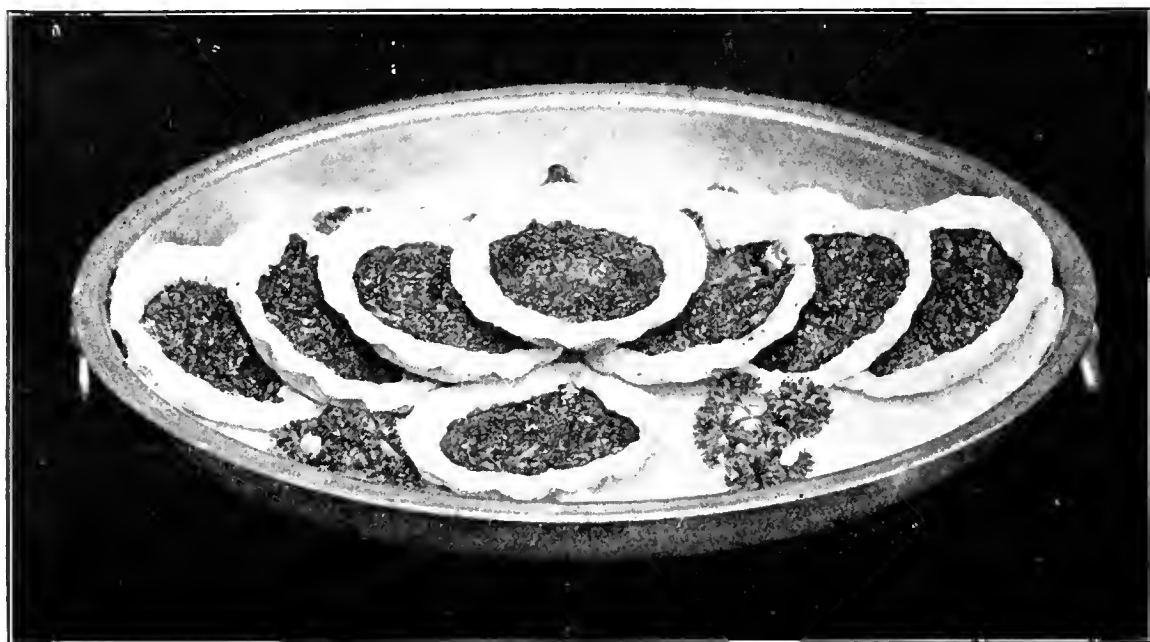


FIG. 101.—CASSOLETTES OF CARROT.

1,494. CAROTTES À LA LILLOISE (CARROTS À LA LILLOISE).

1 bunch young carrots.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	fried bread croûtons.
pinch of sugar.	$\frac{1}{2}$ gill cream.	2 egg-yolks.
salt.	chopped parsley.	lemon-juice.

Wash and scrape the carrots, cut them into thick slices. Have ready a saucepan, with boiling water slightly salted, drop the slices of carrot into it, and boil until tender. Take them up, and drain them. Warm up the Bechamel sauce, put the carrots into this and let them simmer gently for ten minutes. When ready to serve, whip the yolks of the eggs, add the cream, and stir it into the carrots ; cook the eggs, but do not allow the sauce to boil ; season with salt and a pinch of sugar ; add a little chopped parsley and a squeeze of lemon-juice. Have ready fried some croûtons cut in the shape of triangles. Dish the carrots and the sauce on a hot dish, garnish round with the fried croûtons of bread, and serve very hot.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,495. CAROTTES FARCIES (STUFFED CARROTS).

8 young carrots.	1 gill green-pea	2½ ozs. butter.	salt.
1 egg-yolk.	purée.	½ pint gravy.	pepper.

Wash and scrape the carrots, put them into a saucepan of boiling salted water, and parboil them. Take up and drain; let them cool, then hollow out the centre of each. Cook sufficient peas to make 1 gill of purée. Melt ½ ounce of butter in a stewpan, put in the purée of peas, stir until mixed, season with salt and pepper, and stir in the beaten yolk of egg. Mix thoroughly, and allow to cool. Put this purée into a forcing-bag with a pipe attached, and fill the centres of the carrots with it. Melt 2 ounces of butter in a stewpan, put in the stuffed carrots, cover with the lid of the pan, and cook gently for a few minutes, then add the gravy, and simmer until the carrots are cooked. Dish up in a pile, or in a circle, on a hot dish; remove the fat from the liquor in the pan, and pour it round the carrots. Serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable in the spring. Sufficient for 3 or 4 persons.

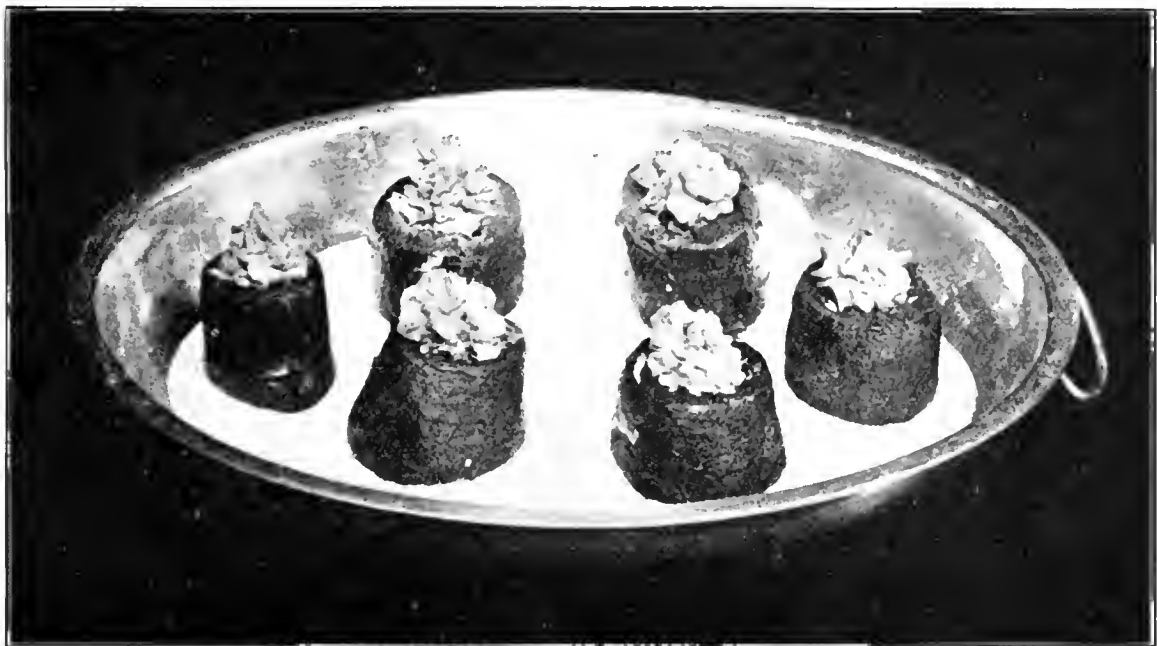


FIG. 102.—CAROTTES FARCIES.

1,496. CAROTTES A LA VICHY (CARROTS, VICHY STYLE).

8 young carrots.	1 oz. sugar.	½ oz. salt.
1 pint water.	2 ozs. butter.	chopped parsley.

Wash, scrape, and slice the carrots, put them into a stewpan with the butter, melted, the salt and sugar; add the water, and cook gently until the water has nearly all evaporated; toss the carrots in this reduced liquor until they are well coated. Dish them on a hot dish, and sprinkle over some chopped parsley.

Average cost, 6d. Time required, 1 hour. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,497. SOUFFLÉS AUX CAROTTES (CARROT SOUFFLÉS).

1 bunch young carrots.	½ gill stock or milk.	pepper.
1 oz. butter.	3 eggs.	pinch of castor sugar.
1 oz. flour.	salt.	ramequin-cases.

Wash and scrape the carrots, cut them in quarters, and boil them in plenty of salted water until tender. When cooked, drain well, and rub the carrots through a fine sieve. Melt the butter in a small stewpan, stir in the flour, moisten with the stock or milk, boil until very thick, mix in the carrot purée, take it off the fire,

and let it cool a minute, then beat in one at a time the three yolks of eggs ; season with salt, pepper, and a pinch of sugar ; beat well. Put the three whites of eggs into a basin, whisk them well until very stiff, stir these lightly into the rest of the mixture. Butter some ramequin-cases, fill the cases within $\frac{1}{2}$ inch of the top with the soufflé mixture, place them on a baking-tin, and put in a moderate oven for about ten to fifteen minutes. Dish up when done, and serve at once.

Average cost, 1s. Time required, $1\frac{1}{4}$ hours. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,498. PETITES TIMBALES DE CAROTTES (LITTLE MOULDS OF CARROTS).

8 large carrots.	1 yolk of egg.	butter.	1 hard-boiled white	salt.
1 whole egg.	Bechamel sauce.	stock.	of egg.	pepper.

Wash the carrots, and slice off the red part of them. Melt some butter in a stewpan, put in the pieces of carrot, and cook them in it for about ten minutes, stirring constantly ; add some white stock, and cook until tender. Drain well, and rub through a fine sieve. Return the purée to the stewpan, add the whole egg and the yolk, stir over the fire until thoroughly mixed. Butter some small timbale-moulds,



FIG. 103.—PETITES TIMBALES DE CAROTTES.

decorate the bottom of each with a star of hard-boiled white of egg, fill up with the carrot mixture, and cook in a slow oven in a baking-tin containing water for fifteen to twenty minutes. Before putting them in the oven, cover with a buttered paper. When done, turn out on to a hot dish, pour hot Bechamel sauce round, and serve.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 4 persons.

CÉLERI (CELERY)

1,499. CÉLERI À L'ANGLAISE (BOILED CELERY WITH WHITE SAUCE).

2 heads of celery.	$\frac{3}{4}$ oz. flour.	1 pint milk.	1 oz. butter.	salt.	pepper.
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Cut off the outside pieces of celery, wash it well in cold water, then cut the celery into pieces about 4 inches in length ; wash again so as to remove any grit there may be. Put the milk into a stewpan, and as soon as it boils, put in the celery, add a little salt, and cook until the celery is tender ; it will take about thirty

minutes to cook. When the celery is done, drain it well, place it on a hot dish. Strain off the milk ; melt the butter in a stewpan, stir in the flour, add the milk, and bring to the boil, stirring all the time ; simmer gently for a few minutes ; season to taste with salt and pepper, pour the sauce over the celery, and serve hot.

Average cost, 8d. Time required, 30 to 40 minutes. Seasonable, October to February. Sufficient for 6 persons.

1,500. CÉLERI BRAISÉ (BRAISED CELERY).

2 heads of celery.	$\frac{1}{2}$ carrot.	1 pint stock.
2 ozs. butter.	a slice or two of turnip.	8 croûtes of bread.
$\frac{1}{2}$ onion.	salt.	pepper.

Wash the celery thoroughly in cold water, cut off the outer leaves, and trim the roots neatly, tie each head round with string. Place them in a stewpan, cover with cold water, bring to the boil, and simmer for ten minutes. Take up the heads, and drain well on a sieve. Melt the butter in a stewpan, put into that the prepared vegetables (onion, carrot, and turnip), cut in slices ; place the celery on the top, cover with a buttered paper and the lid of the stewpan, and cook gently for about fifteen minutes ; then add the stock, and simmer gently for about one hour, adding more stock if necessary. Fry eight croûtes of bread, cut in heart-shapes, in boiling fat. As soon as the celery is ready, take it up, drain it well, cut each head into quarters, dish each piece on one of the fried croûtes, and dress them on a hot dish in a circle in the same way as cutlets. Strain the liquor in the pan, take off the fat, reduce to half-glaze, and pour it over the celery ; serve hot.

Average cost, 9d. Time required, 1 $\frac{3}{4}$ hours. Seasonable, October to February. Sufficient for 8 persons.

1,501. CÉLERI À L'ESPAGNOLE (CELERY WITH ESPAGNOLE SAUCE).

2 heads of celery.	$\frac{1}{2}$ pint white stock.	$\frac{1}{2}$ pint Espagnole sauce	salt.
1 oz. butter.	toast.	(No. 33).	pepper.

Wash the celery in cold water, take off the outer leaves, and trim the roots ; wash again in salted water. Drain well on a sieve, and cut in 4-inch lengths. Melt the butter in a stewpan, put in the celery, and add the white stock ; cover with a piece of buttered paper, put on the lid of the pan, and cook slowly for about forty-five minutes to one hour, then add the Espagnole sauce, season with salt and pepper, and put the pan in the oven for twenty minutes. Have ready a slice of toasted bread ; drain the celery, arrange it on the toast. Take the fat off the sauce, reduce a little, and pour it over the celery. Serve very hot.

Average cost, 10d. Time required, 1 $\frac{3}{4}$ hours. Seasonable, October to February. Sufficient for 6 persons.

1,502. PURÉE DE CÉLERI (PURÉE OF CELERY).

3 heads of celery.	1 gill Bechamel sauce (No. 4).	bread croûtons.	salt.
2 ozs. butter.	2 tablespoonfuls cream.	milk.	pepper.

Wash the celery thoroughly, take off the outer leaves, cut up the heads into short lengths, put them into cold water containing a little salt ; wash again well, so as to remove any grit there may be. Have ready boiling in a stewpan sufficient milk and water in equal quantities to cook the celery ; it should be well covered. Boil until the celery is tender, then drain well, and rub it through a hair sieve. Melt the butter in a stewpan, put in the purée, mix together, then add the Bechamel sauce ; stir until thoroughly hot, season to taste, and add the cream. Cut some bread in small triangular shapes, fry them in boiling fat. Dress the celery on a hot dish, arrange the croûtons round the dish, and serve.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable, October to February. Sufficient for 6 persons.

1,503. CÉLERI À LA VILLEROI (CELERY À LA VILLEROI).

2 heads of celery.	cayenne.	$\frac{1}{2}$ pint Bechamel sauce	1 whole egg.
1 pint stock.	2 yolks of eggs.	(No. 4).	breadcrumbs.
salt.	lemon-juice.	1 tablespoonful cream.	fried parsley (No. 195).

Wash the celery, cut away the outer leaves, and trim the root ; put them into a saucepan of cold water, and parboil them for ten minutes ; drain them on a sieve or cloth. Put the stock into a saucepan, make hot, add the celery, and braise over a slow fire for about one hour. When tender, drain them thoroughly, cut each head in quarters lengthwise, trim to about 6 inches in length. Heat the Bechamel sauce, reduce until very thick, let it cool for a few minutes, then add the yolks of the eggs and the cream ; bind over the fire, but do not let the sauce boil ; season with salt, a pinch of cayenne, and a squeeze of lemon-juice. Mask each piece of celery with this sauce ; let them get cold and set ; beat up the egg on a plate, dip the pieces of celery in it, and then toss in breadcrumbs ; do this twice. Have ready a pan of smoking, clarified fat, place the pieces of celery in a frying-basket, plunge it into the fat, and fry them a golden colour. Drain on a cloth ; dish them on a folded napkin arranged on a hot dish, garnish with fried parsley, and serve.

Average cost, 1s. Time required, 1 hour. Seasonable, October to February. Sufficient for 8 persons.

1,504. CÉLERI AU JUS (CELERY WITH GRAVY).

1 head of celery. | 1 oz. butter. | 1 large tomato. | $\frac{3}{4}$ pint beef or mutton gravy. | salt. | pepper.

Wash the celery, cut it into pieces about 4 inches in length ; wash these again, place them in a saucepan of water, and parboil them. Drain well ; melt the butter in a stewpan, put in the pieces of celery, and toss them over the fire for a few minutes. Cut the tomato in slices, add it to the celery, pour over the gravy, put on the lid of the pan, and place by the side of the fire to simmer gently until the celery is quite tender. When done, take out the celery, dress it on a hot dish, strain the sauce over, and serve.

Average cost, 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 3 or 4 persons.

1,505. CÉLERI AU CROÛTONS À LA VELOUTÉ (CELERY ON CROÛTONS, WITH VELOUTÉ SAUCE).

2 heads of celery. | 2 ozs. bacon. | $\frac{1}{2}$ carrot. | $\frac{1}{2}$ pint velouté sauce (No. 82). | salt and pepper.
small piece of mace. | bouquet garni. | 1 onion. | slices of fried bread or toast. | stock.

Trim the roots of the celery, remove the outside pieces, and wash thoroughly ; cut them into 6-inch lengths, and tie together ; have ready a saucepan of boiling water, put in the celery, and boil for ten minutes. Take up the celery, and drain. Cut the bacon in thin slices, put it in a stewpan in a layer, peel the onion, scrape the carrot, cut them in slices, put these on the bacon, add the mace, bouquet garni, salt and pepper, place the celery on these, pour in the stock, put on the lid, and simmer gently until tender. Have the velouté sauce ready made by the time the celery is done, and also some pieces of bread cut to the same length as the celery, and fried a golden brown. Place these croûtons on a hot dish, take up the celery, drain well, and dress it on the fried croûtons ; pour the sauce over, and serve.

Average cost, 1s. Time required, 1 $\frac{1}{2}$ hours. Seasonable, October to February. Sufficient for 6 persons.

1,506. CÉLERI AU PARMESAN (CELERY WITH CHEESE).

1 head of celery. | 1 $\frac{1}{2}$ gills Bechamel sauce. | stock. | salt.
2 ozs. grated Parmesan cheese. | 1 oz. butter. | breadcrumbs. | pepper.

Wash the celery, remove the outside sticks, cut the celery in small pieces about 1 inch long, put them into a saucepan containing boiling stock ; boil until tender ; it will take about twenty minutes. When done, take it up and drain. Melt the

butter in a stewpan, put in the celery, toss over the fire, then add the sauce two-thirds of the cheese, stir over the fire until thoroughly mixed and hot. Turn out on a dish, sprinkle with the remainder of the cheese and a few breadcrumbs, put in a hot oven to brown the top, and serve.

Average cost, 6d. Time required, 40 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,507. BEIGNETS DE CÉLERI (CELERY FRITTERS).

1 head of celery.	1 tablespoonful salad-oil.	fried parsley (No. 195).
2 ozs. flour.	salt.	clarified fat (No. 197).
2 eggs.	2 tablespoonfuls milk.	pepper.

Wash the head of celery, cut off the root, separate the white stalks, cut them into 3-inch lengths, throw them into cold water containing a little salt, wash them free from grit. Have ready a stewpan of boiling salted water, put in the celery, and boil it until tender. Take it up, drain it thoroughly on a sieve or cloth. Sieve the flour into a basin, add to it the two yolks of eggs, the milk, and salad-oil, mix well together until smooth, and beat for ten minutes, add a pinch of salt and one

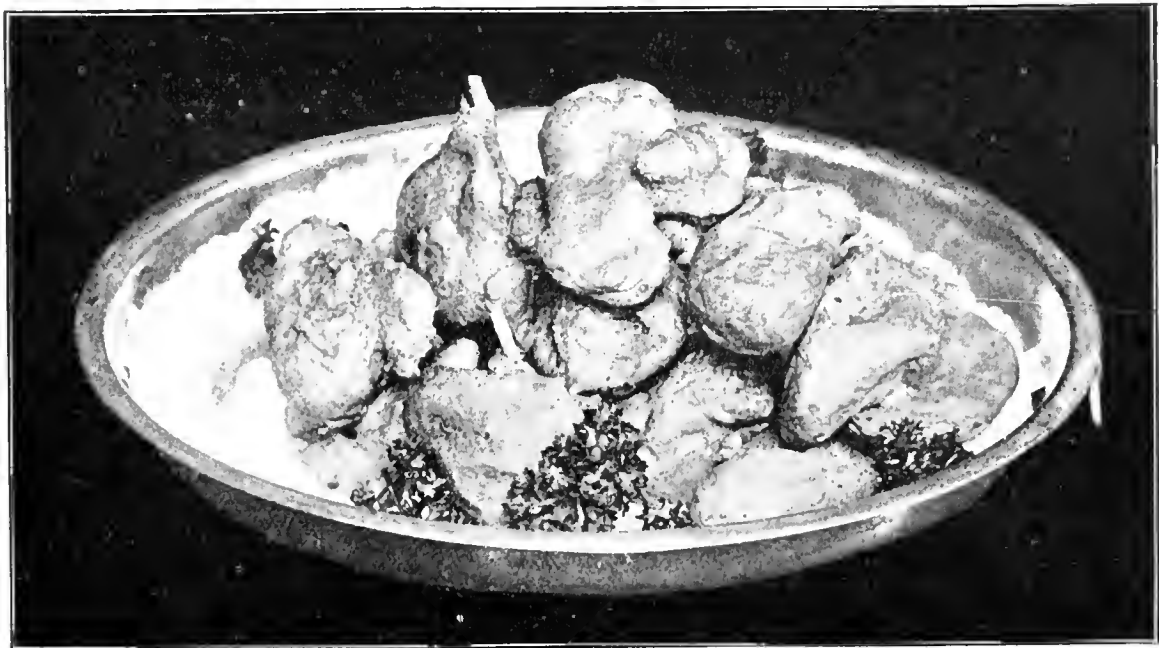


FIG. 104.—BEIGNETS DE CÉLERI.

of pepper. Whisk the whites of the eggs to a stiff froth, and stir lightly into the batter just before frying. Heat the clarified fat in a stewpan, dip each piece of celery into the batter, lift out with an iron spoon, and drop it into the fat; continue until the celery is all used up; take up and drain the fritters on kitchen paper. Dish up in a pile on a folded napkin or dish-paper arranged on a hot dish, garnish with fried parsley, and serve hot.

Average cost, 6d. Time to prepare, 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,508. SOUFFLÉS DE CÉLERI (CELERY SOUFFLÉS).

1 head of celery.	1 oz. butter.	2 eggs.
$\frac{1}{2}$ pint milk.	1 oz. flour.	salt and pepper.

Wash the celery, trim it, and cut it into small pieces; put it into a saucepan with sufficient cold water to cover, and bring to the boil. Take up, drain, and put it into a stewpan with the milk, and cook until tender. Strain the celery, and pass it through a hair-sieve. Melt the butter in a small stewpan, stir in the flour, add the milk left after the celery was cooked (if not sufficient to make 1 gill, make up

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water), boil well, stirring quickly for a few minutes until the sides of the saucepan clean; add to this the purée of celery; and let it cool for a few minutes, then beat in, one at a time, the eggs; season with salt and pepper. Whisk the whites of the eggs into the mixture. Lightly butter some paper or china ramequin-fill them with the soufflé mixture. Bake in a moderate oven for 15 minutes.

When done, place the cases on a dish, with a napkin folded or end to table as soon as possible.

3d. Time required, 1 hour. Seasonable, October to February.

Sufficient for 8 or 10 8 ramequin-cases.

CHAMPIGNONS (MUSHROOMS)

1,509. CHAMPIGNONS FARCIS (STUFFED MUSHROOMS).

12 cup mushrooms. 2 ozs. butter. 1 oz. chopped ham. 1 dessertspoonful chopped breadcrumbs.
3 or 4 mushrooms. 2 shallots. ½ gill brown sauce. parsley. salt and pepper.

Peel the mushrooms, remove the stalks, wash and dry the mushrooms. Chop the shallots, melt 1 ounce of butter in a small stewpan, put in the chopped shallots and fry them without browning; add the three or four mushrooms chopped, the ham, parsley, salt, and pepper, mix all well together, then dilute with the brown sauce. Stuff the mushrooms with this mixture, place them on a buttered baking-tin, sprinkle over them a few breadcrumbs, and put on each a piece of butter; bake for ten minutes in a brisk oven, dish up, and serve quickly.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,510. CHAMPIGNONS AU BEURRE (MUSHROOMS IN BUTTER).

12 cup mushrooms. 2 ozs. butter. buttered toast. salt. pepper.

Peel the mushrooms, cut off the stems, wash, and dry. Melt the butter in a stewpan, put in the mushrooms, and fry them until done; season with salt and pepper. Serve them on squares of buttered toast, and serve very hot.

Average cost, 1s. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,511. CHAMPIGNONS À LA CRÈME (MUSHROOMS IN CREAM).

1 lb. mushrooms. 2 ozs. butter. salt. 1 gill cream. pepper.

Peel the mushrooms, cut off the stems, wash, drain, and dry them. Melt the butter in a stewpan, put in the mushrooms, and cook them over a moderate fire until done; season with salt and pepper, and add the cream; cook a little longer, then dish up, and serve.

Average cost, 2s. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,512. CHAMPIGNONS SAUTÉS (SAUTED MUSHROOMS).

12 large mushrooms. 2 ozs. butter. juice of 1 lemon. salt. pepper.

Peel and wash the mushrooms, put them into a basin of water containing the juice of the lemon. Dry them on a cloth. Melt the butter in a stewpan, put in the mushrooms, and toss them in it until cooked; season with salt and pepper. Dish on a hot dish, and serve.

Average cost, 1s. Time required, 15 minutes. Seasonable, always. Sufficient for 4 persons.

1,513. CHAMPIGNONS À LA BORDELAISE (MUSHROOMS, BORDEAUX STYLE).

1 lb. mushrooms.	1 gill demi-glace sauce	2 ozs. butter.	salt.
1 teaspoonful chopped parsley.	(No. 29).	2 shallots.	cayenne.

Peel the mushrooms, wash, and dry them on a cloth. Melt the butter in a stewpan, chop the shallots, put them in the butter, and fry without browning; then add the mushrooms, and cook them quickly over the fire; season with a little salt and a tiny dust of cayenne-pepper; stir in the chopped parsley, add the sauce, mix over the fire until thoroughly hot, and serve.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 persons.

1,514. CHAMPIGNONS À LA DIABLE (DEVILLED MUSHROOMS).

12 cup mushrooms. | salt. | black pepper. | cayenne. | 2 ozs. butter.

Remove the stalks from the mushrooms, peel, wash, and dry them. Melt the butter in a sauté-pan, put in the mushrooms, and cook them in the butter. When done, lift them out on to a hot dish, and sprinkle each one with salt, black pepper, and a pinch of cayenne. Serve very hot.

Average cost, 10d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 persons.

1,515. CHAMPIGNONS À LA PROVENÇALE (MUSHROOMS, PROVENCE STYLE).

1 lb. button mushrooms.	chopped parsley.	fried croûtons.
2 ozs. butter.	lemon-juice.	1 gill brown sauce (No. 6).
2 chopped shallots.	cayenne.	salt.

Peel the mushrooms, remove the stalk, wash, and dry them. Melt the butter in a stewpan; chop the shallots, fry in the butter until done, but do not let them brown; put in the mushrooms, and stir over a quick fire until cooked. Add the brown sauce, parsley, lemon-juice, cayenne, and a little salt; cook all together for a few minutes, dish up on a hot dish, arrange triangular croûtons of fried bread round the dish, and serve hot.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,516. CROQUETTES DE CHAMPIGNONS (CROQUETTES OF MUSHROOMS).

½ lb. mushrooms.	½ gill thick Bechamel	2 egg-yolks.	breadcrumbs.	salt
1 oz. butter.	sauce (No. 4).	1 whole egg.	fried parsley.	pepper.

Peel the mushrooms, wash, and dry them, scrape the stems, and chop up the whole of the mushrooms, stalks as well as the other part. Melt the butter in a stewpan, put in the mushrooms, and cook over the fire; add the sauce, bind with the yolks of eggs, and season to taste with salt and pepper. Turn the mixture on to a plate, and put it away in a cool place to get cold and set. When quite cold, divide the mixture into equal portions, take each part and shape it into the form of a cork; continue to do this until the mixture has all been used up. Beat up an egg on a plate, put in the croquettes, brush them all over with egg, and then toss in breadcrumbs; roll and shape them again with the hand, flatten the ends, and fry a golden brown in very hot fat. Take up, drain on paper, dish in the form of a pyramid on a hot dish, garnish with parsley, and serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 3 persons.

1,517. CORBEILLES AUX CHAMPIGNONS (MUSHROOM BASKETS).

$\frac{1}{2}$ lb. button mushrooms.	1 shallot.	$\frac{1}{2}$ teaspoonful parsley.	salt.
$\frac{1}{2}$ lb. short paste.	1 oz. butter.	1 tablespoonful cream.	pepper.

Peel the mushrooms, remove the stalks, wash, drain, and dry them. Chop the shallot finely, melt the butter in a stewpan, put in the chopped shallot, and fry without browning. Cut the mushrooms into cubes, add them to the shallot, and cook for a few minutes ; season with salt and pepper, drain away some of the butter, add the cream, stir over the fire until hot, but do not boil. Roll the short paste out thinly, line some fluted patty-pans with the paste, cut out some rings of pastry, cut each in half, arrange them on a baking-tin ; these half-rings form the handles to the baskets. Fill the lined patty-pans with raw rice, and bake in a hot oven. When done, let cool, remove rice, fill these cases with the mushroom mixture, sprinkle a little parsley on the top of each, fasten the handles across, using a little batter for the purpose, put in a hot oven for a few minutes, and serve.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,518. COQUILLES DE CHAMPIGNONS AU GRATIN (BAKED MUSHROOMS IN SHELLS).

1 lb. mushrooms.	1 shallot.	breadcrumbs.	pepper.
2 ozs. butter.	$\frac{1}{2}$ gill cream.	grated Parmesan cheese.	salt.

Peel, wash, drain, and dry the mushrooms ; chop the shallot. Melt half the butter in a stewpan, put in the shallot, and fry lightly ; then add the mushrooms, cut in quarters ; cook, and when done, stir in the cream ; season with salt and pepper. Butter six shells lightly, put in each some of the mushroom mixture, sprinkle over some breadcrumbs and grated cheese, put a few bits of butter on each, and put in the oven to brown the top. When done, dish up, garnish with sprigs of parsley, and serve.

Average cost, 2s. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

CHOUX-FLEURS (CAULIFLOWERS)**1,519. CHOU-FLEUR BOUILLI (BOILED CAULIFLOWER).**

1 cauliflower.	$\frac{1}{2}$ pint melted butter sauce (No. 43).	salt.
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Cut the stalk of the cauliflower, take off the outside leaves, but leave on the green leaves next the flower ; put the cauliflower into cold water, with about a tablespoonful of salt, and let it remain in it for half an hour ; this is done in order to draw out the insects, if there are any. Have ready a saucepan with plenty of boiling water, with a little salt ; put in the cauliflower, with the head down, bring quickly to the boil, and cook gently until tender, leaving off the lid of the saucepan. When the vegetable is cooked, take it up, and drain well. Dish the cauliflower in a hot vegetable dish, have the sauce ready, pour it over the flower, and serve hot.

Average cost, 6d. Time required after soaking, 20 to 30 minutes. Seasonable, May to November. Sufficient for 2 to 4 persons.

1,520. CHOU-FLEUR AU BEURRE NOIR (CAULIFLOWER WITH BLACK BUTTER).

1 cauliflower.	1 teaspoonful vinegar.	pepper.
2 ozs. butter.	$\frac{1}{2}$ teaspoonful chopped parsley.	salt.

Trim and boil the cauliflower as in previous recipe ; when it is tender, drain, and cut it into six or eight pieces ; dish it neatly. Melt the butter in a small frying-pan, let it cook until it has acquired a nut-brown colour, then take it off the fire

and add to it the vinegar and parsley. Sprinkle a little salt and pepper over the cauliflower, pour the black butter over, and serve at once.

Average cost, 4d. Time required, 30 minutes. Seasonable, May to November. Sufficient for 3 or 4 persons.

1,521. PETITES TIMBALES DE CHOUX-FLEURS (LITTLE TIMBALES OF CAULIFLOWER).

2 cauliflowers.	1 slice beef tongue.	$\frac{1}{2}$ oz. butter.
1 whole egg.	1 tablespoonful cream.	salt.
2 yolks.	Bechamel sauce (No. 4).	pepper.

Boil the cauliflowers; drain, and rub them through a fine sieve; use some of the green leaves, so that the purée may be slightly green. Melt the butter in a stewpan, put in the purée of cauliflower, mix until hot; put in the eggs previously beaten, season with salt and pepper; add the cream, make hot, but do not boil; mix thoroughly. Butter some little timbale-moulds, and place at the bottom of each a piece of ox-tongue cut out with a fancy cutter; fill up the moulds with the cauliflower purée, cover with buttered paper, put them on a baking-tin containing a little water, and steam in a slow oven for fifteen to twenty minutes. Turn them out on a hot dish, and pour Bechamel sauce round.

Average cost, 10d. Time required, 1 hour. Seasonable, May to November. Sufficient for 10 or 12 moulds.

1,522. CHOU-FLEUR À LA POLONAISE (CAULIFLOWER, POLISH STYLE).

1 cauliflower.	1 teaspoonful chopped parsley.	3 ozs. butter.
2 hard-boiled egg-yolks.	1 oz. grated cheese.	$\frac{1}{2}$ oz. breadcrumbs.

Trim the cauliflower, put it into a basin of cold water with some salt, let it soak for half an hour, then boil it until tender; drain thoroughly. Butter a dish; set the cauliflower on it. Chop the yolks of the hard-boiled eggs, mix them with the parsley, and sprinkle this over the cauliflower. Melt 2 ounces of butter in a small frying-pan, cook it over the fire until it has acquired a nut-brown colour; take off the fire, put in a pinch of parsley, add to this the breadcrumbs fried in 1 ounce of butter, and pour over the cauliflower just before serving.

Average cost, 8d. Time required, 30 minutes. Seasonable, May to November. Sufficient for 3 or 4 persons.

1,523. CHOU-FLEUR À LA FLORENTINE (CAULIFLOWER, FLORENTINE STYLE).

1 cauliflower.	flour.	beaten egg.	breadcrumbs.	salt.	pepper.
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Cook the cauliflower in the usual way in salted boiling water; let it get cold, then divide into flowerets; roll each of these in flour, dip in beaten egg, toss in breadcrumbs, and fry in hot fat or butter. Dish up in a pile on a folded napkin, garnish with parsley, and serve.

Average cost, 6d. Time required, 1 hour. Seasonable, May to November. Sufficient for 3 or 4 persons.

1,524. MOUSSE DE CHOU-FLEUR À LA DUBARRY (MOUSSE OF CAULIFLOWER).

1 large head of cauliflower.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	salt.
1 oz. butter.	3 eggs.	pepper.

Trim and soak the cauliflower in salted water for about one hour, then boil it with some of the tender green leaves attached in salted boiling water until done. Take it up, drain well, and let it get cold; press it in a cloth, so as to free it from water; rub through a hair-sieve. Reduce the Bechamel until thick. Melt the butter in a stewpan; when hot, put in the purée of cauliflower; mix and then add the sauce; season with salt and pepper; stir all well together. Take the pan off

the fire ; beat in, one at a time, the yolks of the eggs. Whisk the whites of the eggs to a stiff froth, and stir them lightly into the mixture. Butter slightly some china or paper ramequin-cases, fill them two-thirds full with the mixture, put them into a cool oven for about ten to fifteen minutes. As soon as the little soufflés are cooked serve them at once.

Average cost, 10d. Time required, forty-five minutes. Seasonable, May to November. Sufficient for 3 or 4 persons.

1,525. CHOU-FLEUR AU GRATIN À L'INDIENNE (BAKED CAULIFLOWER, INDIAN STYLE).

1 large cauliflower.	1 teaspoonful curry-powder.	$\frac{1}{2}$ pint melted-butter	salt.
1 oz. butter.	1 oz. grated Parmesan cheese.	sauce (No. 43).	cayenne.

Boil the cauliflower in salted boiling water, taking care not to cook it too much. Lift it out carefully when cooked, and drain thoroughly. Butter a fireproof dish, place the cauliflower on it ; season with salt and pepper. Put into a stewpan $\frac{1}{2}$ ounce of butter ; when melted, stir in the curry-powder, fry a minute, then add the sauce ; stir over the fire until hot and smooth, then add half the cheese to it ; cook a little longer, season to taste with salt and a pinch of cayenne, pour this sauce over the cauliflower, sprinkle with the remainder of the cheese, put a few bits of butter on the top, and bake in a hot oven for about ten minutes. Serve at once, very hot.

Average cost, 8d. Time required, 35 minutes. Seasonable, May to November. Sufficient for 4 persons.

1,526. CHOU-FLEUR AU GRATIN (BAKED CAULIFLOWER).

1 large cauliflower.	$\frac{3}{4}$ oz. flour.	$1\frac{1}{2}$ ozs. grated cheese.	salt.
$1\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ pint milk.	breadcrumbs.	pepper.

Boil the cauliflower in salted boiling water, taking care not to overcook it. When cooked, lift it out of the saucepan carefully, drain it thoroughly, and place on a fireproof dish well buttered. Melt 1 ounce of butter in a stewpan, stir in the flour, add the milk, and bring to the boil, stirring meanwhile ; simmer for five minutes, then season with salt and pepper, and add 1 ounce of cheese ; pour this sauce carefully over the cauliflower, sprinkle with grated cheese and a few bread-crumbs, put a few bits of butter on the top, and place in a hot oven for about ten minutes. Serve very hot.

Average cost, 8d. Time required, 35 minutes. Seasonable, May to November. Sufficient for 4 or 5 persons.

1,527. CHOU-FLEUR À LA VILLEROI (CAULIFLOWER, VILLEROI STYLE).

1 cauliflower. | $\frac{1}{2}$ pint Villeroi sauce (No. 84). | 1 egg. | breadcrumbs. | clarified fat (No. 197).

Boil the cauliflower in salted boiling water. Take it up when done, drain, and cool. Divide the cauliflower into flowerets, dip them into Villeroi sauce, place them on a dish that has been rubbed over with oil, and let them get thoroughly cold and set, then dip in egg, and toss in breadcrumbs ; do this twice. Fry them in very hot, clarified fat or lard a golden brown. Dish up in a pile on a hot dish, and serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, May to November. Sufficient for 3 or 4 persons.

CHOUX (CABBAGES)

1,528. CHOUX SAUTÉS AU BEURRE (CABBAGE SAUTED IN BUTTER).

2 cabbages.	2 ozs. butter.	salt.	pepper.
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Cut off the stalk of the cabbage, remove the outside leaves, divide into quarters, and cut away the hard stalk. Put the cabbage into a basin with plenty of cold water, add some salt, and let it soak for half an hour. Put on to the fire a large

saucepan of water, add some salt to it, and bring to the boil ; put in the cabbage, and let it come to the boil quickly ; keep it boiling with the lid of the saucepan off ; skim off the scum as it rises. As soon as the cabbage is soft, drain it in a colander, press it well to get rid of all the water, then turn on to a board, and chop it small. Melt the butter in the saucepan, put in the cabbage, and mix it well with the butter until thoroughly hot again ; season with salt and pepper. Turn it into a hot vegetable-dish, and serve hot.

Average cost, 2d. to 6d. Time required, 30 minutes. Seasonable, different varieties, all the year round. Sufficient for 4 or 5 persons.

1,529. CHOUX DE BRUXELLES SAUTÉS AU BEURRE (BRUSSELS SPROUTS SAUTED IN BUTTER).

1 lb. Brussels sprouts. | 2 ozs. butter. | salt.

Trim the sprouts, take off the outside leaves if discoloured, throw them into a basin of cold water containing a little salt, wash, and drain. Have ready a saucepan of boiling water, add some salt to it, put in the sprouts, boil them until tender ; strain and press as much of the water out as possible, taking care not to break the sprouts. Melt the butter in a stewpan, put in the sprouts, toss them in it until thoroughly hot, season with salt and pepper, dish up in hot vegetable-dish, and serve.

Average cost, 3d. Time required, 25 minutes. Seasonable, September to February. Sufficient for 2 or 3 persons.

1,530. CHOU FARCI (STUFFED CABBAGE).

1 Savoy cabbage.	1 teaspoonful chopped parsley.	salt and pepper.	1 onion.
$\frac{1}{2}$ lb. sausage-meat.	$\frac{1}{2}$ teaspoonful tarragon and chervil.	fat bacon.	1 carrot.
6 cooked chestnuts.	$\frac{1}{2}$ pint brown sauce (No. 6).	$\frac{1}{2}$ chopped small onion.	$\frac{1}{2}$ pint stock.

Take a firm, medium-sized Savoy cabbage, cut away the outer leaves, remove the stalk, wash it well in salted water, and then parboil the cabbage for ten minutes. Drain well, and let it cool. Take out the inner leaves—do this with a long, sharp knife at the stalk end—mix the chopped herbs, onion, and seasoning with the sausage-meat ; shell, peel, and cook the chestnuts, pass them through a sieve ; mix these with the rest of the ingredients, stir all well together, and stuff the cabbage with it. Wrap the cabbage in slices of fat bacon, tie it round with string. Cut the onion and carrot in slices, put them at the bottom of a stewpan, place the cabbage on it, add the stock, and braise for one hour or longer. When done, drain the cabbage, untie the string, remove the slices of bacon, and dress the cabbage on a hot dish. Reduce the braising liquor, take off all grease, add to it the brown sauce, boil up, and pour a little of this over the cabbage ; send the remainder of the sauce to table separately.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable, November to February. Sufficient for 4 or 5 persons.

1,531. PAUPIETTES DE CHOUX FARCIS (STUFFED CABBAGE).

6 cabbage-leaves.	2 ozs. cooked rice.	$\frac{1}{2}$ small onion.	salt.
$\frac{1}{2}$ lb. cooked minced beef.	$\frac{1}{2}$ teaspoonful parsley.	1 carrot.	pepper.
$\frac{1}{2}$ pint Espagnole sauce (No. 33).	fat bacon.	$\frac{1}{2}$ pint stock.	1 onion.

Wash and parboil the cabbage-leaves for ten minutes ; cook the rice in stock ; chop the half-onion ; add the rice, chopped onion, and parsley to the minced beef ; season highly. Stuff the cabbage-leaves with this mixture, roll each one up. Slice the onion and carrot, put these into a stewpan, place the rolls on them, add the stock, season with salt and pepper, and cover over with a few slices of fat bacon ; place on the lid of the pan, and braise for thirty minutes or longer. When cooked, drain the rolls, strain the stock from the braise, skim off the fat, and reduce, then add the sauce ; season, boil up, and pour over the rolls.

Average cost, 9d., without the meat. Time required, 1 hour. Seasonable, October to March. Sufficient for 6 rolls.

CHOU-DE-MER (SEAKALE)

1,532. CHOU-DE-MER À LA CRÈME (SEAKALE WITH CREAM SAUCE).

1 basket seakale.	1 lemon.	2 yolks of eggs.	salt.
1 gill Bechamel sauce (No. 4).	$\frac{1}{2}$ gill cream.	toasted bread.	pepper.

Trim off the root of the seakale, wash it well in cold water with salt to free it from grit. When ready to cook, arrange the pieces, and tie them in bundles. Have ready a stewpan large enough to contain the seakale, three-parts fill with water, season with salt and the juice of a lemon; bring to the boil, put in the seakale, and cook until tender; it will take thirty to thirty-five minutes, or even longer. When done, take it up, drain thoroughly, untie the bundles, and dish the seakale on a slice of toasted bread. Warm up the Bechamel sauce; mix the egg-yolks and cream together, stir it into the sauce; bind, but do not let the sauce boil after the eggs and cream are added; season to taste with salt and pepper, add a squeeze of lemon-juice, pour this sauce over the seakale, and serve very hot.

Average cost, seakale, 10d. to 1s. a basket. Time required, 20 to 45 minutes, according to quality. Seasonable, February to June. Sufficient (12 heads) for 3 or 4 persons.

1,533. CHOU-DE-MER À L'ESPAGNOLE (SEAKALE WITH ESPAGNOLE SAUCE).

1 basket seakale.	lemon-juice.	salt.
toasted bread.	3 gills Espagnole sauce (No. 33).	pepper.

Wash the seakale in salted water containing lemon-juice, free it from grit, trim the root, place the pieces together, and tie in bundles. Have ready a stewpan of boiling water, add to it a little salt, and put in the bundles of seakale, bring quickly to the boil, and cook until three-parts done. Then strain off the water, add the Espagnole sauce, and continue the cooking until the seakale is quite tender. Drain the vegetable well, dish it on a slice of toast on a hot dish, strain the sauce over, and serve. This vegetable should always be served very hot.

Average cost, 10d. to 1s. per basket. Time required, 20 to 45 minutes, according to quality. Seasonable, February to June. Sufficient for 3 or 4 persons.

1,534. CHOU-DE-MER À LA HOLLANDAISE (SEAKALE WITH HOLLANDAISE SAUCE).

1 basket seakale.	$\frac{1}{2}$ pint Hollandaise sauce (No. 101).	salt.
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Wash the seakale free from grit in salted water containing lemon-juice, trim the root, place the pieces together, tie in a bundle, boil in salted water until tender. When done, drain well, dish up, untie the string, pour over the Hollandaise sauce, and serve.

Average cost, 10d. to 1s. per basket. Time required, 20 to 45 minutes. Seasonable, February to June. Sufficient for 3 or 4 persons.

CONCOMBRES (CUCUMBERS)

1,535. CONCOMBRES À L'ESPAGNOLE (CUCUMBERS WITH ESPAGNOLE SAUCE).

2 cucumbers.	3 gills Espagnole sauce (No. 33).	salt.
2 ozs. butter.	chopped parsley.	pepper.

Peel the cucumbers, cut them in halves lengthways, take out the seeds, place them in a stewpan with sufficient salted water to cover, and boil for five minutes. Then take the cucumbers up, drain them well, and cut each half-cucumber into quarters; let them cool. Melt the butter in a stewpan; when hot, put in the

pieces of cucumber, and fry them for a few minutes, then add to them the Espagnole sauce, and finish cooking; season to taste with salt and pepper. Take off the fat as it rises. When cooked, dish the cucumbers on a hot dish in a pile, boil up the sauce once more, strain it over the cucumbers, garnish with a little chopped parsley sprinkled over, and serve hot.

Average cost, 1s. Time required, 40 minutes. Seasonable, May to September. Sufficient for 8 or 10 persons.

1,536. CONCOMBRES À LA POULETTE (CUCUMBERS, POULETTE STYLE).

2 cucumbers.	1 gill Bechamel sauce	2 yolks of eggs.	salt.
2 ozs. butter.	(No. 4).	$\frac{1}{2}$ gill cream.	pepper.
stock.	1 teaspoonful parsley.	juice of $\frac{1}{2}$ lemon.	crouçons.

Peel the cucumbers, cut them in halves lengthways, and take out the seeds; cut them into slices about an inch in length. Parboil the slices of cucumber in salted water for ten minutes, then drain well, and cool. Melt the butter in a stewpan, put in the cucumber, and fry them for five minutes over a slow fire; stir during the time they are frying, but be careful not to break the slices, then add a little stock, and cook until tender. When done, drain away the liquor from the pan, add the sauce, simmer for a few minutes, then add the yolks of the eggs and the cream beaten together; bind over the fire, but do not boil; season with salt and pepper; add the lemon-juice and parsley. Dish the cucumber on a hot dish, pour the sauce over, garnish round with triangular pieces of fried bread, and serve.

Average cost, 1s. 1d. Time required, 30 minutes. Seasonable, May to September. Sufficient for 8 or 10 persons.

1,537. CONCOMBRES À LA CRÈME (CUCUMBERS IN CREAM).

1 cucumber. | 1 oz. butter. | $\frac{1}{2}$ gill cream. | $\frac{1}{2}$ gill Bechamel sauce (No. 4). | salt. | pepper.

Peel the cucumber, cut in halves, and take out the seeds; cut each half into pieces about 1 inch long, keeping them all the same size. Parboil them in salted water for ten minutes, drain thoroughly. Melt the butter in a stewpan, put in the pieces of cucumber, season with salt and pepper, cover with the lid of the stewpan, put over a slow fire, cook until the cucumber is tender, very slowly, then add the sauce and the cream; shake the pan well while the sauce is coming to the boil. Season to taste. Dish up on a hot dish, sprinkle a little chopped parsley over, and serve.

Average cost, 9d. Time required, 30 to 40 minutes. Seasonable, May to September. Sufficient for 4 or 6 persons.

1,538. BEIGNETS DE CONCOMBRES (CUCUMBER FRITTERS).

1 cucumber.	2 tablespoonfuls milk.	2 eggs.	salt.
2 ozs. flour.	1 tablespoonful salad-oil.	fried parsley (No. 195).	pepper.

Peel the cucumber, cut it in half, take out the seeds, and cut the halves into slices about an inch in length, and parboil them in salted water for ten minutes. Take up, drain, and let the pieces cool. Sieve the flour into a basin, add the yolks of the eggs, the milk, salt, and pepper, and the salad-oil; mix all well together to a smooth paste, then heat the batter for ten minutes; let it stand until required. When ready to fry, whip the whites of the eggs very stiffly; stir them into the batter lightly. Have ready heated a pan of clarified fat. When sufficiently hot, dip each piece of cucumber into the batter, drop them into the boiling fat, and fry a golden-brown colour. Take up the fritters with a slice, place them on kitchen paper to drain. Dish in a pile on a dish-paper or folded napkin arranged on a hot dish, garnish with fried parsley, and serve.

Average cost, 8d. Time required, 30 minutes. Seasonable, May to September. Sufficient for 4 persons.

1,539. CONCOMBRE FARCI (CUCUMBER STUFFED), NO. 1

1 cucumber.	$\frac{1}{4}$ lb. quenelle forcemeat (No. 201).	1 teaspoonful chopped parsley, tarragon, and chervil.	1 onion.
$\frac{1}{2}$ pint stock.		2 or 3 mushrooms.	1 carrot.
1 oz. butter.	$\frac{1}{2}$ pint brown sauce (No. 6).		bacon.

Peel the cucumber, cut it in pieces about 2 inches long. Hollow out the centre of each piece of cucumber with a round cutter, taking care not to go right through ; the pieces of cucumber thus form cases. Prepare the quenelle forcemeat either from raw chicken, veal, or rabbit ; mix with it the chopped herbs and the mushrooms chopped finely, and cooked in a little butter. Fill the cucumber cases with the forcemeat. Cut the onion and carrot into slices ; place a layer of thin bacon at the bottom of a stewpan, put on this the slices of vegetable, stand the stuffed cucumbers on this, add the stock, cover with a buttered paper and the lid of the stewpan, and braise gently for about twenty to thirty minutes. When cooked take up, drain, and dish. Strain the liquor from the braise, take off the fat, reduce to half-glaze, then add to it the brown sauce ; season to taste ; bring to the boil, simmer for a few minutes, then pour round the dish as much as is necessary ; the remainder can be sent to table separately.

Average cost, 2s. Time required, 45 minutes. Seasonable, May to September. Sufficient for 6 cases.

1,540. CONCOMBRES FARCIS (CUCUMBERS STUFFED), NO. 2.

3 cucumbers.	$\frac{1}{2}$ lb. sausage-meat.	$\frac{1}{2}$ teaspoonful chopped parsley, tarragon, and chervil.	1 onion.
slices of bacon.	2 or 3 cooked mushrooms.		1 carrot.
2 ozs. cooked ham.	salt and pepper.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	$\frac{3}{4}$ pint stock.

Peel the cucumbers very thinly, cut them in halves lengthways, scoop out the seeds carefully ; parboil the cucumbers for five minutes, then drain and stuff them with the sausage-meat mixed with the finely chopped ham, mushrooms, herbs, and seasoning ; fill the cavities of the cucumbers level, put the halves together again into their original shapes, tie them in place, wrap each cucumber in a piece of muslin, and tie round again with string. Line a large stewpan with slices of bacon, put over this a layer of carrot and onion cut in slices, season with salt and pepper, put in the cucumbers, add the stock, cover with the lid, and braise gently for thirty to forty minutes. When done, take them up, unwrap, and dress on a dish ; carefully remove the string so as not to disturb the halves. Strain the braising liquor into a small stewpan, remove the fat, reduce and add the sauce, season to taste, and pour over the cucumbers ; garnish with a little chopped parsley, and serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable, May to September. Sufficient for 10 or 12 persons.

1,541. CONCOMBRE FRIT (FRIED CUCUMBER).

1 cucumber.	2 ozs. butter.	8 pieces of buttered toast.	salt.	pepper.
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Peel the cucumber very thinly, cut in half lengthwise, scoop out the seeds carefully, and cut each half in four pieces. Melt the butter in a large frying-pan ; make it very hot, then put in the pieces of cucumber, and fry them brown. Have ready some slices of toast ; take off the crust, and trim them to the same size as the pieces of cucumber ; butter them, place on each a slice of cucumber, sprinkle over a little salt and pepper, dish up on a hot dish ; stand it in the oven for a few minutes to get thoroughly hot, then serve at once.

Average cost, 6d. Time required, 20 minutes. Seasonable, May to September. Sufficient for 8 persons.

1,542. CONCOMBRE GLACÉ (GLAZED CUCUMBER).

1 cucumber. | 1 pint water. | 1 oz. sugar. | 2 ozs. butter. | salt.

Peel the cucumber, cut in half lengthwise, take out the seeds, and cut into 1-inch pieces ; put them in a stewpan with water to cover, cook for ten minutes ; take up, and drain. Now put the pieces of cucumber in a saucepan, add 1 pint of water, the sugar, a good pinch of salt, and the butter ; set the pan on the fire, and cook until the water has nearly evaporated ; what remains will be the consistency of a syrup. Shake the pieces of cucumber about in this until they are well coated. Dish up, and serve, or use as a garnish for other dishes.

Average cost, 6d. Time to prepare, 30 minutes. Seasonable, May to September. Sufficient for 4 persons.

1,543. CONCOMBRES À LA MORNAY (CUCUMBERS WITH MORNAY SAUCE).

2 cucumbers. | $\frac{1}{2}$ lb. sausage-meat. | $\frac{1}{2}$ pint Mornay sauce (No. 110). | $\frac{1}{2}$ pint stock. | 1 onion.
butter. | 2 ozs. fat bacon. | $\frac{1}{2}$ oz. grated Parmesan cheese. | salt and pepper. | 1 carrot.

Peel the cucumbers thinly, cut them in halves lengthwise, scoop out the seeds, fill them with the sausage-meat ; put the two halves together again, and tie them with string. Line a stewpan with slices of fat bacon ; on this put a layer of sliced onion and carrot ; season with salt and pepper, put in the cucumbers, add the stock, cover with buttered paper and the lid of the pan, place on the fire or in the oven, and cook for twenty to thirty minutes. When cooked, take up, drain, and cut in slices ; arrange on a hot dish in a pile, pour the Mornay sauce over, sprinkle with grated cheese, put a few bits of butter on the top, and bake in a quick oven till brown. Send to table quickly.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable, May to September. Sufficient for 8 persons.

ÉPINARDS (SPINACH)**1,544. CROQUETTES D'ÉPINARDS (CROQUETTES OF SPINACH).**

1 lb. spinach. | 2 eggs. | pepper.
 $\frac{1}{2}$ pint Bechamel sauce (No. 4). | 1 oz. butter. | clarified butter.
2 tablespoonfuls cream. | salt. | 1 oz. Parmesan cheese.

Pick and wash the spinach thoroughly, put it into a saucepan with boiling water and a little salt, boil until tender ; drain well, and press ; chop it finely. Melt 1 oz. of butter in a stewpan, put in the spinach as soon as the butter is hot, stir for a few minutes ; season with salt and pepper. Add the Bechamel sauce, which should be thick, also the cream and cheese ; beat up the eggs well, and stir them in ; bind over the fire for a few minutes. Heat some clarified butter in an omelet pan, and with a tablespoon drop some of the preparation of spinach into the fat ; put in two or three at a time, but do not let them touch. When fried on one side, turn over carefully with a knife, and cook the other side. Dish up on a hot dish, and serve.

Average cost, 10d. Time required after spinach is cooked, 20 minutes. Seasonable, March to December. Sufficient for 2 or 3 persons.

1,545. ÉPINARDS AU GRATIN (SPINACH BAKED).

2 lbs. spinach. | 3 ozs. butter. | 3 ozs. grated cheese. | salt. | pepper.

Pick and wash the spinach ; cook it in plenty of boiling salted water. When done, drain and press out the moisture, chop it finely, or pass through a sieve. Melt 2 $\frac{1}{2}$ ozs. of butter in a stewpan, and when it is hot put in the spinach ; stir it

well. Season to taste with salt and pepper, add 2 ozs. of grated cheese, mix all well together. Turn out on to a fireproof dish, arrange it neatly, and sprinkle over it 1 oz. of grated cheese and the remaining half-ounce of butter, which should be melted first. Place the dish in a hot oven to brown. Serve at once, very hot.

Average cost, 8d. Time required after spinach is cooked, 20 minutes. Seasonable, March to December. Sufficient for 4 persons.

1,546. ÉPINARDS À LA CRÈME (SPINACH WITH CREAM).

2 lbs. spinach. | 2 ozs. butter. | $\frac{1}{2}$ gill cream. | 2 hard-boiled eggs. | salt. | pepper.

Pick the spinach, remove the stalk and the coarse vein at the back of each leaf; wash the spinach thoroughly in several waters to clear it from grit. Cook in salted boiling water for about twenty minutes; leave off the lid of the saucepan. When tender, drain, press out the water, and rub through a fine sieve. Melt the butter in a stewpan, put in the spinach, season to taste with salt and pepper, stir

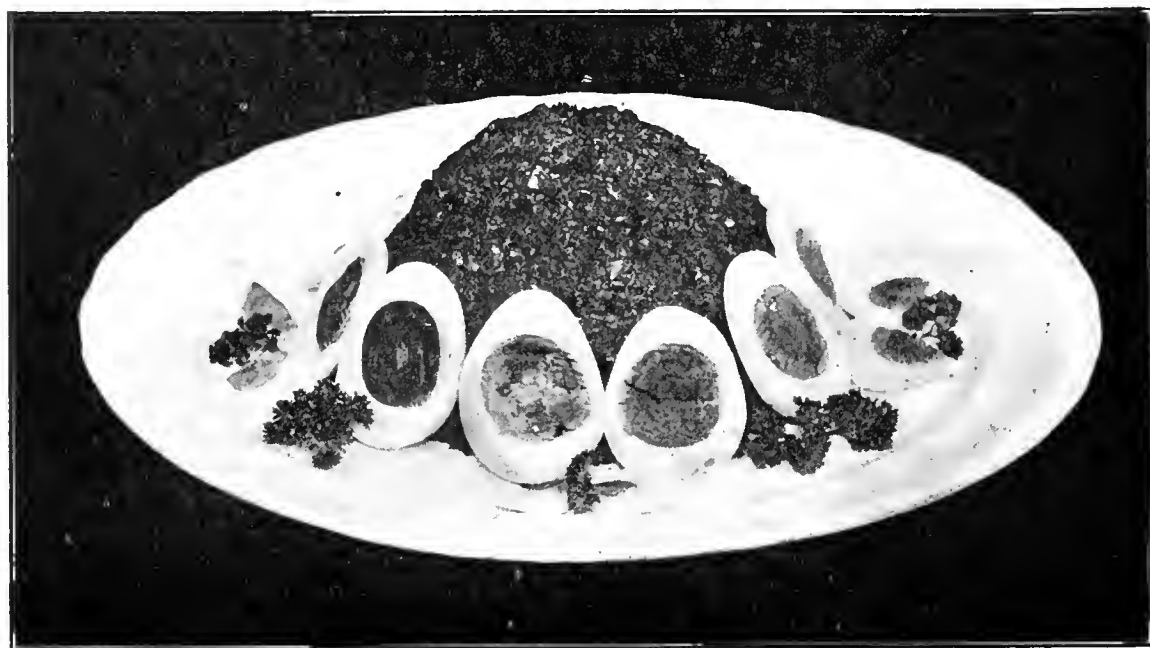


FIG. 105.—ÉPINARDS À LA CRÈME.

over the fire until the spinach is hot, then add the cream; mix well. Turn out the spinach on to a hot dish, shape it nicely, and garnish with slices of hard-boiled eggs. Serve hot.

Average cost, 10d. Time required, 35 minutes. Seasonable, March to December. Sufficient for 3 or 4 persons.

1,547. ÉPINARDS FARCIS (STUFFED SPINACH).

6 large spinach-leaves. | 1 oz. butter. | $\frac{1}{2}$ teaspoonful parsley, tarragon, | $\frac{1}{2}$ pint brown sauce (No. 6).
salt and pepper. | 1 gill stock. | and chervil. | $\frac{1}{4}$ lb. veal forcemeat (No. 201).

Choose some large spinach-leaves, wash them well, blanch them for a minute or two in boiling water, then place them in cold water to cool; drain, and dry thoroughly in a cloth. Chop the parsley, tarragon, and chervil finely, mix these in with the veal forcemeat, spread this over the leaves, roll them up; butter a baking-tin with the 1 oz. of butter, arrange the rolls on it, pour the stock over, sprinkle with salt and pepper, and cook in a slow oven for about fifteen minutes. When done, dress the rolls on a hot dish, and serve brown sauce with them separately.

Average cost, 1s. Time required, 30 minutes. Seasonable, March to December. Sufficient for 3 persons.

1,548. ÉPINARDS SUR CROÛTES (SPINACH ON CROÛTES).

2 lbs. spinach.	1 tablespoonful of cream.	1 oz. butter.
toast.	1 hard-boiled egg.	salt.

Pick the spinach, wash it in several waters to remove all the grit. Have ready a saucepan of boiling salted water, put the spinach in, and let it boil, with the lid of the saucepan off, until quite tender. Drain the water away, and press the spinach well to remove all moisture. Rub it through a fine wire sieve; melt the butter in a saucepan, put in the purée of spinach, the cream, and a little salt if necessary; heat this thoroughly over the fire. Make some toast, cut it into rounds about 2 inches across, and pile the prepared spinach on them. Place on a hot dish, and garnish with slices of hard-boiled egg. Serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable, March to December. Sufficient for 3 or 4 persons.



FIG. 106.—ÉPINARDS SUR CROÛTES.

1,549. PETITES TIMBALES D'ÉPINARDS (LITTLE TIMBALES OF SPINACH).

3 lbs. spinach.	2 ozs. butter.	2 eggs.	ox-tongue or ham.
$\frac{1}{2}$ gill cream.	tomato sauce (No. 77).	salt.	pepper.

Butter some small dariole or timbale moulds, cut out a star of tongue or ham with a fancy cutter, put one at the bottom of each mould; wash the spinach thoroughly; cook it in plenty of salted boiling water. When tender, drain thoroughly, and press out the moisture. Pass the spinach through a sieve. Melt the butter in a stewpan, put in the spinach, stir until hot, then add the cream, salt, and pepper, and the well-beaten eggs. Fill the little moulds with this mixture, place them on a baking-tin containing a little water, cover with a buttered paper, and cook in the oven for fifteen minutes. Turn out, and serve with tomato sauce round.

Average cost, 1s. 3d. Time required, 30 minutes, after spinach is cooked. Seasonable, March to December. Sufficient for 8 or 9 timbales.

1,550. PETITS SOUFFLÉS AUX ÉPINARDS (SPINACH SOUFFLÉS).

2 lbs. spinach.	3 eggs.	10 china or paper	salt.
$\frac{1}{2}$ gill Bechamel sauce (No. 4).	1 oz. butter.	soufflé-cases.	cayenne.

Pick the spinach, and wash it well in several waters; drain, and cook in boiling water until tender. When sufficiently cooked, drain well, press out the moisture and

rub through a sieve. Melt the butter in a stewpan, put in the spinach as soon as the butter is hot ; season with salt and a tiny pinch of cayenne. Separate the yolks from the whites of the eggs ; put the yolks into the spinach mixture one at a time ; beat each in well. Heat the Bechamel sauce, and stir into the preparation. Whisk the whites of the eggs to a stiff froth ; stir in quickly and lightly. Butter the soufflé-moulds, three-parts fill them with the soufflé mixture ; place in a moderate oven for ten to fifteen minutes. Dish up, and serve quickly.

Average cost, 10d. Time required, 30 minutes, after spinach is cooked. Seasonable, March to December. Sufficient for 10 soufflés.

1,551. FRIANDINES AUX ÉPINARDS (SPINACH FRIANDINES).

1 lb. spinach.	$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ lb. rough puff-paste	fried parsley.	breadcrumbs.
1 oz. butter.	1 shallot.	(No. 976).	1 egg.	salt and pepper.

Pick and wash the spinach thoroughly, boil till tender in boiling salted water, drain well, press out the moisture, and rub through a fine sieve. Melt the butter in a stewpan, put in the chopped shallot ; do not allow them to colour. Add the spinach, sprinkle with the flour, and stir over the fire for a few minutes ; season



FIG. 107.—FRIANDINES AUX ÉPINARDS.

with salt and pepper, and turn on to a plate to cool. Roll out the puff-pastry thinly, cut it out into rounds with a cutter about 2 inches across, put a small dessertspoonful into the centre of one round, wet the edges, place another round on the top, and press together. Continue in this way until the pastry and spinach are used up, egg and breadcrumb them, and fry in very hot fat a golden colour. Dish up in a pile, and garnish with fried parsley.

Average cost, 10d. Time required, 30 minutes. Seasonable, March to December. Sufficient for 8 or 10 friandines.

1,552. ÉPINARDS À L'INDIENNE (SPINACH, INDIAN STYLE).

2 lbs. spinach.	1 dessertspoonful curry-powder.	1 oz. butter.	buttered toast.
$\frac{1}{2}$ small onion.	2 tablespoonfuls cream.	$\frac{1}{2}$ oz. flour.	1 gill rice.

Pick, wash, and boil the spinach in plenty of boiling water seasoned with salt ; drain well, press out the moisture, and rub through a fine sieve. Melt 1 oz. of butter in a stewpan, add the curry-powder, and fry for a few minutes ; chop the onion very finely, mix it into the curry-powder, and add the spinach ; sprinkle in the flour, stir over the fire until hot, add the cream, and cook for about ten minutes

over a slow fire. Have ready some toast, trim it into squares, remove the crust, and butter it. Dish the spinach on these, arranging it neatly. Boil the rice in plenty of boiling water ; wash it under the tap when cooked, spread on a baking-tin, and dry in the oven. Serve with the spinach separately.

Average cost, 8d. Time required after spinach is cooked, 20 minutes. Seasonable, March to December. Sufficient for 4 persons.

1,553. CROUSTADES D'ÉPINARDS (SPINACH CROUSTADES).

1 lb. spinach.	1 tablespoonful cream.	bread.
1 oz. butter.	salt and pepper.	frying fat.

Pick, wash, and boil the spinach ; when cooked, drain well, press out the moisture, and rub through a fine sieve. Melt the butter in a stewpan, put in the spinach, stir for a few minutes, then add the cream ; season with salt and pepper ; keep hot till required. Cut some slices of bread about 1 inch thick, stamp it out with a round cutter 2 inches in diameter, and with a smaller cutter scoop out the centre of the rounds so as to form cases. Fry these in very hot fat a golden-brown colour ; fill them with the spinach mixture, piling it up rather high. Dish them, and garnish with parsley.

Average cost, 6d. Time required, after spinach is cooked, 20 minutes. Seasonable, March to December. Sufficient for 6 or 8 croustades.

1,554. ÉPINARDS À L'ALLEMANDE.

2 lbs. spinach. | 2 ozs. butter. | 1 small onion. | 1 gill breadcrumbs. | fried bread croûtons.

Pick, and wash the spinach in several waters, then boil it in plenty of boiling water ; when tender, drain, press it to free it from moisture, and chop it finely. Chop the onion ; melt the butter in a stewpan, put in the chopped onion and the breadcrumbs, stir them over the fire for five minutes, then add the spinach, and mix all well together. When thoroughly hot, turn on to a hot dish, arrange neatly, garnish round with triangular-shaped croûtons of fried bread, and serve.

Average cost, 6d. Time required, 15 minutes, after spinach is cooked. Seasonable, March to December. Sufficient for 3 or 4 persons.

FÈVES (BEANS)

1,555. FÈVES À LA CRÈME (BROAD BEANS WITH CREAM).

2 lbs. broad beans.	2 ozs. butter.	½ gill Bechamel sauce	pepper.
chopped parsley.	1 gill cream.	(No. 4).	salt.

Shell the beans, put them into a saucepan of salted boiling water, and cook until done. Drain them, and peel off the skins. Melt the butter in a stewpan, put in the beans, season to taste with salt and pepper, toss in the butter for a few minutes, then add the sauce, cream, and a little chopped parsley. Heat all well together, turn them on to a hot dish, sprinkle over a little chopped parsley, and serve hot.

Average cost, 1s. Time required, 25 minutes. Seasonable, May to August. Sufficient for 4 persons.

1,556. FÈVES À L'ESPAGNOLE (BROAD BEANS WITH ESPAGNOLE SAUCE).

2 lbs. broad beans.	1 teaspoonful chopped parsley.	slices of bacon.
½ pint Espagnole sauce (No. 33).	salt and pepper.	1 oz. butter.

Shell the beans ; cook them in salted boiling water ; if young, they will take ten to fifteen minutes to boil tender. When done, drain, and peel off the skin. Melt the butter in a stewpan, put in the beans, and toss them about in it for a few minutes, then add the sauce. Season to taste ; stir in the parsley, and make

quite hot. Cut six or eight thin slices of bacon, roll them up, and place on a skewer ; cook in the oven. Dish the beans on a hot dish, arrange the bacon round, and serve.

Average cost, 8d. Time required, 30 minutes. Seasonable, May to August. Sufficient for 4 persons.

1,557. BUTTER BEANS.

$\frac{1}{2}$ pint butter beans. | 1 oz. butter. | chopped parsley. | salt. | pepper.

Put the beans to soak in cold water overnight ; drain them, and boil in salted water for two to three hours. When tender, drain the beans. Melt 1 oz. of butter in a stewpan, and, when hot, put in the beans ; toss them in it for a few minutes ; season to taste. Dish up, and sprinkle a little chopped parsley over them. Serve hot.

Average cost, 4d. to 6d. per quart. Time required to cook, about 3 hours. Seasonable at all times. Sufficient for 3 or 4 persons.

1,558. BUTTER BEANS À LA MAÎTRE D'HÔTEL.

$\frac{1}{2}$ pint butter beans. | 1 gill velouté sauce | chopped parsley. | salt.
1 oz. butter. | (No. 82). | lemon-juice. | pepper.

Soak the beans in cold water all night ; drain, and boil them in a saucepan of boiling salted water for two to three hours. As soon as the beans are cooked enough, drain them, and put them into a stewpan with the melted butter ; toss them over the fire for a few minutes, then add the sauce ; mix well. Season to taste with salt, pepper, and lemon-juice ; add a little chopped parsley ; stir well over the fire until thoroughly hot, turn on to a dish, sprinkle a little parsley over, and serve.

Average cost, 6d. Time required, 3 hours. Seasonable at all times. Sufficient for 3 or 4 persons.

1,559. HARICOTS PANACHÉS À LA MAÎTRE D'HÔTEL (MIXED BEANS, MAÎTRE D'HÔTEL STYLE).

$\frac{1}{2}$ pint French beans. | $\frac{1}{2}$ pint flageolets. | chopped parsley.
1 oz. butter. | salt. | lemon-juice.

String the French beans, cut them in diamond shapes, cook them in salted boiling water until tender ; drain, and mix them with the flageolets (these can be obtained in tins or bottles). Melt the butter in a stewpan ; put in the beans, and toss them about in it until thoroughly hot ; season with salt, pepper, and lemon-juice. Add some chopped parsley, and serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable, July to October. Sufficient for 4 or 5 persons.

1,560. HARICOTS VERTS À L'ANGLAISE (FRENCH BEANS, BOILED).

2 lbs. French beans. | $\frac{1}{2}$ pint melted-butter sauce (No. 43). | chopped parsley.

String the beans, cut them across into diamond shapes ; boil the beans in plenty of salted boiling water, leaving off the lid of the saucepan. When tender, drain well, and place them in a hot dish ; make the sauce hot, pour it over the beans, sprinkle a little chopped parsley on them, and serve.

Average cost, 3d. pound. Time required, 20 minutes to boil. Seasonable, July to October. Sufficient for 6 persons.

1,561. HARICOTS VERTS SAUTÉS (FRENCH BEANS SAUTED IN BUTTER).

1 lb. French beans. | 1 oz. butter. | chopped parsley. | salt. | pepper.

String the beans, shred them ; boil them in plenty of salted water until tender. Drain well, and let them cool. Melt the butter in a stewpan, put in the beans ; season to taste with salt and pepper. Stir them carefully over the fire until quite hot. Turn them on to a hot dish, sprinkle over a little chopped parsley, and serve.

Average cost, 3d. Time required to cook, 20 minutes. Seasonable, July to October. Sufficient for 3 persons.

1,562. HARICOTS BLANCS (HARICOT BEANS).

$\frac{1}{2}$ pint haricot beans.		1 $\frac{1}{2}$ ozs. butter.		chopped parsley.		salt.		pepper.
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Soak the beans all night in cold water, then put them into a saucepan, cover well with cold water, add some salt, bring to the boil, put on the lid of the saucepan and simmer until they are done—two hours or longer. When tender, drain them. Melt the butter in the saucepan; when hot, put in the beans, and toss over the fire; season to taste with salt and pepper, sprinkle over a little parsley, dish up, and serve hot.

Average cost, 3d. Time required, 2 to 3 hours. Seasonable always. Sufficient for 4 persons.

LAITUES (LETTUCES)

1,563. LAITUES BRAISÉES AU JUS (BRAISED LETTUCE WITH GRAVY).

6 lettuces.		1 carrot.		$\frac{3}{4}$ pint stock.		1 bouquet garni		1 oz. butter.
fat bacon.		1 onion.		1 teaspoonful Bovril.		(No. 194).		seasoning.

Choose the lettuces with firm hearts, and as much the same size as possible; wash them well in salted water, cut the stalk, trim off the outside leaves, and wash again in fresh water; parboil them in salted water, then drain well, press out as much of the water as possible. Line a stewpan with slices of fat bacon; on that put a layer of sliced carrot and onion, the bouquet garni, salt, and pepper; lay the lettuces on this, cover over with a few thin slices of fat bacon, add the stock, put on the lid of the stewpan. Place the pan over the fire, and bring to the boil, then put it in the oven, and braise slowly for about one and a half hours. When the lettuces are cooked, drain, and dish them up neatly; keep hot. Drain the liquor from the pan into a clean stewpan, take off the fat, boil until it is reduced to half-glaze, then add the Bovril and the butter; the latter must be added gradually. Do not let it boil when the butter is added; season to taste, and pour over the lettuces.

Average cost, 1s. 6d. Time required, 1 $\frac{1}{2}$ to 2 hours. Seasonable—English, April to September; French, December to March. Sufficient for 9 persons.

1,564. LAITUES FARCIES (STUFFED LETTUCES).

4 lettuces.		$\frac{1}{2}$ lb. chicken or veal forcemeat (No. 201).		1 onion.
fat bacon.		bouquet garni (No. 194).		$\frac{1}{2}$ pint stock.
1 carrot.		1 gill brown sauce (No. 6).		seasoning.

Choose even-sized, firm lettuces; wash, trim, and parboil them. Line a stewpan with slices of fat bacon, carrot, and onion, the bouquet garni, and seasoning; add the stock. Drain the lettuces, remove some of the centre leaves of each and stuff the heads with the forcemeat, tie each round with string so as to keep them in shape. Arrange them in the stewpan on the vegetables, cover with a well-greased paper, put on the lid of the pan, and cook in the oven until done. Dish up, and keep hot. Strain the liquor from the braise into a clean stewpan, take off the fat, boil until reduced to half-glaze, mix in the brown sauce, make thoroughly hot, pour over the lettuces, and serve.

Average cost, 2s. Time required, 1 hour. Seasonable—English, April to September; French, December to March. Sufficient for 6 or 8 persons.

1565. LAITUES BOUILLIES.

4 lettuces.		3 gills Bechamel sauce		2 egg-yolks.		salt.
1 oz. butter.		(No. 4).		chopped parsley.		pepper.

Wash the lettuces thoroughly, trim the stalk, put them into a saucepan of salted water and cook until tender for about fifteen minutes; then put into cold water for a minute, strain well, press out the water lightly; turn them on to a

chopping-board, and chop them. Melt the butter in a stewpan, put in the chopped lettuces, stir until they have absorbed the butter, then add the sauce ; season to taste, make hot, then stir in the yolks of the eggs, well beaten ; cook a little longer by the side of the fire, but do not boil again. Dish up, and serve hot.

Average cost, 1s. Time required, 25 minutes. Seasonable all the year ; full season, March to September. Sufficient for 4 or 5 persons.

1,566. MARRONS AU JUS (CHESTNUTS WITH GRAVY).

1 lb. chestnuts.	1 piece celery.	1 gill demi-glace sauce	1 clove.	salt.
1½ pints stock.	1 onion.	(No. 29).	1 oz. butter.	pepper.

Slit the chestnuts on the flat side, put them in the oven for a few minutes, until the shell can be removed, then put them into a stewpan with boiling water, and boil for about five minutes ; drain, and remove the skin. When ready, put them into a stewpan with the stock, onion, piece of celery, one clove, which should be stuck in the onion, salt and pepper ; boil for thirty to forty minutes until the chestnuts are quite tender. When the nuts are cooked, drain, and put them into a stewpan in which the butter has been melted ; toss them over the fire, but do not let the chestnuts break. When the chestnuts have absorbed the butter, add to them the demi-glace sauce ; make quite hot ; season to taste. Dish up, and serve hot.

Average cost, 9d. Time required, 1 hour. Seasonable, November to February. Sufficient for 4 persons.

NAVETS (TURNIPS)

1,567. PURÉE DE NAVETS À LA CRÈME (PURÉE OF TURNIPS WITH CREAM).

2 lbs turnips.	½ gill cream.	salt.
1½ ozs. butter.	1 tablespoonful Bechamel sauce (No. 4).	pepper.

Wash and peel the turnips, cut them in slices and put in cold water with a pinch of salt. Drain the turnips, and put them into a saucepan of boiling water seasoned with salt ; bring to the boil, and cook until tender ; if young, they will take fifteen to twenty minutes. Strain well, press out the water, and pass them through a wire sieve. Melt the butter in a stewpan, put in the sieved turnip, stir in the butter until well mixed, add the Bechamel sauce ; season to taste with salt and pepper, add the cream, stir over the fire until very hot. Dish up neatly in a pile, and serve very hot.

Average cost, 7d. Time required, 30 minutes. Seasonable, obtainable all the year, but best in spring. Sufficient for 4 or 5 persons.

1,568. NAVETS AU GRATIN.

2 lbs. turnips.	2 ozs. grated Parmesan	1 oz. butter.
½ pint Bechamel sauce (No. 4).	cheese.	salt.

Wash and peel the turnips, soak them in cold salted water for ten minutes. Drain, and cook the turnips in boiling salted water until half-cooked. Take up, drain well, and cut in slices. Butter a gratin dish ; arrange the slices on it in a pile. Heat the sauce in a stewpan, add to it 1 oz. of grated cheese ; season the turnips with salt and pepper, pour the sauce over, and sprinkle the rest of the grated cheese over the top, put a few bits of butter here and there, and cook in a hot oven till a light brown colour. When cooked, serve in the same dish that it was cooked in.

Average cost, 8d. Time required, 30 minutes. Seasonable all the year, but best in the spring. Sufficient for 4 or 5 persons.

1,569. NAVETS À LA POULETTE.

1 lb. young turnips.	2 gills velouté sauce (No. 82).	salt.
1 oz. butter.	2 egg-yolks.	pepper.
white stock.	$\frac{1}{2}$ gill cream.	chopped parsley.

Peel the turnips, cut them into quarters, round the edges, parboil them in boiling salted water ; drain, and sauté them in butter in a stewpan, cover them with white stock, season with salt, cover with the lid of the saucepan, and boil over the fire until the turnips are cooked. By the time the turnips are tender the stock should have nearly all boiled away ; then add the sauce, stir until it boils, draw off the fire, and let it cool for a minute ; beat up the yolks of the eggs with the cream, and add to the turnips. Put on the fire to bind the eggs, but do not boil again ; season to taste. Dish up neatly, and sprinkle over a little chopped parsley.

Average cost, 10d. Time required, 45 minutes. Seasonable in the spring. Sufficient for 3 or 4 persons.

1,570. NAVETS FARCIS (STUFFED TURNIPS).

8 turnips.	chopped parsley.	$\frac{1}{2}$ oz. butter.
1 onion.	pepper.	$\frac{1}{4}$ oz. flour.
4 ozs. cooked mutton.	salt.	$1\frac{1}{2}$ pints stock.

Wash and peel the turnips, which should be round and all of one size ; cut a slice off the top of each, scoop out the insides ; season them with salt and pepper. Chop a small onion, fry it in $\frac{1}{2}$ oz. of butter a golden brown ; mince the mutton finely, add the flour to the onion ; mix together, then add $\frac{1}{2}$ gill of stock : stir until it boils, cook until thick, then add the meat ; season with salt and pepper, and add about one tablespoonful of chopped parsley ; stir all together until well mixed. Fill the turnips with this preparation, replace the tops so as to form lids, arrange them in a stewpan, and add the remainder of the stock, which should come up half their height. Cover with a buttered paper and the lid of the pan, and stew them very gently over a slow fire, or in the oven, until the turnips are tender. Dish the turnips neatly on a hot dish ; reduce the cooking stock to half-glaze, and pour round them.

Average cost, 10d. Time required, 45 minutes. Seasonable all the year, but best in the spring. Sufficient for 8 persons.

1,571. PURÉE D'OISEILLE (PURÉE OF SORREL).

1 lb. sorrel.	1 gill Bechamel sauce (No. 4).	salt.
1 oz. butter.	$\frac{1}{2}$ gill cream.	pepper.

Pick the sorrel, wash it in plenty of salted water several times ; boil it in salted boiling water till tender, drain thoroughly, press out the moisture, then rub it through a fine sieve. Melt the butter in a stewpan, put in the purée, toss it about in it, then stir in the Bechamel sauce ; make hot, season to taste, and add the cream. Stir over the fire until quite hot, and use.

This purée makes a nice garnish to serve with veal cutlets, paupiettes, etc.

OIGNONS (ONIONS)**1,572. OIGNONS À LA CRÈME (ONIONS WITH CREAM).**

6 onions.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	$\frac{1}{2}$ gill cream.	salt.	pepper.
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Choose some white onions of medium size, peel and boil them in salted water ; they will take about forty-five minutes. Drain well, and dish them. Warm up the sauce, add to it the cream, salt, and pepper ; boil up, and pour it over the onions. Serve hot.

Average cost, 7d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,573. OIGNONS FARCIS (STUFFED ONIONS).

6 medium-sized onions.	$\frac{1}{2}$ lb. sausage-meat.	salt.
1 onion.	a few slices of fat bacon.	pepper.
1 carrot.	$\frac{1}{2}$ pint stock.	butter.

Choose the onions all the same size if possible, peel them, trim the root, but do not cut it off or the onions will fall apart ; parboil them for fifteen minutes, drain, and scoop out some of the centre of each, fill them with the sausage-meat. Cut the onion and carrot into slices ; put some slices of fat bacon at the bottom of a stewpan, on that place a layer of onion and carrot slices ; stand the stuffed onions on the vegetables, add the stock, cover the onions with more slices of fat bacon, put on the lid of the pan, and cook in a moderate oven for one hour. When the onions are tender, dish up, and serve hot.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 6 persons.

1,574. OIGNONS AU GRATIN.

3 Spanish onions. | 2 ozs. butter. | $1\frac{1}{2}$ ozs. Parmesan cheese. | salt. | pepper.

Peel the onions, and cut them in slices ; butter a fireproof dish, lay the onion slices on it ; season with salt and pepper. Put 1 oz. of butter over them, broken up in small pieces, and bake in a hot oven till a light brown. When soft, cover the onions with grated cheese, pour a little melted butter over, put into the oven again to brown. Serve hot.

Average cost, 6d. Time required, 45 minutes. Seasonable, September to February. Sufficient for 3 persons.

1,575. PETITS OIGNONS AUX SPAGHETTI (SMALL ONIONS WITH SPAGHETTI).

24 small onions.	Parmesan cheese.	2 ozs. lean bacon.	1 lettuce.	pepper.
$\frac{1}{4}$ lb. spaghetti.	$\frac{1}{2}$ pint Bechamel sauce.	2 yolks of eggs.	$\frac{1}{2}$ gill cream.	salt.

Peel the onions, blanch them, then place in a stewpan with the Bechamel sauce and the lean bacon cut up in dice ; wash the lettuce, trim off the outside leaves, and shred it finely ; place this on the top of the onions. Season with salt and pepper ; place a greased piece of paper over, and put on the lid ; simmer for about an hour over a slow fire or in a moderate oven. Beat up the yolks of the eggs ; add the cream to them. Take the pan off the fire or out of the oven, and let the contents cool for a few minutes, then add the eggs and milk ; mix over the fire for a few minutes to cook the eggs, but do not boil again. Turn out on to a hot dish. Have the spaghetti ready boiled ; mix a little butter and cheese with it, put this round the dish as a border, and serve very hot.

Average cost, 1s. Time required, 1 to $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 6 persons.

1,576. OIGNONS D'ESPAGNE BOUILLIS (BOILED SPANISH ONIONS).

6 Spanish onions. | $\frac{1}{2}$ pint melted-butter sauce (No. 43). | salt. | pepper.

Peel the onions, blanch them, wash them in cold water, then put into a saucepan with plenty of boiling water seasoned with salt ; bring to the boil, and simmer for two to three hours. When done, take them up, drain well, dish, and pour the sauce over. The onions can also be served with plain butter, or maître d'hôtel butter (No. 180).

Average cost, 1d. per lb. Time required to boil, 2 to 3 hours, according to size. Seasonable, October to March. Sufficient for 6 persons.

1,577. OIGNONS D'ESPAGNE À LA DEMI-GLACE (SPANISH ONIONS WITH DEMI-GLACE SAUCE).

6 Spanish onions. | 3 gills demi-glace sauce (No. 29). | salt. | pepper.

Peel the onions, put them into a saucepan of cold water, bring to the boil, strain, and wash them. Put them into a saucepan of boiling water, seasoned with salt, and boil for two or three hours. Have ready the demi-glace sauce. When the onions are tender, dish them, pour the sauce over, and serve hot.

Average cost, 1d. per pound. Time required, 2 to 3 hours. Seasonable, October to March. Sufficient for 6 persons.

PANAIS (PARSNIPS)**1,578. PANAIIS À LA CRÈME (PARSNIPS À LA CRÈME).**

4 parsnips. | lemon-juice. | 1 gill Bechamel sauce | ½ gill cream.
salt. | 1½ ozs. butter. | (No. 4). | chopped parsley.

Peel and wash the parsnips, cut them into large dice, put them into a saucepan, and cover with cold water; add a little salt and lemon-juice, place on the fire, and boil until tender. When done, strain well. Melt the butter in a stewpan, put in the parsnips, toss them in it, then add the sauce, stir until quite hot, but do not let them break; add the cream. Season to taste with salt, pepper, and lemon-juice. Make hot, but do not boil again. Turn out on to a hot dish, sprinkle over a little parsley, and serve.

Average cost, 1s. Time required, 30 minutes. Seasonable, September to April. Sufficient for 2 or 3 persons.

1,579. CROQUETTES DE PANAIIS (CROQUETTES OF PARSNIPS).

4 parsnips. | fried parsley (No. 195). | salt.
1 oz. butter. | 1 tablespoonful cream. | pepper.
breadcrumbs. | lemon-juice. | 2 eggs.

Wash, peel, and boil the parsnips in water seasoned with salt and a little lemon-juice. When tender, drain and mash them, put them into a stewpan with the butter, stir over the fire until hot; season with salt and pepper. Draw the pan off the fire, and add one well-beaten egg and the cream; stir over the fire to bind, then turn the mixture on to a plate, and put aside to cool. Divide the mixture into equal parts; make each part into a ball. Dip these into beaten egg, toss in breadcrumbs, place them in a frying-basket, and plunge it into very hot fat. When nicely browned, drain them, arrange on a hot dish, garnish the dish with fried parsley, and serve very hot.

Average cost, 10d. Time required, 1 hour. Seasonable, September to April. Sufficient for 6 or 8 balls.

1,580. PANAIIS FRITS (FRIED PARSNIPS).

3 parsnips. | 2 ozs. butter. | salt.
flour. | fried parsley (No. 195). | pepper.

Peel and wash the parsnips; boil them till tender in salted water. When done, drain, cut in halves lengthwise. Mix a little salt and pepper with a tablespoonful of flour; dip the parsnips into this. Melt the butter in a frying-pan, make it very hot, then put in the parsnips, and fry them until nicely browned. Drain on kitchen paper; dish them in a pile on a hot dish on which an ornamental paper or folded napkin has been arranged. Garnish with fried parsley, and serve hot.

Average cost, 4d. Time required, 45 minutes. Seasonable, September to April. Sufficient for 6 persons.

POIREAUX (LEEKs)

1,581. POIREAUX BRAISÉS À L'ESPAGNOLE (BRAISED LEEKS).

6 leeks.	small piece of turnip.	6 peppercorns.	salt.
$\frac{1}{2}$ onion.	bouquet garni.	1 oz. butter.	pepper.
$\frac{1}{2}$ carrot.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	$\frac{1}{2}$ pint stock.	toast.

Trim off the leaves and roots of the leeks, wash them well in cold salted water, they require thorough cleansing in order to remove the grit they so often contain. Put them into a saucepan, cover with water and bring to the boil; cook for two or three minutes, then take up, and drain well. Melt the butter in a stewpan, slice the onion, carrot, and turnip, put these into the butter, place the leeks on the top, add the bouquet garni, peppercorns, and a little salt, fry all together for about ten minutes, then add the stock, cover the pan with the lid, and braise over a slow fire or in the oven for about one and a half hours or until tender. When done, take up, and cut in halves, or if large into quarters, place on toast which has been lightly buttered and cut in squares. Dish up, and keep hot. Strain the liquor from the braise, take off the fat, reduce well, and add it to the Espagnole sauce; boil up, and coat over the leeks with it. Serve quickly, very hot.

Average cost, 4d. a bundle. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable all the year. Sufficient for 6 persons.

1,582. POIREAUX AU GRATIN.

6 leeks.	$\frac{1}{2}$ oz. flour.	$1\frac{1}{2}$ ozs. grated Parmesan	salt.
1 oz. butter.	$\frac{1}{2}$ pint stock.	cheese.	pepper.

Trim the roots of the leeks, cut away the green part to within an inch of the white part, wash well in salted water; let them soak for ten minutes. Drain; have ready a saucepan of boiling water well seasoned with salt, put in the leeks, and boil until tender; they will take about forty-five minutes to cook. Put the butter into a small stewpan, stir in the flour as soon as the butter is melted, then add the stock, and stir until it boils; boil gently for five minutes, then add 1 oz. of cheese. Season with salt and pepper; simmer gently for a few minutes. As soon as the leeks are tender, drain them thoroughly, arrange them in a fireproof dish, cover them with the sauce, sprinkle the remaining $\frac{1}{2}$ oz. of cheese over, put a few bits of butter here and there, and put the dish in a hot oven to brown the surface. When a nice colour, take it up, slip the dish on to another dish, and serve very hot.

Average cost, 4d. a bundle. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,583. PURÉE DE POIREAUX AUX CROÛTONS (PURÉE OF LEEKS WITH CROÛTONS).

1 bunch leeks.	1 gill Bechamel sauce (No. 4).	$\frac{1}{2}$ gill cream.	salt.
2 ozs. butter.	fried croûtons of bread.	chopped parsley.	pepper.

Trim the roots of the leeks, cut away the green part to within an inch of the white, wash well in salted water several times in order to remove all grit. Put them into a saucepan containing boiling salted water, and cook till tender. When the leeks are done, drain thoroughly, and rub them through a hair sieve. Melt the butter in a saucepan, put in the purée as soon as it is hot, mix well, then add the Bechamel sauce, hot, and the cream. Stir over the fire until thoroughly hot; season to taste with salt and pepper. Turn on to a hot dish, and surround with triangular croûtons of fried bread. Sprinkle over the purée a pinch of chopped parsley, and serve.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

1,584. POIREAUX BOUILLIS (BOILED LEEKS).

1 bunch leeks. | $\frac{1}{2}$ pint melted-butter sauce (No. 43). | toast. | salt.

Choose young leeks, trim the roots and the tops, cut them within an inch of the white part, wash them thoroughly in salted water. Have ready a saucepan of salted boiling water, put in the leeks, and boil until tender ; they will take about forty-five minutes to cook. When done, drain well, and dish them on toast on a hot dish. Pour the sauce over, and serve hot.

Average cost, 4d. per bundle. Time required, 1 hour. Seasonable all the year. Sufficient for 4 to 6 persons.

PETITS POIS (GREEN PEAS)**1,585. PETITS POIS À L'ANGLAISE.**

1 peck peas. | $1\frac{1}{2}$ ozs. butter. | 2 lumps of loaf sugar. | a few sprigs of mint. | salt.

Shell the peas. Have ready a saucepan of boiling water, put in the peas, add the sugar and some salt, the sprigs of mint if liked ; boil quickly until tender, keeping off the lid of the saucepan. When tender, drain them in a colander, put them back into the saucepan with the butter, toss over the fire. Turn them into a vegetable-dish, and serve.

Average cost, 6d. to 1s. Time required, 15 minutes to boil, if young. Seasonable, June to September. Sufficient for 6 to 8 persons.

1,586. PETITS POIS À LA PAYSANNE (GREEN PEAS, PEASANT STYLE).

1 quart of shelled peas. | heart of 1 lettuce. | salt. | 2 lumps loaf sugar.
6 spring onions. | 2 ozs. butter. | 2 ozs. bacon.

Wash the lettuce in plenty of water, tie it with string so as to keep it in shape ; wash and trim the onions. Melt the butter in a saucepan, put in the peas, the onions, and the lettuce, add $\frac{1}{2}$ pint of water, and cook over the fire with the lid on. When the peas are tender, take out the lettuce, untie it, shred it finely, and add to the peas ; cut the bacon into thin strips, parboil for five minutes, add these to the rest of the ingredients, and then mix in a little more butter. Dish up, and serve hot.

Average cost, 1s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable, June to September. Sufficient for 8 or 9 persons.

1,587. PETITS POIS À LA BONNE FEMME.

1 quart shelled peas. | 4 ozs. bacon. | 1 oz. butter. | salt.
6 small onions (button). | $\frac{1}{2}$ oz. flour. | $\frac{1}{2}$ pint stock. | pepper.

Cut the bacon into dice ; melt the butter in a stewpan, put in the bacon dice and the onions, and fry for a few minutes ; then add the flour, stir in the stock, boil, and cook a short time. Add to this sauce the freshly-shelled peas, place the saucepan on the fire, and cook, reducing the sauce to half by the time they are cooked. Season with salt and pepper, and serve hot.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable, June to September. Sufficient for 8 persons.

1,588. PETITS SOUFFLÉS DE PETITS POIS (LITTLE SOUFFLÉS OF GREEN PEAS).

1 pint green peas. | 2 eggs. | spinach greening. | salt.
 $\frac{1}{2}$ gill Bechamel sauce. | $1\frac{1}{2}$ ozs. butter. | ramequin-cases. | pepper.

Boil the peas in salted boiling water ; when tender, drain and rub them through a hair sieve. Melt the butter in a stewpan, put in the purée of peas ; season with salt and pepper, beat in the yolks of the eggs, one at a time, off the fire ; stir in the

Béchamel sauce hot, mix well ; whisk the whites of the eggs to a stiff froth, and stir lightly into the mixture. The mixture should be a nice green ; if necessary, add to it some spinach greening to give the right tint. Butter lightly some paper or china ramequin-cases, three-parts fill them with the mixture, place in the oven and cook for fifteen minutes. Dish up, and serve quickly.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable, June to September. Sufficient for 12 cases.

1,589. PETITS POIS AU BEURRE (GREEN PEAS WITH BUTTER).

1½ pints of shelled peas. | 1 lump loaf sugar. | 2 ozs. butter. | salt.

Put the peas into a saucepan, cover them with boiling water, add some salt, the sugar and, if liked, a few sprigs of mint ; boil until tender. Strain the peas, put them back into the saucepan ; add the butter. Season to taste with salt, pepper, and a pinch of sugar ; toss over the fire ; take away the mint. Turn into a vegetable-dish, and serve.

Average cost, 6d. to 1s. a peck. Time required, 15 to 30 minutes, according to age and quality. Seasonable, June to September. Sufficient for 6 persons.

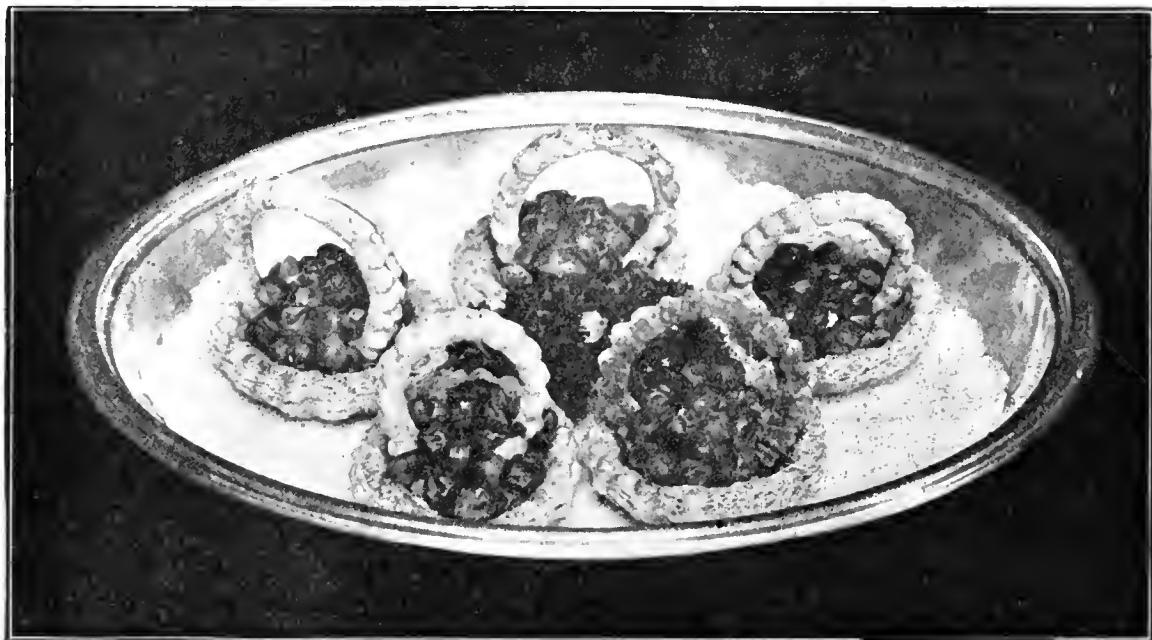


FIG. 108.—CORBEILLES AUX PETITS POIS.

1,590. CORBEILLES AUX PETITS POIS (BASKETS OF PEAS).

½ lb. short pastry. | 1 oz. butter. | ½ pint peas. | parsley.

Roll the short pastry out thinly, line some small fluted patty-pans with it, fill them with raw rice, and bake in a quick oven until a pale brown ; remove the rice as soon as the pastry is cooked. Roll out the rest of the pastry, cut it out with a round fluted pastry-cutter about 3 inches across ; cut the centre out of each round with a cutter one size smaller than the first one used. Divide the rings in halves, and bake them a light brown. Boil the peas in the usual way ; take them up, drain, and then toss them in 1 oz. butter. Fill the cases of pastry with the peas, put one of the handles in each, and place in the oven for a few minutes. Dish them on a hot dish on a folded napkin or dish-paper ; garnish with sprigs of fresh parsley, and serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable, June to September. Sufficient for 4 or 5 persons.

POMMES DE TERRE (POTATOES)

1,591. BOILED POTATOES.

Choose potatoes of equal size, wash and peel them thinly, place in a saucepan with just enough cold water to cover them, add some salt, put on the lid of the saucepan, place it on the fire, and bring quickly to the boil ; cook until tender. Drain off the water, and return the saucepan containing the potatoes back on the stove for a few minutes to dry, leaving the lid half off. Potatoes of a good size will be done in fifteen or twenty minutes after they come to the boil. Dish them, and serve very hot.

Average cost, 1d. per pound. Time required, for boiling, 15 to 20 minutes after they boil. Seasonable always. One pound potatoes sufficient for 3 persons.

1,592. BAKED POTATOES.

Large potatoes are best for baking ; choose them all of even size, so that they are all done together. Wash the potatoes well, taking care that they are perfectly free from dirt ; dry them well in a cloth, and make a slight slit in each ; this prevents them bursting while baking, as they sometimes do. Place the potatoes in a moderate oven, and do not let them touch each other ; they should be constantly turned whilst baking. When cooked, serve them on a dish in a folded napkin. Potatoes can also be baked as an accessory to baked meat. When this is done the potatoes must be washed, then thinly peeled, put in the dripping-pan under the meat, and cooked a nice brown colour.

Average cost, 1d. per pound. Time required to bake large potatoes in their skins, 2 hours ; under the meat, 45 minutes. Seasonable always. Allow 2 potatoes to each person.

1,593. NEW POTATOES.

2 lbs. new potatoes. | 1 oz. butter. | chopped parsley. | salt.

Wash the potatoes in cold water, scrape them, and put them into a saucepan of hot water seasoned with salt ; boil until tender. Strain off the water, add the butter to them in the saucepan, toss over the fire until they are well buttered ; sprinkle with a little salt, dish them in a hot vegetable-dish, sprinkle over a little chopped parsley, and serve.

Average cost, 2d., 1½d., and 1d. per pound. Time required to boil, 10 minutes. Seasonable, March to June. Sufficient for 4 persons.

1,594. PURÉE DE POMMES DE TERRE (MASHED POTATOES).

1 lb. potatoes. | 1 oz. butter. | a little milk or cream. | salt. | pepper.

Boil the potatoes ; when they are done, drain and dry them, mash them with a fork in the saucepan at the side of the fire, add the butter, milk, and seasoning to them ; beat up thoroughly until well mixed and quite hot. Turn them into a vegetable-dish, arrange them neatly in a pile, and serve very hot.

Average cost, 2d. Time required, 35 minutes. Seasonable always. Sufficient for 3 persons.

1,595. POTATO CHIPS.

3 potatoes. | clarified fat (No. 197). | salt.

Wash the potatoes, and peel them thinly, cut them in thin slices crossways ; as they are cut, put them into a basin of cold water. When ready to fry them, take them out of the water, and dry thoroughly on a cloth. Have a large stewpan half full of clarified fat, put it on the fire, and make it very hot. Put the potato chips into a frying-basket, not too many at a time ; plunge them into the boiling fat. When they are nearly cooked, take them out, make the fat very hot again, plunge

in the potatoes a second time in order that they may attain a golden brown. When done, lift out the basket, drain, and sprinkle the potatoes with salt. Dish up, and serve.

Average cost, nominal. Time required to fry, 10 minutes. Seasonable at all times. Sufficient for 3 persons.

1,596. POMMES DE TERRE FRITES À LA JULIENNE (FRIED POTATOES, JULIENNE).

Wash and peel some potatoes, cut them into slices $\frac{1}{8}$ inch thick, then cut the slices into strips resembling julienne strips ; as they are cut, put them into a basin of cold water. When about to fry, lift the strips into a cloth, and dry them. Have ready, very hot, a stewpan of clarified fat deep enough to take a frying-basket ; put the potatoes into the basket, not too many at one time ; fry them until crisp and a nice golden colour. Shake them about while cooking, so as to get them evenly coloured. Lift the basket out of the fat, turn the potatoes on to paper to drain, sprinkle with salt. Dish up in a hot dish, and serve.

Average cost, nominal. Time required to fry, 6 to 8 minutes. Seasonable always. Allow 1 potato to each person.

1,597. CROQUETTES DE POMMES DE TERRE (CROQUETTES OF POTATOES), NO. 1.

1 lb. potatoes.	breadcrumbs.	1 dessertspoonful chopped parsley.	fried parsley.
1 oz. butter.	2 eggs.	clarified fat (No. 197).	salt and pepper.

Wash, peel, and boil the potatoes, or cold potatoes left over from dinner can be used ; let them cool, then pass through a wire sieve. Melt the butter in a saucepan, put in the potatoes, stir over the fire until hot ; season nicely with salt and pepper ; add the yolks of the eggs ; mix thoroughly. Lastly, stir in the chopped parsley, turn the mixture on to a plate, spread it out so that it may get cold quickly. When cold, divide the preparation into equal parts ; make these up into balls or cork shapes. Beat the two whites of eggs on a plate, dip each croquette into it, brush over with egg, roll in breadcrumbs, and fry them a golden brown in very hot fat. When a nice colour, lift them out carefully, drain on paper, dish on a dish-paper on a hot dish, garnish with fried parsley, and serve hot.

Average cost, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 10 or 12 croquettes.

1,598. CROQUETTES DE POMMES DE TERRE (POTATO BALLS), NO. 2.

1 lb. cold potatoes.	1 saltspoonful grated	breadcrumbs.	fried parsley.	salt.
2 ozs. butter.	lemon-rind.	$\frac{1}{2}$ small onion.	2 eggs.	cayenne.

Pass the potatoes through a sieve. Melt the butter in a stewpan, put in the chopped onion, and fry it a pale brown, then add the sieved potatoes ; mix together ; add the lemon-rind, salt, and a tiny pinch of cayenne, stir until quite hot, then bind with the yolks of the eggs. When all is well mixed, turn out on to a plate to cool. Divide into equal parts, make them up into balls ; beat the whites of the eggs on a plate, dip the balls into it, toss in breadcrumbs, and fry in boiling hot fat until a golden colour. Drain on paper. Dish on a dish-paper or folded napkin, and serve.

Average cost, 6d. Time required, 30 minutes. Seasonable always. Sufficient for 10 or 12 balls.

1,599. POMMES SOUFFLÉS (SOUFFLÉD POTATOES)

1 lb. Dutch potatoes.	clarified fat (No. 197).	salt.
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Wash and peel the potatoes, cut them lengthwise in slices $\frac{1}{8}$ inch thick ; as they are cut, put them into a basin of cold water, and let them soak for about twenty minutes. Drain and dry them in a cloth. Have ready a pan half full of

clarified fat, make this moderately hot, put some slices of potato into a frying-basket, plunge it into the fat, cook them until they rise to the surface of the frying fat ; they are then cooked. Take the potatoes and the basket out of the fat ; allow the fat to get very hot, plunge the basket with the potatoes into it. This final frying effects the puffing. Drain them, sprinkle with salt, and serve hot.

Average cost, nominal. Time required, 15 minutes. Seasonable always. Sufficient for 4 to 6 persons.

1,600. TIMBALE DE POMMES DE TERRE SAUTÉES (TIMBALE OF SAUTED POTATOES).

$\frac{1}{2}$ lb. potato croquette mixture (No. 1,597).		1 lb. kidney potatoes. $\frac{1}{2}$ pint velouté sauce (No. 82).		3 tomatoes. 4 ozs. butter.		salt. pepper.
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Wash and peel the potatoes, boil them, but be careful not to cook them too much. When they are done, drain, and let them get cold. Then cut the potatoes in thin slices. Melt 3 ozs. of butter in a large frying-pan, put in the slices of potato, and fry them a nice brown on both sides, taking care not to break them ; do not fry

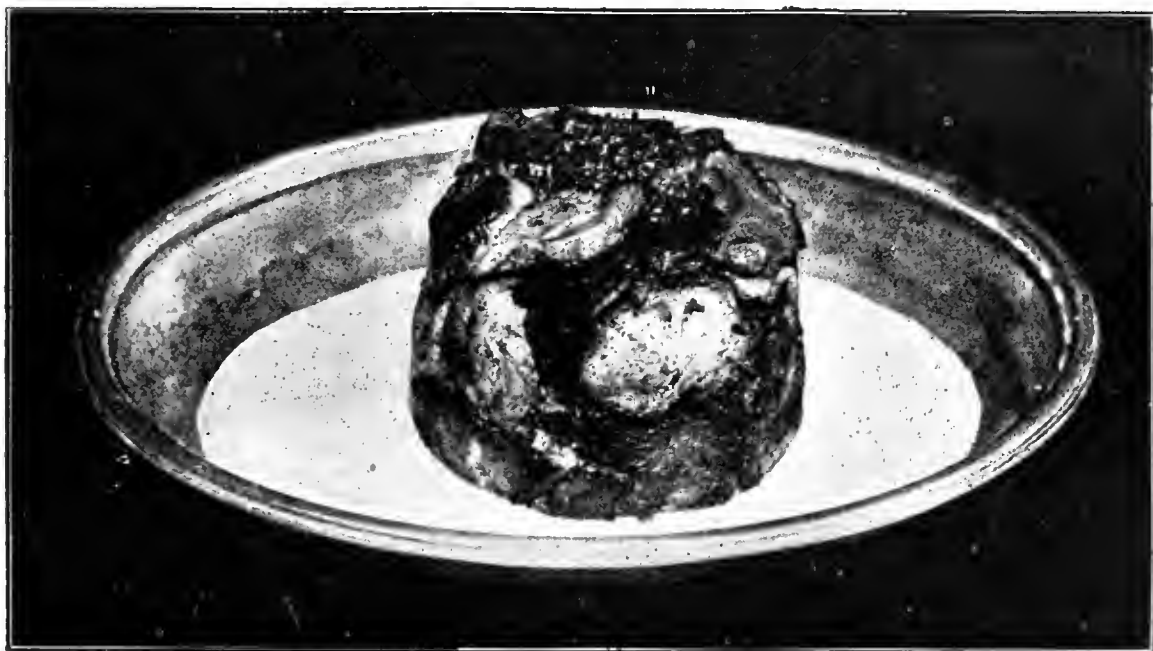


FIG. 109.—TIMBALE DE POMMES DE TERRE SAUTÉES.

too many at one time. Butter a timbale or charlotte mould, line it all over the bottom and sides with the slices of sauted potatoes ; cover these potatoes with a thin layer of potato croquette mixture. Melt the remaining butter in a frying-pan, cut the tomatoes in slices, toss them lightly in it ; fill the lined mould with alternate layers of sauted potatoes and slices of tomato, sprinkle each layer with salt and pepper. The top layer must be potato-croquette mixture. Place the mould in a moderate oven, and bake for twenty minutes. Turn out the mould when done on to a hot dish, surround it with velouté sauce, and serve hot.

Average cost, 10d. Time required, 1 $\frac{1}{4}$ hours. Seasonable always. Sufficient for 4 persons.

1,601. NID DE POMMES DE TERRE AUX PETITS POIS (NEST OF POTATOES WITH GREEN PEAS).

3 or 4 potatoes.		$\frac{1}{2}$ pint cooked peas.		1 oz. butter.		salt.
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Wash and peel the potatoes very thinly, cut them in slices, and then into strips the shape and size of a match. Put them as they are cut into cold water ; when ready to fry, drain, and dry them thoroughly on a cloth. When this is done,

pack them loosely in a wire border-mould, put the wire cover over, and fix it into place with the skewer provided for the purpose. Plunge into very hot fat, and fry the potatoes a nice brown colour. When done, drain well, take off the wire cover, and turn it out carefully on to a hot dish. Melt 1 oz. of butter in a small stewpan, put in the peas, toss them over the fire until quite hot, then fill up the nest with them. Serve quickly. (See coloured plate.)

Average cost, 3d. or 4d. Time required, 30 minutes. Seasonable, June to August ; all the year if preserved peas are used. Sufficient for 4 persons.

1,602. POMMES DE TERRE SAUTÉES À LA PARISIENNE (SAUTED POTATOES, PARISIAN STYLE).

6 boiled potatoes. | 2 ozs. butter. | chopped parsley. | salt. | pepper.

Cut the cold boiled potatoes into slices about $\frac{1}{4}$ inch thick. Melt the butter in a large frying-pan, make it very hot, then put in the slices of potato ; season with salt and pepper, and fry them until a nice colour over a good fire. Dish up on a hot dish, sprinkle over a little chopped parsley, and serve.

Average cost, 3d. Time required, 15 minutes. Seasonable always. Sufficient for 3 or 4 persons.

1,603. POMMES DE TERRE FONDANTES (MELTING POTATOES).

8 potatoes. | 2 ozs. butter. | $\frac{1}{2}$ pint stock. | salt. | pepper.

Wash, peel, and boil the potatoes in salted water ; when done, drain, and dry over the fire for a few minutes, then take each potato and press firmly in a cloth so as to give it a round shape. Place them in a well-buttered baking-tin, pour the stock over, put a piece of butter on each potato, and place them in the oven to bake for about twenty minutes ; by that time the stock should have been absorbed by the potatoes. Dish up and serve hot. Potatoes cooked in this way melt in the mouth, hence the name.

Average cost, 3d. Time required, 20 minutes after potatoes are boiled. Seasonable always. Sufficient for 4 persons.

1,604. POMMES DE TERRE ANNA (ANNA POTATOES).

12 potatoes. | 3 ozs. butter. | salt. | pepper.

Choose long-shaped potatoes, as much the same size as possible, trim them round, then cut into thin rounds ; put them into water when cut, then drain, dry thoroughly in a cloth ; season them with pepper and salt. Butter a good-sized timbale-mould, and arrange the potatoes in it in layers, the potato slices to overlap each other ; pour some butter over the first layer, then put in another layer of potato, the slices to be arranged the opposite way, then some more butter ; continue in this way until the mould is full. Put the mould in a hot oven, and bake for thirty to forty minutes. When cooked, turn the contents of the mould on to a hot dish, and serve hot.

Average cost, 6d. Time required, 1 hour. Seasonable always. Sufficient for 4 or 5 persons.

1,605. POMMES DE TERRE PANÉES (CRUMBED POTATOES).

1 lb. new potatoes. | 2 ozs. butter. | breadcrumbs. | pepper. | salt.

Wash the potatoes, scrape them, and boil until tender ; they should not be overdone. Drain, and cut each in half ; season with salt and pepper. Melt the butter, pour it on to a hot plate, dip the potatoes into it, brush them over, and then toss them in freshly-made breadcrumbs. Place them on a baking-tin with some butter, and bake in a quick oven for about fifteen minutes. When brown, dish up neatly in a pile on a hot dish, and serve hot.

Average cost, 4d. Time required, 40 minutes. Seasonable, March to June. Sufficient for 3 persons.

1,606. TIMBALES DE POMMES DE TERRE À LA MODERNE (TIMBALES OF POTATO, MODERN STYLE).

1 lb. cooked potatoes.	2 yolks of eggs.	Bechamel sauce (No. 4).	salt.
1 oz. butter.	$\frac{1}{4}$ lb. ham.	brown sauce (No. 6).	pepper.

Rub the cooked potatoes through a wire sieve. Melt the butter in a saucepan, add the potato and the yolks of eggs; season to taste with pepper and salt, and stir over the fire until thoroughly mixed and hot. Well butter some small dariole-moulds, line them thickly with the potato mixture, leaving a hollow in the centre of each. Cut the ham into small dice, mix with it a little Bechamel sauce, just enough to bind it. Fill the hollows in the moulds with this mixture, cover over the top with a layer of the potato purée. Place them in the oven to brown. Turn them out on a hot dish, and pour brown sauce round. Serve hot.

Average cost, 10d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

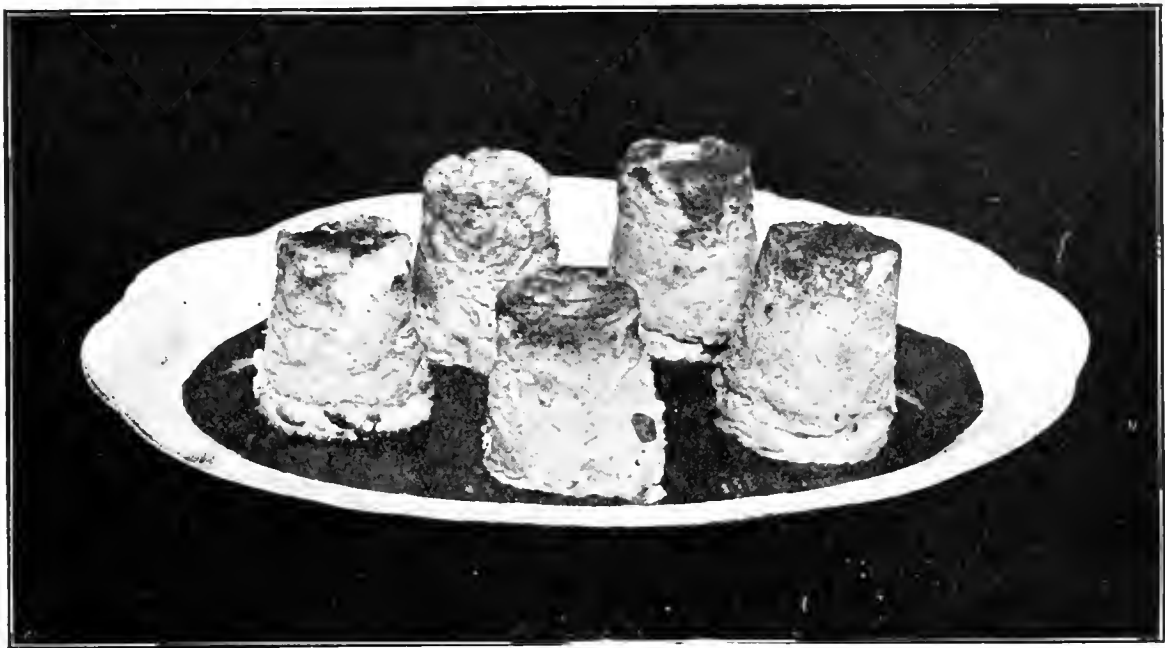


FIG. 110.—TIMBALES DE POMMES DE TERRE À LA MODERNE.

1,607. POMMES DE TERRE À LA MAÎTRE D'HÔTEL (POTATOES À LA MAÎTRE D'HÔTEL).

1 lb. potatoes.	1 teaspoonful chopped parsley.	salt.
2 ozs. butter.	lemon-juice.	pepper.

Choose medium-sized potatoes for this dish, peel and wash them, boil in salted water, and cook until done, then while they are still hot put them into a stewpan with the butter, salt, pepper, parsley, and lemon-juice. Toss them over the fire until the butter is quite melted. Dish them in a hot dish, and serve.

Average cost, 4d. Time required, 35 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,608. POMMES DE TERRE FARCIÉS AUX TOMATES (STUFFED POTATOES WITH TOMATOES).

6 small potatoes.	2 ozs. chopped ham.	parsley.
3 tomatoes.	1 shallot.	salt and pepper.
toasted bread.	1 oz. butter.	Bechamel sauce (No. 4).

Wash and peel the potatoes, cut off the ends, scoop out the centre of each with a sharp knife, fry them a golden brown colour in very hot fat. Melt the butter in a small stewpan; chop the shallot, fry it in the butter without browning, then add

the cooked chopped ham ; dilute with Bechamel sauce, add a little chopped parsley, salt, and pepper, cook over the fire until quite hot, then fill the potatoes ; the mixture should not be too moist. Cut the tomatoes in halves, squeeze out a little of the pulp, and stand a stuffed potato in the centre of each half-tomato ; melt a little butter, and brush over the potatoes with it. Place them on a buttered baking-tin, and put into a hot oven for eight or ten minutes. Have ready some toasted bread, cut it out in rounds the same size as the tomatoes, dish up on these, and serve hot. (See coloured plate.)

Average cost, 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,609. POMMES DE TERRE MARQUISE.

2 lbs potatoes.	1 gill tomato sauce	1½ ozs. butter.	salt.
2 yolks of eggs.	(No. 77).	1 whole egg.	pepper.

Wash, peel, and boil the potatoes, dry them by the side of the fire, then rub them through a wire sieve. Melt the butter in a stewpan, put in the potatoes, mix, and then add the tomato sauce, which should be very thick and of a nice red colour ; add the yolks of two eggs, salt and pepper. Mix all well together. Put the mixture into a forcing-bag with a large ornamental pipe attached ; force out on to a buttered baking-tin oval shapes as much like half-eggs as possible. Brush them over with beaten egg, put them in a quick oven for six or seven minutes in order to brown them. Dish up, and serve hot.

Average cost, 8d. Time required, 40 to 50 minutes. Seasonable at all times. Sufficient for 6 or 7 persons.

1,610. POMMES DE TERRE MIREILLE.

2 lbs. medium-sized potatoes.	8 ozs. preserved artichoke	salt.
3 ozs. butter.	bottoms.	pepper.

Peel and wash the potatoes, cut them into rounds, and as they are cut put them into cold water ; then drain, and dry them very thoroughly. Melt the butter in a sauté-pan, and, when hot, put in the potatoes, and sauté them. Slice the artichokes, and add them to the potatoes. Sauté the vegetables together until they are well mixed. Turn into a vegetable-dish, arrange neatly, and serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 to 8 persons.

1,611. POMMES DE TERRE EN COPEAUX (RIBBON POTATOES).

4 potatoes.	salt.	clarified fat (No. 197).
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Wash and peel the potatoes, and cut them into slices $\frac{1}{2}$ inch thick ; trim them, and then cut each slice round and round into ribbons as thinly as possible. Put into water, strain, and dry, and fry them in very hot clarified fat a golden colour. Drain, sprinkle with salt, and serve.

1,612. POMMES DE TERRE MIRETTE.

6 potatoes.	1 oz. meat-glaze.	salt and pepper.
1½ ozs. butter.	1 oz. Parmesan cheese.	2 truffles.

Wash and peel the potatoes, cut them into julienne strips $\frac{1}{8}$ inch wide ; put them into cold water, after cutting, to prevent blackening. Drain, and dry well in a cloth. Melt 1 oz. of the butter in a sauté-pan. As soon as it is hot, put in the strips of potato, and cook them until they are tender, keeping them soft ; they must not break during the cooking. Cut the truffles into the same shape as the potatoes, add them to the potatoes ; season with salt and pepper, mix in the meat-glaze, which should first be melted. Mix all well together, dish up, sprinkle with grated cheese, and the remaining $\frac{1}{2}$ oz. of butter. Place in a hot oven to glaze.

Average cost, 1s. Time required, 30 minutes. Seasonable always. Sufficient for 3 persons.



Pommes de Terre Farcies Sur Tomates

1,613. POMMES DE TERRE FARCIES À L'IMPÉRIALE (POTATOES, IMPERIAL STYLE).

8 potatoes. | 1 oz. butter. | 1 tablespoonful cream. | 2 eggs. | salt. | pepper.

Choose some oblong, good-sized potatoes as much the same size and shape as possible; wash them well, dry, and slit them slightly on one side. Place them on a baking-sheet, put in the oven, and bake until done. Then take them up, cut off a slice of each potato lengthways, scoop out the pulp, and pass it through a wire sieve. Melt the butter in a stewpan, put in the sieved potato, add the cream, stir in the yolks of the eggs; season with pepper and salt. Whip the whites of two eggs very stiffly, stir them lightly into the mixture. Fill the potatoes with this preparation, put the piece cut off each potato on the top to form a lid. Place them on a baking-tin, and put them into a moderate oven. Serve on a napkin or dish-paper when done. Send to table at once.

Average cost, 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 persons.



FIG. 111.—POMMES DE TERRE FARCIES À L'IMPÉRIALE.

1,614. POMMES DE TERRE NOISETTES.

4 potatoes. | 2 ozs. butter. | salt.

Wash and peel the potatoes, then, with a vegetable-cutter, cut out round shapes, the size of small marbles. Melt the butter in a sauté-pan; when hot, put in the potato shapes, cook them a nice golden colour. When done, take them up, drain on paper, sprinkle with salt, and serve hot.

Average cost, 2d. or 3d. Time required, 25 minutes. Seasonable at all times. Sufficient for 3 persons.

1,615. POMMES DE TERRE CHÂTEAU.

8 medium-sized potatoes. | 1½ ozs. butter. | salt. | chopped parsley.

Wash and peel the potatoes, cut them in quarters, then into the shape of large olives; sprinkle some salt and pepper over them. Melt the clarified butter in a sauté-pan; put in the potatoes as soon as the butter is hot, and fry them slowly until they are done, and a golden colour. Drain, dish up, sprinkle with chopped parsley, and serve.

Average cost, 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

1,616. POMMES DE TERRE À LA DUCHESSE (DUCHESS POTATOES).

2 lbs. potatoes. | 1½ ozs. butter. | 1 whole egg. | 2 egg-yolks. | salt. | pepper.

Wash the potatoes, peel them thinly, and boil in salted water until done ; then drain, let them dry on the side of the fire for a few minutes, pass through a wire sieve. Melt the butter in a stewpan, put in the potatoes, mix well, then stir in two egg-yolks ; season with salt and pepper. When thoroughly mixed, turn it out on to a board that has been sprinkled with flour, divide it into equal parts ; this quantity will make about twelve. Shape each part into a square, oval, or round, place them on a buttered baking-sheet, brush them over with beaten egg, mark them with the back of a knife in cross lines. Place in a quick oven for seven or eight minutes to colour. Dish up, and serve. These potatoes can also be made up in the shape of small cottage loaves.

Average cost, 6d. Time required, 50 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,617. POMMES DE TERRE AU GRATIN (POTATOES, GRATIN STYLE).

1 lb. potatoes. | 2 yolks of eggs. | 2 tablespoonfuls cream. | salt.
1 oz. butter. | breadcrumbs. | 1 oz. grated Parmesan cheese | pepper.

Wash, peel, and boil the potatoes, or cold ones left over will do for this dish ; drain, and rub them through a fine sieve. Melt the butter in a stewpan, put in the potato, add the yolks, cream, and seasoning ; mix all well together. Turn this purée on to a buttered fireproof dish, smooth it neatly, sprinkle with grated Parmesan cheese and a few brown breadcrumbs, put a few bits of butter here and there, and place in a hot oven to brown. When ready, take the dish out of the oven, place it on a napkin on another dish, and serve at once.

Average cost, 6d. Time required, 20 minutes, if cold potatoes are used. Seasonable at all times. Sufficient for 4 persons.

1,618. CROUSTADE DE POMMES DE TERRE.

½ lb. short paste. | salt and pepper. | ½ gill cream.⁷
1 lb. potatoes. | 2 ozs. butter. | 2 yolks of eggs.

Roll out the pastry, line a flan ring with it, ornament the edge, place it on a baking-tin, and fill with raw rice ; bake in a moderate oven. When done, take it out of the oven, let it cool, then turn out the rice (this can be kept, and used again) ; this must be done carefully so as not to break the case. Have the potatoes ready boiled, rub them through a fine sieve. Melt 1½ ounces of butter in a stewpan, put in the potatoes, mix well, add the eggs and cream, stir well together ; season with salt and pepper. Arrange this purée in the croustade (keep back a little for decoration) in the shape of a pyramid. Put the remaining purée into a forcing-bag with a rose pipe, and decorate tastefully with it ; melt the remaining ½ oz. of butter, pour it over the potato, put into a hot oven to glaze. Serve very hot.

Average cost, 1s. Time required, 50 minutes to 1 hour. Seasonable always. Sufficient for 4 or 5 persons.

1,619. QUENELLES DE POMMES DE TERRE (POTATO QUENELLES).

1 lb. potatoes. | 2½ ozs. butter. | 1 whole egg. | 2½ ozs. flour. | grated cheese. | 1 yolk. | seasoning.

Wash and peel the potatoes, boil them until tender, drain, and dry. Melt 2 ozs. of butter in a stewpan, rub the potatoes through a fine sieve, stir them into the butter, add the whole egg and the yolk, and mix well ; season with salt and pepper, stir in the flour, beat well over the fire, then turn on to a plate. Divide the preparation into equal parts ; mould these into quenelles with two dessertspoons. As they are made, place them in a well-buttered sauté-pan, pour round them boiling water until half-covered, add some salt, cover with a buttered paper and a lid. Poach

the quenelles gently for ten minutes. Drain them, place them on a buttered dish sprinkled with grated cheese, sprinkle some more cheese over them, pour over some melted butter, and place in a hot oven to brown. When done, place the dish on another one, and send to table at once, very hot.

Average cost, 6d. Time required, 50 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,620. SOUFFLÉ DE POMMES DE TERRE (SOUFFLÉ OF POTATOES).

1 lb. potatoes. | $\frac{1}{2}$ gill cream. | 2 eggs. | salt. | pepper. | 1 oz. butter.

Wash, peel, and boil the potatoes; drain and dry, then rub them through a wire sieve. Melt the butter in a stewpan, put in the potatoes; when hot, stir in the cream, the yolks of the eggs, and seasoning. Take it off the fire, and beat well. Whisk the whites of the eggs to a stiff froth, and stir lightly into the mixture. Turn this preparation into a well-buttered soufflé-mould or in little china ramequins; whichever is used, do not fill them more than two-thirds full. Place them on a baking-tin, and cook in the oven; the large one about twenty to thirty minutes, or the small ones ten minutes. As soon as they are cooked, they should be sent to table at once.

Average cost, 6d. Time required, 45 minutes. Seasonable always. Sufficient for 4 persons.

1,621. POMMES DE TERRE À LA LYONNAISE (POTATOES, LYONNAISE STYLE).

6 cooked potatoes. | 1 teaspoonful chopped parsley. | 2 shallots. | salt.
2 ozs. butter. | juice of $\frac{1}{2}$ lemon. | $\frac{1}{2}$ oz. glaze. | pepper.

Cut the potatoes in rounds about $\frac{1}{4}$ inch thick. Melt the butter in a frying-pan, put in the sliced potatoes and fry them a light brown colour, then add the chopped parsley and shallot; season to taste with salt and pepper and the lemon-juice. Lastly, add the melted glaze. Blend all well together over the fire, dish up, and serve hot.

Average cost, 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,622. POMMES DE TERRE À L'ITALIENNE (POTATOES, ITALIAN STYLE).

6 large kidney potatoes. | 1 oz. Parmesan cheese. | salt.
boiled rice. | 2 ozs. butter. | pepper.

Scrub the potatoes with a brush, wipe them, and bake until soft, then cut a piece off each to form a lid; scoop out the pulp, rub it through a sieve, weigh it, and take a third of its weight in well-boiled rice. Mix them together in a stewpan with the melted butter; season to taste with salt and pepper, add the grated Parmesan cheese; mix all together thoroughly, fill the potato-shells with the preparation, put a lid on each, put them in a fairly hot oven for ten minutes. Dish up, and serve hot.

Average cost, 6d. Time required, 2 hours. Seasonable at all times. Sufficient for 3 persons.

1,623. POMMES DE TERRE FARCIES AUX FINES HERBES (POTATOES STUFFED WITH FINE HERBS).

8 new potatoes. | $\frac{1}{2}$ teaspoonful parsley. | 2 ozs. butter.
6 mushrooms. | 1 yolk of egg. | salt.
1 shallot. | 1 tablespoonful Bechamel sauce. | pepper.

Choose round, medium-sized potatoes, scrape them, then cut a piece off the top of each; scoop out the centre carefully, and cut a piece off the opposite side to the opening, so that they will stand. Chop the shallot; peel and chop the mushrooms; melt the butter in a stewpan, put in the shallot, and fry a little. Mix

in the mushrooms, cook until done, then add the parsley, Bechamel sauce, yolk of the egg, pepper, and salt. Mix all together over the fire. Fill the potatoes with this, arrange them in a buttered baking-tin, and bake them in a moderate oven for twenty minutes. Dish up, and serve hot.

Average cost, 8d. Time required, 40 minutes. Seasonable, March till June.

1,624. POMMES DE TERRE FARCIES (STUFFED POTATOES).

8 small potatoes.	1 tablespoonful breadcrumbs.	1 tablespoonful Parmesan	3 shallots.
1 oz. butter.	2 yolks of eggs.	cheese.	salt.
2 ozs. ham.	8 artichoke bottoms.	1 tablespoonful Bechamel.	pepper.

Choose the potatoes as much as possible the same size, wash and peel them, cut off the ends of each, so that they will stand upright ; at the other end of the potato insert a cutter, or use a small knife, and scoop out the centre of each ; fry them in hot fat a golden colour. Put the butter in a small stewpan ; chop the shallots, and fry them without browning, then stir in the finely-chopped cooked ham, the cheese, egg-yolks, breadcrumbs, and sauce ; mix all together thoroughly ; season

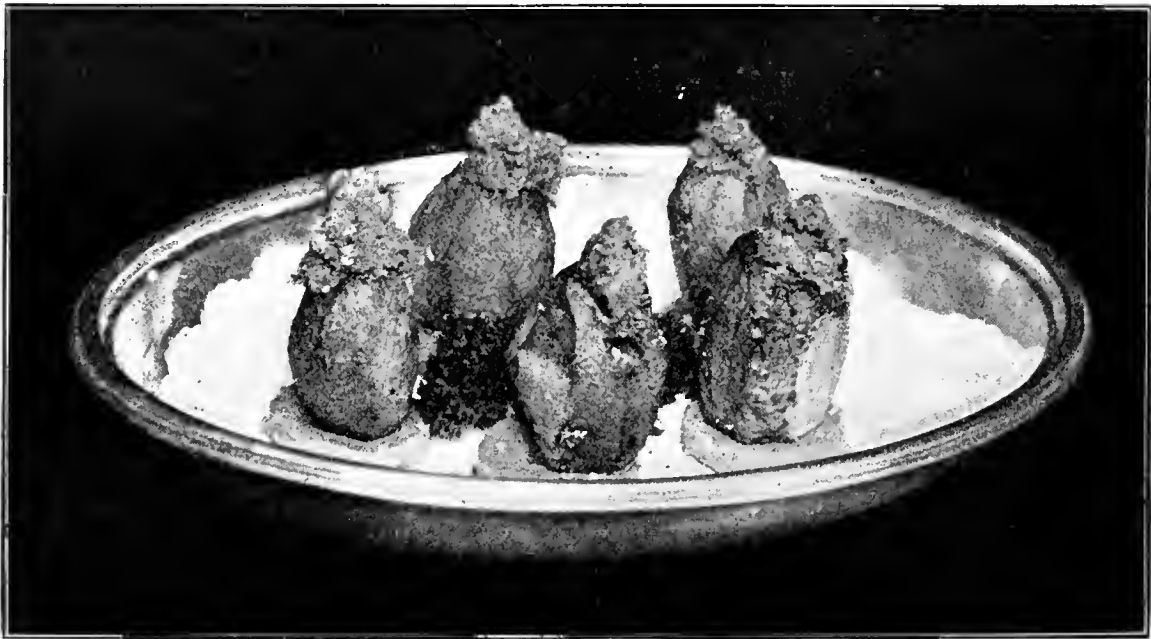


FIG. 112.—POMMES DE TERRE FARCIES.

to taste with salt and pepper, fill the potatoes with this preparation, place them on a baking-sheet, and put in a hot oven for a few minutes. Warm the artichoke bottoms either in hot water or by tossing them in a little butter over the fire. Dish the artichokes on a hot dish, dress one of the stuffed potatoes on each, and serve very hot.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

1,625. POMMES DE TERRE À LA CRAPAUDINE (BAKED POTATOES, FRENCH STYLE).

8 large potatoes.	3 ozs. Gruyère cheese.	salt.
2 ozs. butter.	brown breadcrumbs.	pepper.

Wash the potatoes, peel them, cut in thin slices crossways, then the slices in halves. Butter a timbale-mould with melted butter, and sprinkle it with brown breadcrumbs all over. Cut the cheese in thin slices, put a layer of potatoes at the bottom of the mould ; season with salt and pepper ; over that arrange a layer of cheese slices ; season again, and pour over each layer a little melted butter. Continue

in this way in alternate layers until the mould is full. Place the mould on a baking-tin, and put in a moderate oven to bake for about thirty minutes. When done, unmould on to a hot dish, and serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,626. POMMES DE TERRE AU LARD (POTATOES WITH BACON).

$\frac{1}{4}$ lb. bacon.	$\frac{1}{2}$ oz. flour.	bouquet garni (No.	salt.
6 button onions.	$\frac{1}{2}$ pint stock.	194).	pepper.
1 oz. butter.	$\frac{1}{2}$ gill sherry.	chopped parsley.	1 lb. potatoes.

Cut the bacon in dice; melt the butter in a stewpan, put in the bacon, and fry it till nearly done; add the onions, and let them cook at the same time. Drain the onions and bacon; put the butter back into the pan, stir in the flour, let it brown for a minute or two, then moisten with the stock and wine; season with salt and pepper, and add the bacon and onions. Peel the potatoes, cut them in quarters, trim and round the edges, and add them and the bouquet garni to the rest of the ingredients in the stewpan. Cover with the lid of the pan, and cook slowly until the potatoes are done. When ready to serve, remove the bouquet, skim the sauce, turn on to a dish, sprinkle a little chopped parsley over, and serve.

Average cost, 10d. Time required, 35 to 45 minutes. Seasonable all the year. Sufficient for 3 persons.

1,627. POMMES DE TERRE DORIA.

$\frac{1}{2}$ lb. potatoes.	2 ozs. flour.	1 oz. grated Parmesan cheese.	salt.
1 oz. butter.	1 gill water.	1 egg.	pepper.

Peel, and boil the potatoes in salted water; drain, and dry, then rub them through a wire sieve. Put the butter into a small stewpan, add the water to it, bring to the boil, then stir in the flour very quickly, and continue to stir until the mixture leaves the bottom and sides of the saucepan clean; then add the potatoes and the grated cheese, stir over the fire for a few minutes. Take off the fire, and beat in the egg; season with salt and pepper. Turn the mixture on to a plate, and let cool. Divide the mixture into equal portions; make these up into small balls. Drop them into hot fat, and fry a nice golden-brown colour. Strain, and serve.

Average cost, 4d. Time required, 45 minutes. Seasonable always. Sufficient for 5 persons.

1,628. POMMES DE TERRE À LA DAUPHINE.

1 lb. potatoes.	1 egg.	3 ozs. grated Gruyère	salt.
3 gills milk.	2 ozs. butter.	cheese.	pepper.

Peel the potatoes, wash, and slice them finely, put them into a basin; season with salt and pepper. Grate the cheese, beat the egg, and boil the milk; add these ingredients to the potatoes in the basin, keeping back 1 oz. of the cheese. Mix all well together. Pour this mixture into a well-buttered fireproof dish, sprinkle all over with the other 1 oz. of grated cheese, put a few pieces of butter here and there, and cook in a moderate oven for thirty to forty minutes. When done, place the dish on another, and serve quickly.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,629. POMMES DE TERRE ALLUMETTES.

3 or 4 potatoes.	clarified fat (No. 197).	salt.
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Peel the potatoes, wash and slice them finely, then cut the slices in very thin strips the size and thickness of matches; wash them after they are cut, and dry thoroughly in a cloth. Have ready a pan of very hot clarified fat; put the potatoes

into a frying-basket, plunge it into the fat, and fry the potatoes until they are brown and crisp. When done, drain, sprinkle with salt, dish up on a folded napkin or dish-paper, and serve.

Average cost, nominal. Time required, 15 minutes. Seasonable always. Sufficient for 3 persons.

1,630. POMMES DE TERRE À LA BOURGEOISE.

6 potatoes.	2 ozs. butter.	$\frac{1}{2}$ pint brown sauce (No. 6).	salt.
2 onions.	chopped parsley.	1 gill tomato sauce (No. 77).	pepper.

Wash, and peel the potatoes thinly, cut them into thick slices ; peel and slice the onions. Melt the butter in a sauté-pan ; as soon as it is hot, put in the onions and fry them a little, then add the potatoes. Sauté them over the fire together for five minutes. Drain away the butter, and add the brown and tomato sauces, previously mixed together ; season to taste with salt and pepper. Cook gently until the vegetables are tender. When done, dish them up on a hot dish, skim the sauce, and pour it over the potatoes. Sprinkle on the top a little chopped parsley, and serve hot.

Average cost, 1s. Time required, 30 to 40 minutes. Seasonable always. Sufficient for 3 persons.

1,631. POMMES DE TERRE À L'ESPAGNOLE (POTATOES, SPANISH STYLE).

4 potatoes.	1 gill salad-oil.	6 olives.	salt.	pepper.
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Wash, and peel the potatoes, slice them very thinly ; as they are cut, put them into cold water, and let them soak for ten minutes ; drain, and dry in a cloth. Put the oil into a frying-pan, let it get very hot, then put in the sliced potatoes, and fry them quickly till they are brown and very crisp ; then take them up, drain, and place on a hot dish. Stone the olives, chop them finely, sprinkle them all over the potatoes, and serve quickly. Directly the potatoes are taken out of the oil, they should be lightly seasoned with salt and pepper.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,632. POMMES DE TERRE HACHÉES AU GRATIN.

6 cold potatoes.	2 tablespoonfuls grated cheese.	2 tablespoonfuls thin Bechamel	salt.
$1\frac{1}{2}$ ozs. butter.	breadcrumbs.	sauce (No. 4).	pepper.

Cut the potatoes into dice, melt $\frac{1}{2}$ oz. of butter in a saucepan ; when hot, add the potatoes, stir in the Bechamel sauce, which should be first heated and not very thick, one tablespoonful of cheese, salt, and pepper ; mix together, taking care not to break up the potatoes. Rub some butter on a fireproof or gratin dish, turn the potato mixture on to it, sprinkle with the rest of the cheese and a few breadcrumbs, break up the remainder of the butter into little bits, and place them here and there on the top ; bake in a brisk oven until a nice golden colour, and serve.

Average cost, 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,633. POTATO SNOW.

3 or 4 cold boiled potatoes.	1 oz. butter.	1 tablespoonful milk.	salt.	pepper.
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Rub the potatoes through a sieve. Melt the butter in a stewpan, put in the milk, and make hot. Add the potatoes, season with salt and pepper, stir over a slow fire until the mixture is almost dry. Turn it out on to a dish, pile it up as high as possible, and serve.

Average cost, nominal. Time required, 20 minutes. Seasonable always. Sufficient for 3 persons.

1,634. POMMES DE TERRE À LA PRINCESSE (POTATOES, PRINCESS STYLE).

1 lb. cooked potatoes.	1 oz. Parmesan cheese.	1 egg.	salt.
1 oz. butter.	2 raw yolks of egg.	parsley.	pepper.

Rub the potatoes through a sieve. Melt the butter in a stewpan, and as soon as it is hot, stir in the potato. Grate the cheese, add it to the mixture, season with salt and pepper, and mix in the two raw yolks. Turn the mixture on to a plate, and let it get cold. Divide the preparation into equal portions; make each portion into the shape of a little roll, between 2 and 3 inches long and $\frac{3}{4}$ inch in thickness. Butter a baking-sheet, put the rolls on it, brush them over with the egg beaten up, put in the oven, and bake a golden colour. When cooked, dish them up, and garnish with sprigs of fresh parsley.

Average cost, 4d. or 5d. Time required, 25 minutes. Seasonable always. Sufficient for 10 or 12 rolls.

1,635. PÂTÉS DE POMMES DE TERRE (POTATO PATTIES).

1 lb. cooked potato.	1 dessertspoonful chopped parsley.	salt.
4 ozs. cooked meat.	a little Bechamel sauce (No. 4).	pepper.
$\frac{1}{2}$ small onion.	2 ozs. butter.	$\frac{1}{2}$ gill milk.

Rub the potatoes through a sieve. Melt 1 oz. of butter in a stewpan, put in the potato, add the milk, salt, and pepper, and mix well together. Chop the meat finely, chop and fry the onion in a little butter, mix it with the meat in a stewpan. Add the parsley, seasoning and enough sauce to bind the mixture. Grease six or eight good-sized patty-pans, line them with the potato mixture, put some of the prepared meat in the centre, and cover with a layer of the potato. Put a little bit of butter on each, place on a tin, and bake in a moderate oven until brown. Take up, turn them out of the pans, dish up, and serve hot.

Average cost, 8d. Time required, 30 minutes. Seasonable always. Sufficient for 6 or 8 persons.

1,636. POMMES DE TERRE À LA GASTRONOME.

12 potatoes.	$\frac{1}{2}$ pint Perigueux sauce (No. 62).	salt.
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Wash and peel the potatoes, then with a column-cutter cut out as many pieces as possible about $1\frac{1}{2}$ inches long. Put them into a saucepan of cold water, season with a little salt, and cook them for about ten minutes or until tender. Care must be taken not to break them. When done, drain, and place on a hot dish. Pour the sauce over, and serve quickly.

Average cost, 1s. Time required, 20 to 30 minutes. Seasonable always. Sufficient for 6 persons.

1,637. POMMES DE TERRE À LA BARIGOULE.

8 potatoes.	1 gill salad oil.	lemon-juice.	stock.	salt.	pepper.
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Peel and wash the potatoes, put them into a stewpan, cover them with stock, and cook until done. When tender, drain the potatoes carefully. Care must be taken not to break them. Pour the oil into a frying-pan, make it very hot over the fire, put in the potatoes, and fry them a golden colour all over. Place them on a hot dish, sprinkle salt, pepper, and lemon-juice all over them, and serve.

Average cost, 7d. or 8d. Time required, 15 minutes after the potatoes are boiled. Seasonable at all times. Sufficient for 4 persons.

1,638. POMMES DE TERRE À LA MINUTE.

3 or 4 potatoes.	1 oz. butter.	pepper.	salt.
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Peel the potatoes; cut them in slices about $\frac{1}{4}$ inch thick. Have ready some boiling water, seasoned with a little salt. Put the potatoes into this. They should be cooked in a few minutes. Drain them, put the potatoes on a hot dish, chop

them into dice, sprinkle over some salt and pepper. Put a few pieces of butter on them, place in the oven for a minute until the butter is melted, and send to table at once.

Average cost, nominal. Time required, 15 minutes. Seasonable always. Sufficient for 3 persons.

1,639. FRIED POTATO CAKE.

$\frac{1}{2}$ lb. cold potatoes. | 2 ozs. butter. | salt. | pepper.

Mash the potatoes with a fork. Melt the butter in a small frying-pan, put in the potatoes, season them with salt and pepper, and stir them about until hot; then pat them down tightly into the pan in a flat cake, place over a slow fire, and fry until the under-surface is brown. Turn out the cake on to a hot plate, keeping the browned side uppermost.

Average cost, nominal. Time required, 15 minutes. Seasonable always. Sufficient for 3 or 4 persons.

1,640. POMMES DE TERRE À L'INDIENNE (POTATOES, INDIAN STYLE).

2 lbs. potatoes. | 3 gills curry sauce (No. 23). | salt.
2 ozs. butter. | chopped parsley. | pepper.

Peel and wash the potatoes, put them into a saucepan, cover with cold water, add a little salt, and bring to the boil; then simmer until the potatoes are tender. They should not be done too much. Drain and dry by the side of the fire, then cut them in thick slices. Melt the butter in a frying-pan, put in the potatoes, and fry them lightly without browning. Have ready the curry sauce. Arrange the slices of potatoes on a hot dish, sprinkle with salt and pepper, pour the sauce over, and serve hot. Sprinkle with a little chopped parsley just before sending to table.

Average cost, 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

1,641. POMMES DE TERRE À LA HONGROISE (POTATOES, HUNGARIAN STYLE).

2 lbs. potatoes. | 2 onions. | chopped parsley. | salt and pepper.
2 tomatoes. | 2 ozs. butter. | $\frac{1}{4}$ teaspoonful paprika pepper. | stock.

Chop the onion, peel and wash the potatoes, and cut them into thick slices. Melt the butter in a stewpan, put in the onion, and fry it without browning. Slice the tomatoes, after first peeling them, press out some of the seeds, and add the tomatoes to the onions and the sliced potatoes. Stir in the paprika pepper, salt, and pepper, mix all together, then just cover with stock. Cook gently until the potatoes are tender and the stock has been almost entirely reduced. Dish up on a hot dish, and sprinkle over some chopped parsley just before serving.

Average cost, 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,642. POMMES DE TERRE À LA TURQUE (POTATOES, TURK STYLE).

$\frac{1}{2}$ lb. cooked potato. | 1 dessertspoonful anchovy essence. | salt and pepper.
1 oz. butter. | fried parsley (No. 195). | breadcrumbs.
1 yolk of egg. | clarified fat (No. 197). | 1 whole egg.

Sieve the potato. Melt the butter in a stewpan, and as soon as it is hot put in the potato. Mix well, and then add the yolk of egg, anchovy essence, and seasoning. Stir all well together until well mixed, turn on to a plate, and let it get cold; then divide it into equal portions, shape each portion into a ball or cork shape, beat the whole egg and the white of the other on a plate, dip in the croquettes, roll in breadcrumbs, and fry in clarified fat a golden brown. Drain on paper, arrange on a dish-paper on a hot dish, garnish with fried parsley, and serve very hot.

Average cost, nominal. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 croquettes.

1,643. POMMES DE TERRE PIQUANTES (POTATOES WITH PIQUANT SAUCE).

8 potatoes.	4 ozs. fat bacon.	$\frac{3}{4}$ pint stock.	salt and pepper.
1 onion.	1 oz. flour.	2 tablespoonfuls vinegar.	chopped parsley.

Peel the potatoes, wash and parboil them for about ten minutes ; then drain and cut them into slices. Peel the onion, chop it finely ; cut the bacon into small dice. Put the onion and bacon into a stewpan, and fry together until a light brown colour ; then mix in the flour, add the stock, and stir until it boils. Pour in the vinegar, and season to taste with salt and pepper. Put into this sauce the slices of potato ; cook gently until tender. The potatoes must not be overdone, or they will break, and spoil the appearance of the dish. When they are done, arrange the slices of potato on a hot dish, pour the sauce over, sprinkle with chopped parsley, and serve.

Average cost, 7d. Time required, 30 to 40 minutes. Seasonable at all times. Sufficient for 4 persons.

1,644. POMMES DE TERRE AUX BETTERAVES (POTATOES WITH BEETROOT).

8 potatoes.	6 button onions.	$\frac{1}{2}$ lemon.	salt.
$\frac{1}{4}$ small beetroot.	$\frac{1}{2}$ pint good stock.	2 ozs. butter.	pepper.

Peel and wash the potatoes, put them into a saucepan, cover with cold water, add a little salt, and cook until half done. They should not be quite cooked for this dish. Let the potatoes cool, then cut them in thick slices. Melt the butter in a sauté-pan. When hot, put in the potatoes, and fry lightly. Slice the beetroot, and add it and the onions to the potatoes. Stir in the stock, the lemon-juice, and seasoning. Simmer gently for about ten to fifteen minutes. Arrange on a dish, the potatoes and onions in the centre, and garnished round with the slices of beetroot. Serve hot.

Average cost, 6d. Time required, 40 minutes. Seasonable always. Sufficient for 6 persons.

1,645. TIMBALE DE POMMES DE TERRE (SHAPE OF POTATOES).

1 lb. cold cooked potatoes.	1 onion.	1 $\frac{1}{2}$ ozs. flour.	salt.
1 tablespoonful milk.	1 oz. butter.	1 yolk of egg.	pepper.

Mash or sieve the potatoes. Melt the butter in a stewpan, chop the onions finely, fry them in the butter without browning ; add the potato. Mix well, then stir in the flour. Season to taste. Beat up the yolk of egg, add the milk, and stir into the potatoes. Beat until smooth, turn the mixture into a well-buttered timbale-mould, and bake in a moderate oven for twenty to thirty minutes until the potatoes are a nice brown colour. Serve hot.

Average cost, nominal. Time required, 30 to 40 minutes. Seasonable always. Sufficient for 4 to 6 persons.

SALSIFIS (SALSIFY)**1,646. SALSIFIS BOUILLIS (BOILED SALSIFIES).**

1 bundle salsify.	1 dessertspoonful chopped	salt.
lemon-juice.	parsley.	1 $\frac{1}{2}$ ozs. butter.

Wash the salsify, scrape the roots, cut into pieces, and as they are cut drop them into a basin of cold water containing salt and the juice of half a lemon. This is to prevent them changing colour. Have ready a saucepan of boiling water, also seasoned with salt and lemon-juice ; put in the salsify, and simmer till tender. They will take about one hour to cook. When done, strain them, mix in a saucepan with the butter, parsley, and the juice of half a lemon. Dish up, and serve.

Average cost, variable. Time required, 1 hour to boil. Seasonable, December to March. Sufficient for 4 persons.

1,647. SALSIFIS À LA POULETTE.

12 heads of salsify.	1 dessertspoonful chopped	lemon-juice.
1 pint Bechamel sauce (No. 4).	parsley.	salt.

Wash the salsify, scrape the roots, cut them into lengths about 3 inches, and throw them as they are cut into cold water seasoned with salt and lemon-juice. Let them soak for half an hour or longer. When ready to cook, place them in a saucepan of boiling water seasoned in the same way with salt and lemon-juice. Boil for about one hour. Drain, and dish up. Have ready heated the Bechamel sauce, add the parsley to it, season nicely with salt, pepper, and lemon-juice, pour it over the salsify, and serve.

Average cost, variable. Time required, 1 hour. Seasonable, December to March. Sufficient for 5 or 6 persons.

1,648. BEIGNETS DE SALSIFIS (SALSIFY FRITTERS).

3 heads of salsify.	2 tablespoonfuls milk.	fried parsley.
lemon-juice.	1 tablespoonful salad oil.	2 ozs. flour.
salt.	clarified fat (No. 197).	2 eggs.

Wash, scrape, and soak the salsify in cold water seasoned with salt and lemon-juice. Boil in salted, acidulated water until tender. Take it up when done, drain, and cut the salsify into pieces all the same size. Sieve the flour into a basin, work in the yolks of the eggs, the milk, and oil. Beat to a smooth batter, season with salt and pepper. When ready to fry, beat up the whites of the eggs very stiffly and stir them lightly into the batter. Heat the clarified fat in a stewpan, make it very hot, dip the pieces of salsify into the batter, one at a time, drop them into the boiling fat, and fry a golden brown colour. Take up, drain, dish up in a pile on a dish-paper or napkin arranged on a hot dish, and serve. Garnish with fried parsley.

Average cost, uncertain. Time required, 1½ hours. Seasonable, December to March.

1,649. SALSIFIS À LA VELOUTÉ (SALSIFY WITH VELVET SAUCE).

1 bundle salsify.	lemon-juice.	salt.	1 oz. butter.	velouté sauce (No. 82).
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Scrape the roots of salsify, have ready some cold water in a basin, season with a little salt and the juice of half a lemon. As the roots are scraped, put them into this to prevent them turning black. Boil them in boiling water, seasoned with salt and lemon-juice. Cook until tender, then drain and cut them in pieces. Melt the butter in a stewpan, put in the salsify, and toss it in the butter for a few minutes; then add sufficient velouté sauce to cover. Let it cook gently for a few minutes longer. Dish up the salsify in a hot vegetable-dish, pour the sauce over, and serve.

Average cost of salsify, about 4d. a bundle. Time required, 1¼ hours. Seasonable, December to March. Sufficient for 4 or 5 persons.

1,650. SALSIFIS AU FROMAGE (SALSIFY WITH CHEESE).

1 bundle salsify.	salt.	1½ ozs. Parmesan	1½ ozs. Gruyère cheese.
2 ozs. butter.	lemon-juice.	cheese.	hot buttered toast.

Scrape the roots, wash in acidulated water, boil them till tender in boiling water seasoned with salt and lemon-juice, drain well. Melt the butter in a stewpan. When hot, put in the salsify cut in even-sized pieces, grate the cheese, and add it. Toss over the fire until thoroughly mixed. Have ready some slices of hot buttered toast. Put these on a hot dish, pour the salsify and cheese over, and serve very hot.

Average cost, 10d. Time required, 1¼ hours. Seasonable, December to March. Sufficient for 4 persons.

TOMATES (TOMATOES)

1,651. TOMATES FARCIES À LA PROVENÇALE (STUFFED TOMATOES, PROVENÇALE STYLE).

6 tomatoes.	1 teaspoonful chopped parsley.	1 gill demi-glace sauce (No. 29).
1 small onion.	4 tablespoonfuls breadcrumbs.	salt and pepper.
$\frac{1}{2}$ gill oil.	1 tablespoonful grated Parmesan cheese.	1 oz. butter.

Chop the onion finely. Melt the butter in a stewpan. Put in the onion, and fry a little. Add two tomatoes cut up in dice, the chopped parsley, pepper, and salt. Put the lid on the pan, place it on a slow fire, and cook for ten minutes; then add the breadcrumbs, mix all together, add if necessary a little stock. The mixture should be of a firm consistency. Cut four tomatoes in halves, squeeze out the seeds carefully, oil a baking-tin, place the tomatoes on it, stuff them with the mixture, sprinkle over each some grated cheese and breadcrumbs, pour a few drops of olive oil over, and place in a hot oven for ten to twelve minutes. Dish the tomatoes on a hot dish, heat up the demi-glace sauce, pour it round them, and serve.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,652. TOMATES AU GRATIN À L'INDIENNE (TOMATOES BAKED, INDIAN STYLE).

8 tomatoes.	1 teaspoonful curry-powder.	breadcrumbs.	salt.
1 oz. butter.	3 ozs. rice.	1 small onion.	pepper.

Put the tomatoes in boiling water for a few minutes, peel them carefully, cut them in thick slices, and remove the seeds. Melt the butter in a stewpan, chop the onion, and fry it in the butter a golden brown. Add the curry-powder, fry for a minute, then put in the tomatoes, season with salt and pepper, cover with the lid, and stew gently over a slow fire for about ten to fifteen minutes. Boil the rice in salted water. When tender, drain and wash, spread on a baking-tin, and put in a cool oven to dry. Butter a fireproof or gratin-dish, put on this a layer of tomatoes, season them with salt and pepper, over that a layer of rice. Continue until the rice and tomatoes are all used up. The last layer should be tomatoes. Sprinkle some breadcrumbs over, put a few bits of butter here and there, and bake in a moderate oven for ten minutes. Put the dish on another, and send to table very hot.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,653. PETITS SOUFFLÉS À LA TOMATE (LITTLE TOMATO SOUFFLÉS).

1 gill well-reduced tomato purée (No. 77).	1 oz. butter.	1 gill milk.	3 eggs.	paprika pepper.
	1 oz. flour.	$\frac{1}{2}$ gill cream.	salt.	soufflé cases.

Melt the butter in a stewpan, stir in the flour, cook a little; then add the milk, boil until very thick, stirring quickly. The sauce should leave the sides of the pan when cooked enough. Take the pan off the fire, and beat in, one at a time, the three yolks of eggs. Add the cream and the well-reduced tomato purée, beat all well together, season nicely with salt and a pinch of paprika pepper. Whisk the three whites of eggs very stiffly, stir lightly into the mixture. Butter some small soufflé cases, china or paper, fill them three-quarters full, place them on a baking-sheet, and put in a moderate oven for ten or fifteen minutes. Dish up on a dish-paper, and send to table at once.

Average cost, 1s. Time required, 45 minutes. Seasonable always. Sufficient for 12 or 14 ramaquin cases.

1,654. TOMATES SAUTÉES (SAUTED TOMATOES).

1 lb. tomatoes.		3 shallots.		2 ozs. butter.		seasoning.
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Choose ripe but firm tomatoes, scald, skin, and cut them into slices. Chop the shallots. Melt the butter in a frying-pan, put in the sliced tomatoes as soon as the butter is hot, sprinkle the shallots, pepper and salt over, and fry them on a good fire for about six minutes. When done, dish up, sprinkle with a little chopped parsley, and serve hot.

Average cost, 9d. Time required, 15 minutes. Seasonable all the year. Sufficient for 3 persons.

1,655. TOMATES SAUTÉES À LA PROVENÇALE (SAUTED TOMATOES, PROVENÇALE STYLE).

4 large tomatoes.		salt and pepper.		2 shallots.
$\frac{1}{2}$ gill salad oil.		chopped parsley.		breadcrumbs.

Cut the tomatoes in halves, press out the seeds, season with salt and pepper. Put the salad oil into a frying-pan, make it very hot, put in the tomatoes, cut side down. When done on that side, turn them over, and cook the other. Put them on a baking-tin, sprinkle over them the chopped shallots, chopped parsley, a few breadcrumbs, pepper and salt. Put them in a moderate oven for a few minutes. Dish up, and send them to table quickly.

Average cost, 9d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,656. TOMATES FARCIES AUX CHAMPIGNONS (TOMATOES STUFFED WITH MUSHROOMS).

6 tomatoes.		1 shallot.		$\frac{1}{2}$ gill brown sauce (No. 6).
6 large fresh mushrooms.		2 tablespoonfuls breadcrumbs.		brown breadcrumbs.
$1\frac{1}{2}$ ozs. butter.		$\frac{1}{2}$ teaspoonful parsley.		parsley.

Cut a circular piece off the top of each tomato, scoop out carefully part of the pulp. Rub this pulp through a sieve, so as to remove the seeds. Put the purée into the $\frac{1}{2}$ gill of brown sauce, chop the mushrooms finely. These are first peeled and washed. Peel the shallots, chop them. Melt 1 oz. of butter in a stewpan, put in the shallots, and fry them a golden brown; then add the mushrooms, stir until cooked, then mix in the parsley, breadcrumbs, salt and pepper. Moisten with the brown sauce, stir all well together. Fill up the tomatoes with this mixture, place them on a buttered baking-tin, sprinkle over each a few brown breadcrumbs, place a tiny bit of butter on each, and cook in a hot oven for about ten minutes. When done, dish them on a hot dish, garnish with fresh sprigs of parsley, and serve hot.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable always. Sufficient for 6 persons.

1,657. CROÛTES DE TOMATES (TOMATO TOAST).

4 tomatoes.		4 ozs. ham.		2 eggs.		salt.
2 ozs. butter.		1 shallot.		buttered toast.		pepper.

Chop the tomatoes, shallot, and ham. Melt the butter in a stewpan. When hot, stir in the shallot, fry a little, then add the ham and tomatoes; cook over the fire for about ten minutes. Take the pan off the fire, add the eggs, well beaten, and stir over the fire until it thickens, but it must not be allowed to boil. Make three rounds of toast, and butter them. Divide the mixture into three equal parts, spread one part on each round of toast, and serve hot.

Average cost, 1s. Time required, 20 minutes. Seasonable always. Sufficient for 3 persons.

1,658. BEIGNETS DE TOMATES (TOMATO FRITTERS).

4 tomatoes.	1 tablespoonful salad oil.	2 tablespoonfuls milk.	1 oz. butter.
1 shallot.	1 tablespoonful vinegar.	fried parsley (No. 195).	2 eggs.
2 ozs. flour.	$\frac{1}{2}$ teaspoonful chopped parsley.	frying-fat (No. 197).	salt and pepper.

Cut the tomatoes in rather thick slices, arrange these in a pie-dish or soup-plate, sprinkle them with the chopped shallot, parsley, pepper, and salt, pour over the oil and vinegar, and let them stand in this for half an hour. Sieve the flour into a basin, work in the yolks of the eggs, the milk, and the butter melted, salt and pepper, beat for ten minutes. When ready to fry, beat up the two whites very stiffly, and stir them lightly into the batter. Heat the fat until smoking hot, take the slices of tomato one at a time, dip them in the batter, and then drop into the hot fat. Fry a golden colour, take up, drain on paper, dish up in a pile, garnish with fried parsley, and serve hot.

Average cost, 8d. Time required, 1 hour. Seasonable always. Sufficient for 4 persons.

1,659. SOUFFLÉ DE TOMATES À L'ITALIENNE (TOMATO SOUFFLÉ, ITALIAN STYLE).

$\frac{1}{2}$ pint concentrated tomato purée (No. 77).	3 ozs. butter.	$\frac{1}{2}$ gill milk.	2 ozs. grated Parmesan cheese.	3 eggs.
	1 oz. flour.	pepper.	4 ozs. cooked macaroni.	salt.

Melt 1 oz. of butter in a stewpan, stir in the flour, add the milk, boil until very thick and the sauce leaves the sides and bottom of the pan. Stir into it the tomato purée, 2 ozs. of grated cheese, season with salt and pepper. Mix these ingredients thoroughly over the fire, beat in the yolks of the eggs one at a time. Beat the whites very stiffly, stir lightly into the mixture. Have the macaroni ready boiled. Melt 2 ozs. of butter in a stewpan, stir in the macaroni, mix, and then add the remainder of the cheese (1 oz.). Season to taste, stir all together. Butter a china soufflé-mould, put in a layer of the soufflé mixture, on that a layer of the macaroni, then the soufflé mixture again. Continue in this way until the two preparations are used up. Place in a moderate oven, and bake for twenty to thirty minutes. When done, dish up, and send to table without delay.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 5 or 6 persons.

1,660. TOMATES A LA BOCK.

8 tomatoes. | 2 ozs. butter. | salt. | pepper. | lemon-juice. | chopped parsley.

Wipe the tomatoes and peel them. This is best done by putting them into boiling water, and leaving them in it for two or three minutes; the skin can then be easily removed. Melt the butter in a stewpan, slice the tomatoes into thick slices, put them into the hot butter, season with salt and pepper, broil them over the fire for about ten minutes. Turn them into a hot vegetable-dish, sprinkle a few drops of lemon-juice and chopped parsley over them, and serve hot.

Average cost, 1s. Time required, 15 minutes. Seasonable all the year. Sufficient for 6 persons.

1,661. TOMATES AU GRATIN.

6 tomatoes. | 2 ozs. butter. | $1\frac{1}{2}$ ozs. grated cheese. | breadcrumbs. | salt. | pepper.

Cut the tomatoes in slices, butter a fireproof dish with 1 oz. of the butter, lay the slices on it in layers, sprinkle salt, pepper, and cheese over each layer, cover the top well with cheese, a few breadcrumbs, and place here and there one or two bits of butter. Place the dish in the oven, and bake until nicely browned.

Average cost, 9d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,662. TOMATES FARCIES AU GRATIN (STUFFED TOMATOES, BAKED).

6 large tomatoes.	4 shallots.	1 teaspoonful chopped parsley.	brown breadcrumbs.
2 ozs. lean ham.	6 mushrooms.	$\frac{1}{2}$ gill Espagnole sauce (No. 33).	$\frac{1}{2}$ gill white wine.
2 ozs. butter.	$\frac{1}{2}$ gill oil.	$\frac{1}{2}$ gill demi-glace sauce (No. 29).	pepper and salt.

Cut the tomatoes in halves, take out the seeds, season with salt and pepper. Heat the oil in a sauté-pan, put in the tomatoes, cut side down, fry them a little, then turn them over, and cook the other side. Chop the ham, shallots, and mushrooms. Melt the butter in a stewpan, add the shallots (do not allow them to brown), put to them the mushrooms, cook a minute, then add the ham, stir for a few minutes, pour in the wine, boil until it is reduced to less than half, then add the Espagnole sauce, salt and pepper, and parsley. Fill the tomatoes with this stuffing, place them on a buttered fireproof or gratin dish, sprinkle with brown breadcrumbs, put a little butter on each, and place in a hot oven to brown. Dish up, pour the demi-glace sauce round, and serve hot.

Average cost, 1s. 9d. Time required, thirty minutes. Seasonable at all times. Sufficient for 6 persons.

1,663. TOMATES AUX CHAMPIGNONS (TOMATOES WITH MUSHROOMS).

6 tomatoes.	1 teaspoonful chopped parsley.	$\frac{1}{2}$ lb. mushrooms.	salt.
1 shallot.	2 tablespoonfuls breadcrumbs.	$1\frac{1}{2}$ ozs. butter.	pepper.

Peel the mushrooms, wash, dry, and chop them. Melt 1 oz. of butter in a stewpan, peel and mince the shallot, fry this in the butter until cooked, but not brown; add the mushrooms, cook over the fire for about ten minutes, then stir in the breadcrumbs and the chopped parsley; allow this to stand by the side of the fire for a few minutes, season with salt and pepper. Choose for this dish rather small tomatoes, all the same size, firm but ripe. Take a circular piece out of the top of each, scoop out the pulp, place the tomatoes upside down on a plate or sieve to drain, then season them inside with salt and pepper. Fill the tomatoes with the mushroom mixture, sprinkle over the top of each a few brown breadcrumbs, put on each a tiny bit of butter. Place the tomatoes on a buttered tin and put in the oven for about ten minutes. When done, dress the tomatoes on a hot dish, garnish with parsley, and serve very hot. These can be served as a vegetable with meat, or can be used as a vegetable entrée.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,664. TOMATES À LA MARSEILLAISE.

6 tomatoes.	$\frac{1}{2}$ gill salad oil.	salt.	2 cloves.	$1\frac{1}{2}$ ozs. butter.	1 teaspoonful chopped parsley.
2 anchovies.	2 hard-boiled eggs.	pepper.	2 shallots.	breadcrumbs.	

Choose the tomatoes rather large, firm, and ripe, wipe and cut them in halves. Put the oil into a frying-pan, let it get very hot, then put in the tomatoes, cut sides down, and cook quickly for one minute. Chop the shallot finely, crush the cloves, bone the anchovies, and chop them and the eggs finely; mix these ingredients together, add the parsley, salt and pepper, and the 1 oz. of butter, melted. Divide this mixture into twelve equal portions, and cover the tops of the halved tomatoes with it. Sprinkle some fresh breadcrumbs over them, put a tiny piece of butter on each, and place in a hot oven for about eight minutes. Dress the tomatoes, when done, on a hot dish and serve.

Average cost, 1s. 4d. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 persons.

1,665. TOMATES À LA CAROLINE.

6 tomatoes.	1½ ozs. Parmesan cheese.	2 shallots.	salt.
2 ozs. rice.	½ pint stock.	1 oz. butter.	pepper.

Melt the butter in a stewpan, chop the shallots, fry them lightly in the butter, then add the rice, fry for a few minutes longer, stir in the stock, and cook until the rice is tender and has absorbed the stock ; add a little more stock if necessary. As soon as the rice is tender, stir in 1 oz. of cheese, mix thoroughly, season with salt and pepper. Choose the tomatoes all the same size ; they should be ripe, but firm ; dip them into boiling water, let them soak for a minute or two, then skin them carefully. Cut a circular piece out of the top of each tomato, scoop out the inside, turn them upside down to drain, season with salt and pepper, and fill them with the prepared rice. Pile the mixture above the opening of the tomato, sprinkle with grated cheese, and put the tomatoes in the oven to bake. Care must be taken not to bake them too much ; they will take about ten minutes in a fairly hot oven. When done, dish up, garnish with parsley, and serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable always. Sufficient for 6 persons.



FIG. 113.—TOMATES À L'ANDALOUSE.

1,636. TOMATES À L'ANDALOUSE (TOMATOES, ANDALUSIAN STYLE).

6 tomatoes.	3 gills stock.	½ gill tomato sauce.	breadcrumbs.	pepper.
3 ozs. rice.	1 onion.	1 oz. grated Parmesan cheese.	2 ozs. butter.	salt.

Melt 1½ ozs. of butter in a stewpan ; when hot, put in the chopped onion and fry, without browning ; then add the rice, fry a light brown, stir in the stock, boil until the rice is tender and has absorbed the liquor. A little more stock may be found necessary. As soon as the rice begins to thicken, keep it well stirred, or it may burn. Mix in the tomato sauce, the grated cheese, salt and pepper, stir well over the fire until thoroughly mixed. Cut a circular slice off the top of the tomatoes, scoop out the seeds and some of the pulp, sprinkle them with salt and pepper, then fill them with the rice preparation ; sprinkle over some fresh breadcrumbs, put a tiny bit of butter on each, and place them in a moderate oven to bake for fifteen to twenty minutes. Dish up and serve. Brown or Madeira sauce can be served with this dish, and is an improvement.

Average cost, 1s. 2d. Time required, 50 minutes. Seasonable at all times. Sufficient for 6 persons.

1,667. TOMATES AUX MACARONI (TOMATOES WITH MACARONI).

$\frac{1}{2}$ lb. macaroni.	2 ozs. butter.	salt.	6 tomatoes.
$\frac{1}{4}$ lb. cooking cheese.	1 gill cream.	milk.	cayenne.

Boil the macaroni in milk and water until tender. Cut the cheese (American or Cheshire) in small pieces. Put the cream into a saucepan, bring to the boil, then add the cheese and 1 oz. of butter, stir over the fire until the cheese is melted, season with salt and a tiny pinch of cayenne. Melt the remaining 1 oz. of butter in a stewpan, put in the cooked and drained macaroni, stir until thoroughly hot, season to taste. Put the tomatoes on a buttered baking-sheet, place them in the oven, and bake them whole. Arrange the macaroni on a hot dish, place the tomatoes in a circle in the centre, pour the cheese mixture over the tomatoes, and serve very hot.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable always. Sufficient for 6 persons.



FIG. 114.—TOMATES FARCIES À LA PORTUGAISE.

1,668. TOMATES FARCIES À LA PORTUGAISE (STUFFED TOMATOES, PORTUGUESE STYLE).

4 large tomatoes.	2 ozs. butter.	$\frac{1}{2}$ onion.	4 ozs. rice.
chopped parsley.	1 pint stock.	salt.	pepper.

Take three of the tomatoes and cut them in halves, scoop out the seeds. Melt 1 oz. of butter in a small frying-pan, let it get very hot; then put in the tomatoes, cut side down, and cook them a little; turn them to cook the other side; they must not be too much done. Chop the onion finely, melt the remaining 1 oz. of butter in a stewpan, put in the onion as soon as the butter is hot, and fry a golden colour. Then add the raw rice and fry it a few minutes, stirring all the time; pour in the stock, and boil until the rice is tender and has absorbed the stock; a little more stock may be added if necessary. Season nicely with pepper and salt. Cut the remaining tomato into dice, take away the seeds, and add to the rice; mix well. Stuff the tomatoes with this preparation, shape into a dome-shape, sprinkle with chopped parsley, and serve hot.

Average cost, 9d. Time required, 45 minutes. Seasonable all the year. Sufficient for 6 persons.

1,669. TOMATO AND CHEESE PUDDING.

2 lbs. tomatoes. | 2 ozs. butter. | 2 ozs. grated cheese. | 1 gill breadcrumbs.

Melt 1 oz. of butter in a sauté-pan, cut the tomatoes in slices, put them into the butter, and cook them until soft. Mix in half the breadcrumbs and $1\frac{1}{2}$ ozs. of the cheese, season to taste with salt and pepper. Butter a pie-dish, sprinkle over it some breadcrumbs, then pour in the tomato mixture; cover the top with grated cheese and breadcrumbs. Put a few bits of butter on the top, and bake in a quick oven for about twenty minutes. Serve either hot or cold for luncheon or supper.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

TRUFFES (TRUFFLES)**1,670. TRUFFES À LA CRÈME (TRUFFLES IN CREAM).**

1 lb. fresh truffles. | salt. | $\frac{1}{2}$ gill Madeira wine. | $\frac{1}{2}$ pint cream.
2 ozs. butter. | pepper. | $\frac{1}{2}$ gill Bechamel sauce (No. 4). | 1 lb. puff-paste.

Wash the truffles, clean them thoroughly, cut them into thick slices. Melt the butter in a stewpan, put in the sliced truffles, add the wine, and cook slowly for fifteen minutes; then add to them the Bechamel sauce, the cream, and seasoning. Make the puff-paste into a vol-au-vent case, bake it, then fill with the truffle mixture as soon as ready. The cream should reduce until the sauce is somewhat thick. Dish up, and serve hot.

Average cost, fresh truffles cost 6s. to 21s. per pound, according to quality. Time required to cook truffles, 30 minutes. Seasonable, October to January. Sufficient for (number uncertain).

1,671. TRUFFES À LA SERVIETTE.

1 lb. truffles. | 1 gill Madeira wine. | 1 gill veal stock. | salt. | pepper.

Wash the truffles, brush them to free from grit, drain and dry, put them into a stewpan with the wine, sprinkle with salt and pepper, put on the lid, and cook them slowly. When the wine is nearly reduced, add the stock, and put the pan at the side of the fire for fifteen minutes, but do not let it boil again. Dish up the truffles, and strain the sauce over. Place the dish on a folded napkin, and serve.

Average cost of truffles, 6s. to 21s. per pound. Time required, 45 minutes. Seasonable, October to January. Sufficient for (number uncertain).

1,672. TRUFFES SOUS LA CENDRE.

6 large truffles. | pastry. | a little cognac. | salt. | pepper.

Wash the truffles, scrub off all the grit, wash again, drain and dry. Roll out some tartlet-paste, cut out some rounds, place a truffle in the centre of each, sprinkle with salt, pepper, and a few drops of cognac; work the paste round the truffle so that they are completely covered. Place them on a baking-sheet, and cook in the oven for about thirty minutes. Dish up, and serve them in the pastry.

Average cost, 6s. to 21s. per pound. Time required, 30 minutes to cook. Seasonable, October to January. Sufficient for 6 persons.

1,673. PURÉE DE TRUFFES.

$\frac{1}{2}$ lb. truffles. | 1 oz. butter. | 1 gill brown sauce (No. 6). | salt. | pepper. | 1 oz. glaze.

Wash and peel the truffles, put them into a mortar with the butter and pound well, then rub them through a fine sieve. Put the purée into a saucepan, season with salt and pepper, add the sauce, simmer for ten minutes, add the glaze, dish up on a hot dish, and serve.

CHAPTER XIX

VEGETABLE ENTRÉES (COLD)

1,674. PETITES MOUSSES D'ARTICHAUTS (LITTLE ARTICHOKE CREAMS).

8 preserved artichoke bottoms.	1½ gills cream.	aspic jelly.	½ gill Bechamel sauce (No. 4).
¼ lb. cooked chicken.	salt and pepper.	truffle.	parsley or small salad.

MINCE the chicken finely, drain the artichokes, dry them in a cloth, put them in a mortar with the chicken, and pound thoroughly ; add the Bechamel sauce, mix to a smooth paste, then rub through a sieve. Put this purée into a basin, season to taste with salt and pepper, mix in about 1½ gills of cold but liquid aspic jelly ; whip the cream slightly, and stir it into the rest of the ingredients. Have ready some dariole-moulds, lined with a thin coating of aspic and decorated with truffle cut out in fancy patterns. Set on ice. As soon as the above mixture is ready, fill up the moulds with it, and let them set. When ready, turn out on to an entrée-dish. Arrange them in a circular row, garnish with chopped aspic and parsley or salad. Serve cold.

Average cost, 4s. 6d. Time required, 1 to 2 hours. Seasonable always. Sufficient for 8 or 9 darioles.

1,675. ASPERGES À LA VINAIGRETTE (ASPARAGUS COLD, SAUCE VINAIGRETTE).

1 bundle asparagus.	1 tablespoonful tarragon	1 teaspoonful parsley,	salt.
3 tablespoonfuls olive oil.	vinegar.	tarragon, chervil.	pepper.

Clean the asparagus, tie them round with string, cut the ends all the same length. Cook the asparagus in boiling salted water. When tender, take them up, place on a sieve, and let it get quite cold. Dish up, and put on ice until ready to serve. Mix together the olive oil, vinegar, salt and pepper, chop the herbs very finely, and stir them into the oil and vinegar ; mix well, and send it to table with the asparagus.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, May to August. Sufficient for 4 persons.

1,676. ASPERGES À LA MAYONNAISE (COLD ASPARAGUS WITH MAYONNAISE).

50 heads of asparagus. | 1½ gills mayonnaise sauce (No. 134). | ½ gill cream. | salt. | pepper.

Clean the asparagus, scrape the stalks, tie in bundles, and cut the sticks all the same length. Put them into a saucepan of boiling water seasoned with salt, cook until the heads are tender, then lift them carefully out of the saucepan, drain, and put them on a plate to cool. When cold, dish them, and place on ice until ready to serve. Prepare the mayonnaise, stir the whipped cream into it, and send to table with the asparagus.

Average cost, 3s. Time required, 2 hours. Seasonable, May to August. Sufficient for 4 persons.

1,677. FONDS D'ARTICHAUTS À LA REINE (ARTICHOKE BOTTOMS, QUEEN STYLE).

8 preserved artichokes.	4 hard-boiled eggs.	aspic jelly.	salt.
1 terrine of foie-gras.	$\frac{1}{2}$ gill cream.	truffle.	pepper.

Drain and dry the artichokes on a cloth, then with a pair of scissors scallop the edges of the artichokes, so as to give them pretty borders. Rub the foie-gras through a fine sieve, first removing the fat and truffle; mix the cream into this purée, and season to taste. Pour a little aspic jelly over the artichokes, then put a little of the foie-gras purée into each fond. Choose some small eggs, boil them for twelve to fifteen minutes, then put them into cold water. When cold, shell them carefully, cut each in half, take out the yolks so as not to break the whites; pass the yolks through a sieve, mix them into the remainder of the foie-gras purée. Cut the tip of each egg so as to make it stand firmly, put the foie-gras mixture into a forcing-bag, and fill up the whites of the eggs with it in a dome-shape. Place a small star of truffle on the top of each. Mask them all over with half-set aspic jelly. Dish up and garnish with chopped aspic and parsley or small salad. Serve cold.

Average cost, 4s. Time required, 1 hour. Seasonable always. Sufficient for 8 persons.



FIG. 115.—FONDS D'ARTICHAUTS À LA REINE.

1,678. TIMBALE D'ASPERGES À LA VERT-PRÉ (TIMBALE OF COLD ASPARAGUS).

1 large bundle asparagus.	aspic jelly.	1 gill cream.
1 gill velouté sauce (No. 82).	salt.	$\frac{1}{4}$ oz. gelatine.

Wash the asparagus, scrape the stalks, tie them up in small bundles, cut the sticks all the same length; boil the asparagus in a saucepan of boiling water, seasoned with salt. When tender, drain, and let it get cold. Coat the bottom and sides of a plain timbale-mould, let this set; then take some of the asparagus and cut it in short lengths, fit these into the bottom of the mould, so that the heads are to the centre and all touching each other, arranged like the biscuits in a Charlotte Russe. After this put some of the asparagus round the sides of the mould, standing up close to each other, heads down; set these in with a layer of aspic jelly. Rub the remainder of the asparagus through a hair sieve. Put the sauce into a stewpan, make it hot, add the gelatine. When this is melted, strain it into a basin to cool, then add this to the asparagus purée. Whip the cream slightly, and add it to the

rest of the ingredients ; season to taste with salt and pepper. Fill the centre of the decorated mould nearly to the top ; when set, pour a layer of aspic jelly over. Put on ice until ready to serve. Turn out the mould on to an entrée-dish, garnish round the base with chopped aspic, and serve cold.

Average cost, 5s. Time required, 2 to 3 hours. Seasonable, May to August. Sufficient for 4 or 5 persons.

1,679. CHAUDFROID D'ASPERGES (COLD ASPARAGUS).

1 bundle asparagus.	1 pint aspic jelly (No. 251).	salt.	$\frac{1}{2}$ teaspoonful parsley,
$1\frac{1}{2}$ gills asparagus-points.	2 tablespoonfuls salad oil.	pepper.	tarragon, chervil.
$1\frac{1}{2}$ gills cream.	2 teaspoonfuls vinegar.	1 truffle.	pepper.

Wash the asparagus, scrape the stalks, and tie up in bundles ; cut the stems all the same length, put the bundles into boiling salted water in a stewpan, cook until tender ; then drain, untie, and let them get cold. Cook the asparagus-points in the same way, drain, cool, and rub through a fine sieve. Put this purée into a basin. Line a bomb-shaped (1 pint size) mould with a thin layer of aspic jelly. When this is set, decorate it with truffle, cut out in fancy patterns ; set these by sprinkling over them a few drops of aspic. When this is firm, line the mould all over with aspic cream. This is made with $\frac{1}{2}$ pint of aspic jelly, mixed with 1 gill of cream. Mix into the purée of asparagus-points in the basin the remaining $\frac{1}{2}$ gill of cream and 1 gill of aspic jelly, fill the mould nearly to the top with this, then over the top put a layer of aspic cream. Put the mould on ice, and let set. Turn on to a round dish, dress the cooked asparagus round the shape, mix together the oil, vinegar, chopped parsley, pepper and salt ; pour this over the asparagus, garnish with parsley, and serve.

Average cost, 5s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, February to July. Sufficient for 6 persons.

1,680. PETITS PANIERS À LA JARDINIÈRE (LITTLE BASKETS OF VEGETABLES).

$\frac{1}{2}$ lb. short-paste. | 1 gill mixed vegetables. | oil. | aspic jelly. | vinegar. | salt. | pepper.

Roll out the pastry and line six round fancy moulds with it ; also cut out three rounds of pastry with a round fancy cutter. Take out the centre with a smaller cutter, leaving a ring about $\frac{1}{8}$ inch in breadth. Cut each ring in half ; these will form the handles to the baskets. Arrange them on a baking-sheet, fill the insides of the fancy moulds with raw rice, put into a hot oven, and bake a pale colour. Cook ready some mixed vegetables—i.e., carrots and turnips (these cut in dice), peas, and beans. These vegetables are cooked separately in salted water, then mixed together when cold. Place the prepared vegetables in a basin, add to them a little oil, vinegar, salt and pepper, mix thoroughly, add to them a little aspic jelly. When the pastry-shapes are baked, take them out of the oven, turn them out of the tins, take out the rice carefully, and let them get quite cold. Then fill them with the prepared vegetables, pour a half-set aspic over the top, insert the handles, and dish up. Garnish the dish with chopped aspic and sprigs of parsley (see coloured plate).

Average cost, 1s. Time required, 1 hour. Seasonable all the year, if preserved vegetables are used. Sufficient for 3 or 4 persons.

1,681. BETTERAVES FARCIES AU CELERI (BEETROOT STUFFED WITH CELERY).

2 large cooked beetroots.	mayonnaise sauce	parsley.
1 small head of celery.	(No. 134).	large artichoke bottoms.

Peel the beetroots, cut them in slices about $1\frac{1}{2}$ inches in thickness ; cut these slices into rounds with a fluted cutter, 2 inches in diameter, take the centre out of each with a smaller cutter, in this way making little cases of the beetroot. Take



Petits Paniers à la Jardinière

the whitest part of the celery, wash it thoroughly, and then cut into fine shreds ; place these in a basin, and mix with a little mayonnaise sauce. Stand each beet-root case on a large artichoke bottom, fill the centre of the case with the celery, piling it up above the beetroot. Sprinkle a little chopped parsley on the top of each, arrange them neatly on a dish, and garnish with sprigs of fresh parsley or watercress. Serve cold. (See coloured plate.)

Average cost, 3s. Time required, 30 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,682. COUPES DE CONCOMBRES.

1 large cucumber.	2 ozs. cooked ham.	mayonnaise sauce (No. 134).	watercress.
$\frac{1}{4}$ lb. cold chicken.	1 gill cream.	1 gill aspic jelly (No. 251).	salt and pepper.

Remove all skin from the chicken, and then mince it finely ; also the ham. Put both into a mortar, with two tablespoonfuls of mayonnaise sauce, salt and pepper ; pound well, and then rub through a fine sieve. Mix 1 gill of liquid aspic jelly with this purée ; whip the cream slightly, and stir into the chicken mixture. Cut the cucumber into slices about $1\frac{1}{4}$ inches thick, without peeling it. Then with

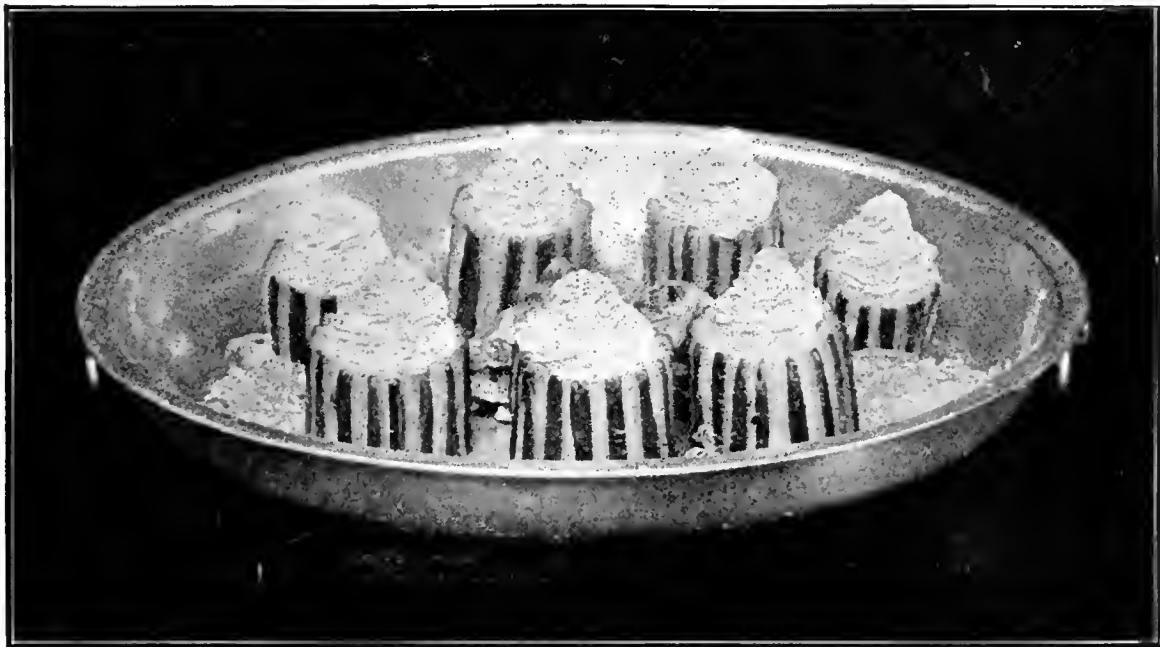


FIG. 116.—COUPES DE CONCOMBRES.

a small knife cut a narrow strip out of the cucumber, just the depth of the skin ; leave a space equal in width to the piece taken out, and then remove another strip ; continue in this way until the cucumber is encircled. This gives a very pretty scalloped effect to the cucumber. Remove some of the centre of each slice of cucumber, and, when the chicken purée is nearly set, fill each one with it by means of a forcing-bag and pipe. Arrange them on a dish, and garnish with sprigs of watercress or parsley. Serve cold.

Average cost, 2s. Time required, 1 hour. Seasonable, March to August. Sufficient for 4 persons.

1,683. CHOU-DE-MER À LA MAYONNAISE (COLD SEAKALE WITH MAYONNAISE SAUCE).

1 basket of seakale.	1 lemon.	salt.	$\frac{1}{2}$ gill cream.	1 gill mayonnaise sauce (No. 134).
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Wash the seakale, trim, and put it into a basin of water, seasoned with a little salt. Have ready a stewpan of boiling water, add to it the juice of half a lemon, and a little salt ; drain the seakale, tie it in bundles, and put into the boiling water ;

add also the juice of half a lemon. Cook the seakale until tender. When done, drain it, and let it get cold ; stand on ice or place it in an ice-cave or refrigerator for about two hours. Mix the mayonnaise sauce and the whipped cream together, and, when ready to serve, dish the seakale on a cold dish, pour the sauce over, and serve.

Average cost, 2s. Time required, 2 to 3 hours. Seasonable, February to June. Sufficient for 4 or 5 persons.

1,684. DARIOLES DE PETITS POIS (DARIOLES OF PEAS).

1½ pints shelled peas. | aspic jelly (No. 251). | 1 gill cream. | salt. | pepper.

Cook the peas in salted, boiling water until tender. Coat six or eight dariole-moulds with aspic jelly ; when this is set, line them all over with the cooked peas, sides and bottom. Sprinkle over these some more jelly to set them. Rub the remainder of the peas through a hair sieve, put this purée into a basin, whip the cream slightly and stir it into the sieved peas, season nicely with salt and pepper ;

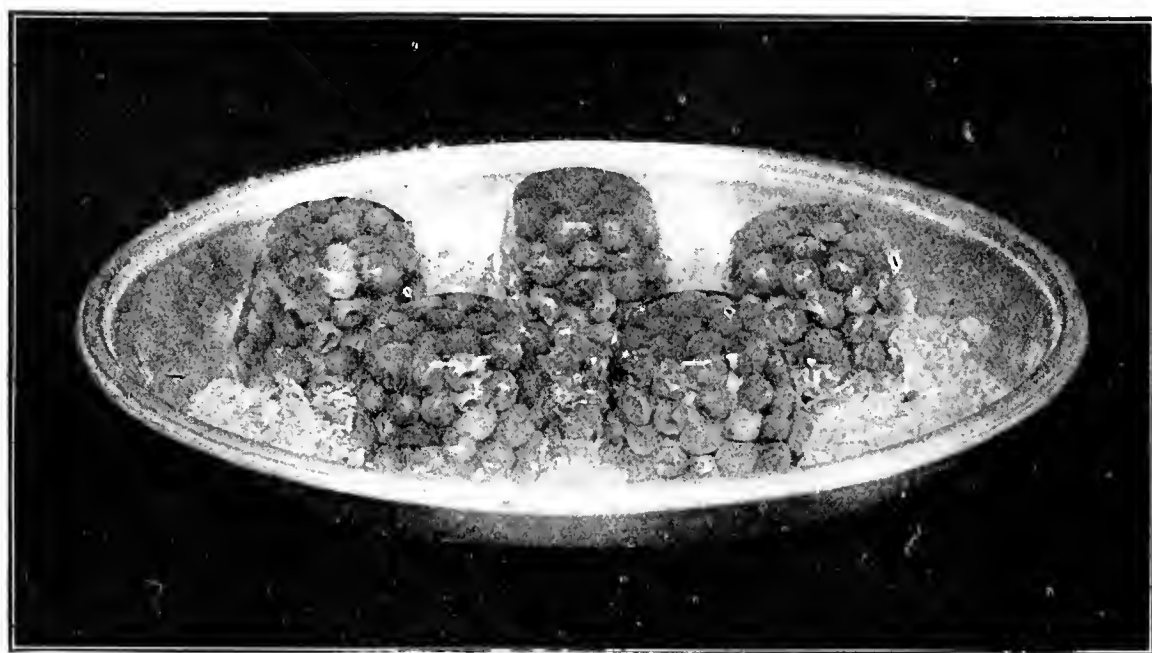


FIG. 117.—DARIOLES DE PETITS POIS.

fill the lined moulds with this mixture, nearly to the top, pour over the top of each a layer of aspic jelly ; set the moulds on ice until ready to serve. Turn out on to an entrée-dish in a circle, put some chopped aspic in the centre, garnish with small salad, and serve.

Average cost, 1s. 9d. Time required, 1 to 1½ hours. Seasonable, June to August. Sufficient for 6 or 8 darioles.

1,685. PETITES DARIOLES DE LÉGUMES EN ASPIC (LITTLE DARIOLES OF VEGETABLES IN ASPIC).

½ pint macédoine of vegetables. | aspic jelly (No. 251). | 1 tablespoonful capers. | 1 truffle.
3 anchovies. | mayonnaise sauce (No. 134). | parsley.

Line some small dariole-moulds with a thin layer of aspic jelly. Have ready cooked a macédoine of vegetables—*i.e.*, carrots, turnips, and beans, cut in dice, and green peas. Cook all these vegetables separately in salted boiling water, drain, and let them get cold. Now line the little moulds all over, sides and bottom, with circular rows of the different kinds of vegetables, alternating the colours ; set these in with a few drops of aspic jelly sprinkled over. When this is set, put on a little more aspic, so that the decoration may be well coated. After this is done, put the

remainder of the vegetables into a basin, add the capers, the boned anchovies, cut up small, and the truffle, sliced ; mix all well together, season to taste, and mix in sufficient mayonnaise to bind and season the mixture ; add enough aspic jelly to make the preparation set. Fill the prepared moulds with this, and put the tins on ice to set. When ready to serve, turn them on to a dish, garnish with chopped aspic and sprigs of fresh parsley, and serve cold.

Average cost, 1s. 6d. Time required, 1 to 2 hours. Seasonable all the year. Sufficient for 6 moulds.

1,686. CRÈME DE CELERI (COLD CREAM OF CELERY).

1 large head of celery.	$\frac{1}{2}$ lemon.	1 tablespoonful mayonnaise	salt and pepper.	truffle.
1 gill cream.	aspic jelly.	sauce (No. 134).	milk.	lettuce.

Wash the celery, trim off the outside leaves, cut it in pieces, and put it into a basin of water containing salt and the juice of half a lemon. Put into a stewpan sufficient milk and water in equal parts to well cover the celery, bring to the boil,

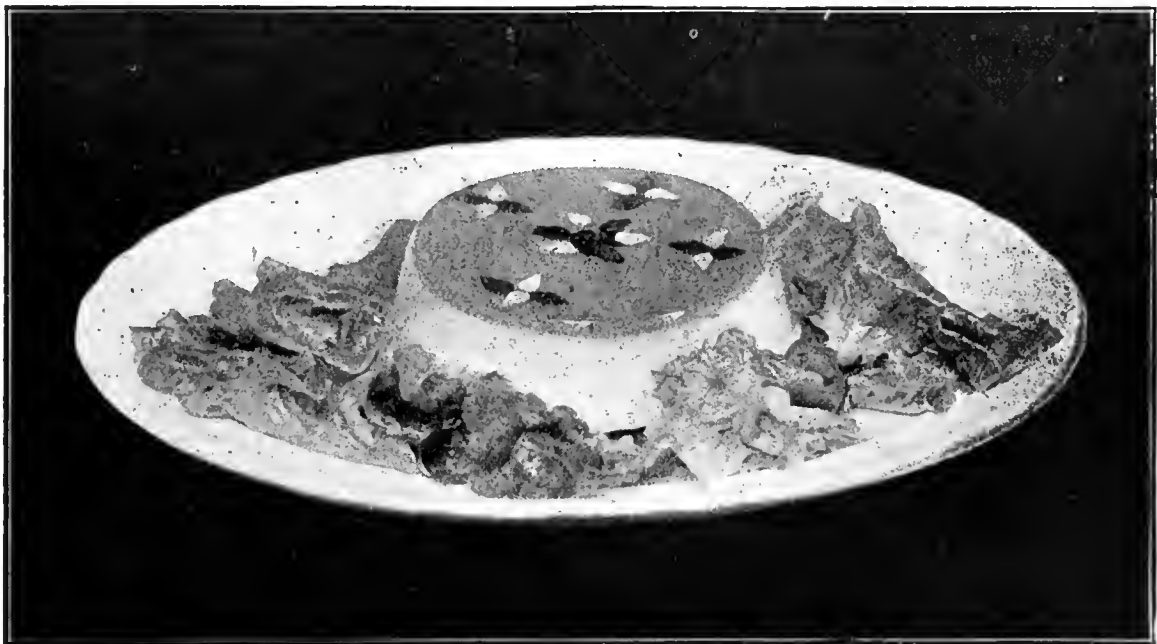


FIG. 118.—CRÈME DE CELERI.

drain the celery, and drop it into the boiling milk and water ; season with salt, and cook until tender. Drain when done, and rub it through a hair sieve ; let it get cold, then mix with it in a basin the whipped cream and the mayonnaise sauce, add sufficient aspic jelly to make it set, season to taste with salt, pepper, and a tiny pinch of cayenne. Decorate a timbale-mould with aspic jelly and the truffle, cut out in fancy shapes ; set these in with a few drops of aspic sprinkled over. When quite set, put in the celery cream, and put on ice until wanted. Turn out, and dish up on lettuce-leaves, and garnish with groups of chopped aspic.

Average cost, 1s. 6d. Time required, 1 to 2 hours. Seasonable, September to February. Sufficient for 5 persons.

1,687. TOMATES À LA LUCULLUS.

6 tomatoes.	6 pickled walnuts.	oil.	1 gill mayonnaise sauce	1 lettuce.
aspic jelly.	4 hard-boiled eggs.	vinegar.	(No. 134).	salt and pepper.

Choose the tomatoes as much as possible the same size ; they should be ripe, but firm. Dip the tomatoes into boiling water, let them soak for a minute or two, then skin them carefully. Cut out a circular piece on the top of each, scoop out the inside, drain by turning them upside down on a sieve. Season the tomatoes inside with salt and pepper, put in each a layer of mayonnaise, then a pickled walnut,

then some more mayonnaise, put back on each the circular piece that was cut out, so that they look like whole tomatoes. Wash the lettuce, divide it into leaves, arrange six of the nicest leaves on an entrée-dish, place a tomato on the centre of each leaf. Shell the hard-boiled eggs, cut them in slices, arrange the slices of egg neatly round each tomato, season these with pepper, salt, and sprinkle over a few drops of oil and vinegar. Garnish the dish between the tomatoes with chopped aspic. Serve cold.

Average cost, 1s. 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,688. MOUSSES DE PETITS POIS (LITTLE MOUSSES OF PEAS).

1 pint shelled peas.	aspic jelly.	8 or 10 ramaquin cases	$\frac{1}{2}$ gill Bechamel sauce (No. 4).
spinach greening.	$1\frac{1}{2}$ gills cream.	(paper or china).	salt and pepper.

Cook the peas in salted boiling water until tender, drain and rub them through a hair sieve. Put this purée into a basin, and mix into it the Bechamel sauce. Whip the cream lightly; melt about 1 gill of aspic jelly. Take away and put on one



FIG. 119.—MOUSSES DE PETITS POIS.

side for decoration one-quarter of the pea purée; into the remainder mix the gill of aspic and 1 gill of cream, season to taste; fill the little cases with this mixture. Mix the remaining $\frac{1}{2}$ gill of cream with the pea purée that was put aside for decoration. If not a nice green colour, mix in a little spinach greening. Fill this purée into a forcing-bag, with a rose-pipe attached to it, and decorate the top of each mousse with it tastefully as soon as they are set. Dish them up on an entrée-dish, and garnish round with sprigs of parsley or watercress.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, June to August. Sufficient for 8 or 10 cases.

1,689. TOMATES À LA DUBARRY.

8 tomatoes.	salt and pepper.	1 teaspoonful chopped parsley.
1 cauliflower.	parsley.	mayonnaise sauce (No. 134).

Select tomatoes all the same size, peel them by dipping in boiling water, make a circular incision on the top of each tomato, and then carefully scoop out the centre. Boil the cauliflower in boiling salted water until tender, drain, and let it get cold. Divide the flower into small sprigs, put these into a basin, season them

with salt and pepper, add sufficient mayonnaise sauce to moisten, sprinkle in the parsley, mix all together lightly. Fill the tomatoes with this preparation, pile the mixture above the opening of the tomato, sprinkle with a little chopped parsley, and dish up, garnish with sprigs of parsley, and serve cold.

Average cost, 1s. 4d. Time required, 45 minutes. Seasonable, March to November. Sufficient for 8 persons.

1,690. TOMATES EN SURPRISE.

1½ gills mayonnaise sauce (No. 134.)	1 gill cream.	1 gill cooked asparagus-	salt.
2 gills aspic jelly (No. 251).	small salad.	points.	pepper.

Mix the mayonnaise with ½ gill of cream and 1½ gills of aspic jelly. Rinse out some tomato-moulds with cold water, fill them with the above mixture, put on ice, and let them set; then very carefully scoop out the centre of each, leaving a lining round of the mayonnaise aspic. Mix the cooked asparagus-points with the remaining ½ gill of cream, add to it the same quantity of aspic jelly, season with



FIG. 120.—TOMATES EN SURPRISE.

salt and pepper, stir on ice until just beginning to set, then fill the centres of the moulds with this preparation. Place the two halves of each mould together, taking care that the marks of each part are opposite each other. Put on ice, and let them get thoroughly set. Turn out the moulds carefully, dish up, and garnish with small salad and chopped aspic, and serve.

Average cost, 2s. 6d. Time required, 1½ to 2 hours. Seasonable, March to July. Sufficient for 8 or 10 moulds.

1,691. TOMATES À LA JARDINIÈRE (TOMATOES WITH SPRING VEGETABLES).

8 tomatoes.	1 tablespoonful salad oil.	1 teaspoonful chopped parsley.	salt.
1 gill cooked macédoine of vegetables.	1 teaspoonful capers.	1 truffle.	pepper.
	½ tablespoonful vinegar.	mayonnaise sauce (No. 134).	parsley.

Choose the tomatoes all the same size, place them in boiling water for a few seconds, then take them out and peel carefully. Make a circular incision on the top of each, scoop out the inside, season with salt and pepper, and let drain on a sieve. Mix the vegetables—i.e., carrots, turnips (cut in dice), beans (sliced small), and peas. Cook these ready, and let them get cold; place in a basin, mix in the capers, chopped parsley, salad oil, vinegar, salt and pepper, stir all well together;

then fill the tomatoes with the preparation, put back the piece of tomato that was cut out, so as to make them look like untouched tomatoes. Coat them all over with stiff mayonnaise sauce, decorate them with truffle, dish up, and serve cold.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 8 persons.

1,692. TOMATES À LA RAVIGOTE.

6 tomatoes.	1 gill picked shrimps.	salt.	1 teaspoonful anchovy
parsley.	ravigote sauce (No. 139).	pepper.	essence.

Peel the tomatoes by dipping them into boiling water, cut with a sharp knife or cutter a circular incision on the top of each tomato, scoop out the inside of each carefully with a small teaspoon, season with salt and pepper, turn them upside down on a sieve, so as to drain away all moisture. Chop the shrimps coarsely, mix them with sufficient ravigote sauce to bind, add the anchovy essence, and season to taste. Fill the tomatoes with this mixture, put on ice until wanted. When ready to serve, dish up on a napkin or dish-paper, garnish with sprigs of fresh parsley, and serve cold.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,693. TOMATES À LA FRANÇAISE.

8 tomatoes.	vinegar.	salt and pepper.	4 ozs. cooked chicken.
salad oil.	lettuces.	6 anchovies.	2 hard-boiled eggs.

Skin the tomatoes by steeping them in boiling water for one or two minutes. Cut a circular piece out of the top of each tomato, scoop out the inside carefully, so as not to break them. Turn them upside down on a sieve to drain for a few minutes, then sprinkle the insides with salt and pepper, a few drops of salad oil and vinegar. Wash and scrape the anchovies, take out the bones, and cut into fine strips; cut the chicken into shreds; mix the anchovy and chicken strips together, and fill up the tomatoes with them. Wash the lettuces, shred the hearts into nice pieces, mix these with a little salad oil and vinegar. Arrange this salad in a dish, dress the tomatoes on it in a circle, slice the hard-boiled eggs, or cut them in quarters, garnish the dish with them, and serve.

Average cost, 1s. 3d. Time required, 15 minutes. Seasonable all the year. Sufficient for 8 persons.

1,694. TOMATES AU MOUSSE DE CHOUFLEUR (TOMATOES WITH CAULIFLOWER MOUSSE).

6 tomatoes.	1 gill cream.	salt.	cayenne.
1 small cauliflower.	aspic jelly.	pepper.	parsley.

Choose the tomatoes as much as possible the same size; they should be ripe, but quite firm; put them into boiling water for a few minutes, then skin carefully, so as not to break the tomatoes. Cut a round piece out of the top of each tomato with a sharp knife, and scoop out some of the pulp; pass this through a fine sieve. Boil the cauliflower in salted water; when done, drain well, let it cool, then rub it through a hair sieve. Take 1 gill of this purée, add it to the tomato pulp, stir in 1 gill of aspic jelly, season nicely with salt, pepper, and a tiny pinch of cayenne. Whip the cream slightly, and add it to the rest of the ingredients, stirring it in quickly and lightly. Put the basin containing the mixture on ice, and let it half-set; then fill up the tomatoes with it. Put these again on ice until quite set. Dish up, and garnish them with chopped aspic and sprigs of fresh parsley.

Average cost, 1s. 6d. Time required, 1 to 2 hours. Seasonable, March to November. Sufficient for 6 persons.

1,695. TOMATES À LA CRÉOLE.

6 ripe firm tomatoes.	12 shelled walnuts.	$\frac{1}{2}$ head celery.	salt.
mayonnaise sauce (No. 134).	lettuce-leaves.	parsley.	pepper.

Wipe the tomatoes, cut a circular slice out of the top of each with a round cutter, scoop out the centre of each tomato with a small teaspoon, taking care not to break the skin. Wash the celery, use the heart only ; shred this finely, and put it into a basin. Chop the walnuts coarsely (these should first be skinned), mix them with the celery, season with salt and pepper, and moisten with mayonnaise sufficient to bind the ingredients together. Fill the tomatoes with this preparation, and place them on ice until wanted. When ready to serve, arrange on a round entrée-dish a bed of lettuce-leaves, dish the tomatoes on them, garnish with sprigs of fresh parsley round the dish, and serve.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,696. TOMATES EN MAYONNAISE (TOMATOES STUFFED WITH MAYONNAISE).

6 tomatoes.	1 teaspoonful chopped parsley,	$\frac{1}{2}$ pint aspic jelly (No. 251).
$\frac{1}{2}$ pint mayonnaise	tarragon, and chervil.	$\frac{1}{2}$ teaspoonful chopped capers.
sauce (No. 134).	parsley.	salt and pepper.

Choose tomatoes all the same size, skin them ; this is done by placing them in boiling water for a few seconds. Cut a circular slice off the top of each tomato, put these aside to use later. Prepare the mayonnaise, which should be stiff, add to it the chopped herbs, capers, salt and pepper. Season the insides of the tomatoes and fill them with the prepared sauce ; put on each the circular slice that was removed, so that they look like whole tomatoes ; put them on the ice for about one hour, then mask them all over with half-set aspic jelly. Dish them, and garnish with chopped aspic jelly and sprigs of crisp parsley.

Average cost, 1s. 9d. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

1,697. TOMATES À LA NEVA.

8 tomatoes.	$1\frac{1}{2}$ gills cooked carrot,	4 anchovy fillets.	mayonnaise sauce (No. 134).
2 gherkins.	turnip, peas, beans.	2 ozs. cooked tongue.	salt and pepper.

Choose the tomatoes all the same size, peel them, cut a circular slice from the top of each, scoop out the inside, season them with salt and pepper. Cut the tongue into dice, the cooked carrot and turnip, the beans in small pieces, mix these with the tongue ; cut the gherkins and anchovy fillets into small pieces, stir these into the rest of the ingredients, season to taste, and mix in sufficient mayonnaise to bind. Fill the tomatoes with this salad, set them on ice until ready to serve. Dish up, and garnish with parsley or small salad.

Average cost, 2s. Time required, 45 minutes. Seasonable at all times. Sufficient for 8 persons.

1,698. TIMBALE DE LÉGUMES À LA NORMANDE (TIMBALE OF VEGETABLES, NORMAN STYLE).

aspic jelly (No. 251).	mayonnaise sauce	lettuce.	turnips.
mixed vegetables.	(No. 134).	carrots.	$\frac{1}{2}$ gill cream.

Line a deep border-mould (timbale shape) with a thin layer of aspic jelly. Clean the carrots and turnips, and cook them separately in boiling salted water ; when tender, take them up and let them cool. Then cut each in thin slices, and stamp out rounds from them with a cutter about the size of a shilling. Place a row of carrot circles round the timbale, leaning against the side of the mould, and each piece of carrot slightly overlapping the previous one. Set this in carefully with a little liquid aspic jelly. When quite firm, make a similar row of turnips,

half-way up the mould, making the rounds overlap in the opposite direction to the carrot ones. Set these in also with aspic, and then finish with another row of carrot at the top of the mould. Whip the cream lightly, mix into it $\frac{1}{2}$ gill of mayonnaise sauce and $1\frac{1}{2}$ gills of aspic jelly. Line the mould completely with this mixture. Put some mixed vegetables into a basin, mix into it the remains of the aspic mayonnaise and a little more aspic jelly. When beginning to set, turn it into the cavity left in the mould ; cover the top with a thin layer of aspic jelly, put aside in a cool place to set. Wash the lettuces thoroughly, and break into small pieces, and mix with a little mayonnaise sauce. Turn the mould out on to a cold dish, and fill the centre with the lettuce salad. Cut out some more rounds of carrot and turnip, the size of a sixpence, place these on the top of the mould, leaning against the lettuce ; they must be placed alternately, first a piece of carrot, then a piece of turnip, overlapping the previous one. Continue in this way until the mould is encircled. Garnish round the dish with lettuce-leaves, mixed vegetables, and chopped aspic jelly. Serve cold.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.



FIG. 121.—TIMBALE DE LÉGUMES À LA NORMANDE.

1,699. TOMATES FARCIES À L'ASPIC (TOMATOES STUFFED WITH ASPIC).

6 tomatoes.	2 hard-boiled yolks of eggs.	mayonnaise sauce	parsley.
$1\frac{1}{2}$ pints aspic.	1 teaspoonful chopped capers.	(No. 134).	salt.
3 sardines.	anchovy essence.	small salad.	pepper.

Choose the tomatoes all the same size, and not too large ; they should be firm, but ripe. Cut a circular piece out of the top of each, and then carefully, without breaking the tomatoes, scoop out the centre ; this is best done with a small teaspoon. Rub the yolks of the eggs through a sieve, put them into a basin ; scrape the scales off the sardines, take out the bones, and chop the fish finely, also the capers and a little parsley. Mix these with the yolks of eggs in the basin, stir to these about $\frac{1}{2}$ gill of mayonnaise sauce and the same of aspic, season with salt and pepper, add a little anchovy essence, put this mixture on ice, and stir until half-set ; then fill the tomatoes, and put back on the ice to set. Put a layer of aspic jelly, 1 inch thick, in a flat mould, place on ice, and let it set. As soon as it is firm, cut out six rounds with a round fluted cutter, a little bigger than the tomatoes, scoop out a small



Betteraves farcies au Celeri

piece in the centre of each with a smaller cutter, just large enough to hold the tomato. When the mixture in the tomatoes is set, coat them over with half-set aspic, dish on the rounds of aspic, and garnish with chopped aspic and small salad, and serve cold.

Average cost, 2s. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,700. PETITES BOMBES DE TOMATES.

$\frac{1}{2}$ pint tomato purée (No. 77). | $\frac{1}{2}$ oz. gelatine. | aspic jelly. | 3 eggs. | small salad.

Melt the gelatine in $\frac{1}{2}$ pint of aspic jelly; when cool, stir it into the tomato purée. Rinse out some bomb-shaped moulds, or dariole-moulds will do; fill them half-full with the prepared tomato mixture. Boil the eggs hard, cut each one in half, insert half an egg into the centre of each mould, pour round a little of the tomato mixture in order to set the egg. When this is done, fill up the moulds with the tomato jelly; place the moulds on ice. When thoroughly set, turn them out on to a cold dish, and garnish them with chopped aspic and small salad. Serve cold.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

1,701. TOMATES FARCIES AUX CELERI (TOMATOES STUFFED WITH CELERY).

6 ripe firm tomatoes.	1 head of celery.	salt.	2 lettuces.
mayonnaise sauce (No. 134).	aspic jelly.	pepper.	parsley.

Wipe the tomatoes, make a circular incision with a round cutter on the top of each tomato, scoop out the centre of each with a small teaspoon, taking care not to break the tomatoes. Wash the celery, take the heart and shred it finely, put it into a basin, season with salt and pepper, add sufficient mayonnaise to bind. Fill the tomatoes with this preparation, put on ice until required for table. When ready to serve, dish the tomatoes on lettuce-leaves, arranged on a round dish, garnish with parsley and a little aspic jelly, either chopped or cut in diamond shapes.

Average cost, 1s. 8d. Time required, 20 minutes. Seasonable, September to February. Sufficient for 6 persons.

CHAPTER XX

FARINACEOUS AND VEGETARIAN DISHES

1,702. GNOCCHI À LA RUSSE.

3 ozs. butter.	$\frac{1}{2}$ pint milk.	3 ozs. grated Parmesan cheese.	salt.
4 ozs. flour.	$\frac{2}{3}$ eggs.	Mornay sauce (No. 110).	pepper.

Put the butter into a stewpan; directly it is melted put in the milk, and bring to the boil. Have the flour ready sieved, and as soon as the milk and butter come to the boil, put in the flour quickly, and stir vigorously with a wooden spoon over the fire until the mixture leaves the bottom and sides of the stewpan clean. Take the pan off the fire and let it cool for a few minutes, then work in the eggs one at a time, beat well, season to taste, stir in the cheese, mix well. Divide this into equal parts, the size of walnuts, drop these into boiling salted water, and poach them for about ten minutes. Drain them on a cloth. Put a layer of Mornay sauce on a fireproof dish, place the gnocchi on this, pour the sauce over, sprinkle with cheese and a little melted butter, and set in a hot oven for about ten to fifteen minutes. Serve hot.

Average cost, 1s. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,703. GNOCCHI À LA ROMAINE

1 pint milk.	6 ozs. semolina.	1 oz. cheese.
1 yolk of egg.	salt and pepper.	1 oz. butter.

Boil the milk in a stewpan; as soon as it comes to the boil, sprinkle in the semolina, add salt and pepper, and stir it over the fire until done; it will take fifteen to twenty minutes to cook. Take the pan off the fire, and let it cool for a few minutes, then beat in the yolk of egg; sprinkle a dish with cold water, turn the mixture on to it, spread it in a layer $\frac{1}{2}$ inch thick. When cold, cut it out in squares or rounds, about 2 inches across. Arrange the gnocchi in a buttered fireproof dish, sprinkle with cheese and the butter, melted, and place in a hot oven to brown. Serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

1,704. GNOCCHI DE POMMES DE TERRE.

1 lb. potatoes.	1 small egg.	salt.	1 yolk of egg.
1 oz. butter.	6 ozs. flour.	pepper.	grated cheese.

Wash, peel, and boil the potatoes, drain, and pass them through a sieve. Melt the butter in a stewpan, put in the potatoes, mix, and add the eggs, flour, pepper and salt; stir over the fire until thoroughly mixed. Turn on to a plate, and, when cool enough to handle, divide the mixture into equal-sized pieces, the size of walnuts, shape them into balls, and poach in boiling water. When they are firm, take them up and drain, dish them on a fireproof dish in layers, putting over each layer a sprinkle of grated cheese, cover the top layer with cheese, and sprinkle all over with melted butter. Put the dish in a hot oven to brown.

Average cost, 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,705. GNOCCHI À LA MILANESE.

$\frac{1}{2}$ pint fresh breadcrumbs.	2 egg-yolks.	$1\frac{1}{2}$ ozs. flour.	salt.
$\frac{1}{2}$ oz. Parmesan cheese.	1 gill milk (about).	1 oz. butter.	pepper.

Mix the breadcrumbs and flour together in a basin, stir in the milk, and work to a smooth paste. Put this mixture into a stewpan, place it on the fire, and stir until thick; then add the yolks of the eggs, cook a little longer, season with salt and pepper. Divide this paste into equal parts, drop them into a saucepan of boiling water, and cook for about ten minutes. Take them up when done, pile them on a hot dish, sprinkle with the grated cheese, divide the butter into little pieces, place them on the top, brown in the oven, and serve hot.

Average cost, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

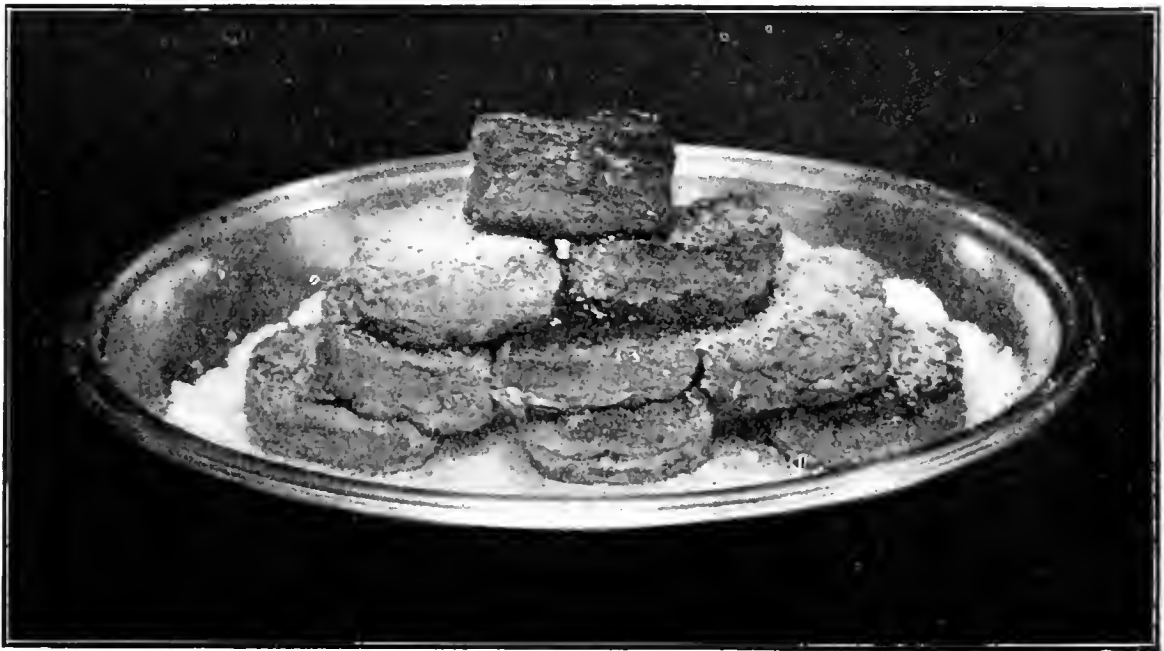


FIG. 122.—FRIED GNOCCHI.

1,706. FRIED GNOCCHI.

$\frac{1}{4}$ lb. flour.	2 eggs.	1 oz. Parmesan cheese.	salt.
$\frac{1}{2}$ pint milk.	flour.	2 ozs. butter.	pepper.

Put the milk into a stewpan, sieve the flour on to a piece of paper, bring the milk to the boil, then put in the flour all at once, and stir vigorously until the mixture leaves the sides and bottom of the pan clean; then take the pan off the fire and beat in the eggs, one at a time, until perfectly smooth. Season with salt and pepper, and then turn the preparation on to a plate to cool. When cold, divide the mixture into nine equal parts, shape each piece into squares, dredge them lightly with flour. Melt the butter in a sauté-pan, and, when hot, put in the gnocchi and fry them. When cooked, drain on paper, dish them in a pile on a hot dish, sprinkle grated Parmesan cheese over them, and serve hot.

Average cost, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 9 squares, $1\frac{1}{2}$ inches square.

1,707. BORDURE DE RIZ AUX CHAMPIGNONS (BORDER OF RICE WITH MUSHROOMS).

$\frac{1}{2}$ lb. rice.	1 quart water.	1 onion.	salt.	1 lb. mushrooms.
2 cloves.	3 yolks of eggs.	3 ozs. butter.	pepper.	chopped parsley.

Put the water (or stock can be used if not for a vegetarian dish) into a stewpan with the onion, stuck with the two cloves, bring to the boil, then sprinkle in the

rice, add some salt, and simmer until the rice is tender. As soon as the rice begins to swell, it must be constantly stirred to prevent its burning ; a little more stock or water may be added if necessary. The rice should have absorbed the liquor by the time it is cooked. Take it off the fire when done, and let it cool a little ; stir in the beaten yolks of eggs and $1\frac{1}{2}$ ozs. of butter broken up into small pieces, season with salt and pepper. Take out the onion and cloves. Butter a border-mould well, pack in the rice, press it down, and place the mould in a quick oven for about twenty minutes. Put the remainder of the butter into a small stewpan, peel the mushrooms, wash and dry them, put them into the hot butter, and toss over the fire for ten or fifteen minutes ; season to taste with salt and pepper. A little cream is an improvement. When ready to serve, turn out the border of rice on to a hot dish, dress the mushrooms in the centre, and serve.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

1,708. RIZ À L'INDIENNE (CURRIED RICE).

4 ozs. rice.	2 ozs. butter.	1 dessertspoonful curry-	salt.
1 onion.	4 tomatoes.	powder.	pepper.

Wash the rice, drain it, and put it into a quart of boiling water, slightly salted ; boil quickly until the rice is tender. Then drain and wash under the tap, so as to remove the sticky part and to separate the grains ; put the rice on a baking-sheet in the oven to dry for a few minutes. Melt the butter in a stewpan, slice the onion finely, fry it a golden brown ; then add the curry-powder, fry for a few minutes, stir in the rice, mix all together, and let it get thoroughly hot. Cut the tomatoes in slices, sauté them in butter. Dress the rice in a pile in the centre of a dish, arrange the tomatoes round, and serve hot.

Average cost, 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 persons.

1,709. RISOTTO À L'ITALIENNE (ITALIAN RISOTTO).

6 ozs. rice.	1 onion.	2 ozs. Parmesan cheese.	1 gill tomato sauce (No. 77).
$1\frac{1}{2}$ ozs. butter.	salt.	$1\frac{1}{2}$ pints stock or water.	pepper.

Wash the rice, peel and chop the onion, melt the butter in a stewpan, add the onion, and fry it a golden brown colour ; stir in the rice and fry a little, then add the stock or water, and cook until the rice is tender and has absorbed the stock. Add the sauce and the cheese, cook a little longer, season with salt and pepper, mix well, and serve. The stock or water used for cooking the rice should be added by degrees. The rice should have just the right consistency—not too stiff and not too moist.

Average cost, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,710. RIZ À LA TURQUE (RICE, TURKISH STYLE).

$\frac{1}{2}$ lb. rice.	$\frac{1}{2}$ pint tomato sauce (No. 77).	salt.	fried croûtons.
2 ozs. butter.	$1\frac{1}{2}$ pints stock or water.	pepper.	chopped parsley.

Put the stock or water into a saucepan, add to it the tomato sauce, season with salt, and bring to the boil. Sprinkle in the rice, and cook until it is tender and has absorbed the liquor ; then stir the butter into the rice by degrees, and let it stand by the side of the fire for a few minutes. When ready to serve, stir the rice well, turn it on to a hot dish, and surround it with triangular-shaped fried croûtons. Sprinkle a little chopped parsley over the rice, and serve hot.

Average cost, 8d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,711. RIZ À LA TOMATE (RICE WITH TOMATO).

6 ozs. rice.	2 ozs. butter.	1½ gills tomato sauce.	salt.
1 onion.	1½ ozs. cheese.	2 or 3 tomatoes.	pepper.

Wash the rice and dry it ; melt 1½ ozs. of butter in a stewpan ; peel and slice the onion, put it into the butter, and fry it without browning ; then add the rice, put in the tomato sauce, and enough stock or water to cook the rice ; add the latter by degrees, as wanted. When the rice is tender, season it with salt and pepper, mix in the cheese, and stir over the fire for a few minutes longer. Slice the tomatoes, and fry them in the remaining ½ oz. of butter, season them with a little salt and pepper. Dish the rice on a hot dish, garnish with the sliced tomatoes, and serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,712. RIZ À LA PIÉMONTAISE (RICE, PIEDMONTESE STYLE).

½ lb. rice.	1 oz. butter.	salt.	1 oz. Parmesan
1 onion.	3 potatoes.	cayenne.	cheese.

Chop the onion finely, melt the butter in a stewpan, put in the onion, and fry it lightly for a few minutes without browning ; then add the rice, stir over the fire for a few minutes, then add by degrees a quart of stock or water. Wash the potatoes and bake them in the oven in their skins ; when they are done, take them up, let cool, then rub through a fine sieve. When the rice is cooked, add to it the potato pulp and the grated cheese, mix all well together, season with salt and a pinch of cayenne. Stir over the fire for a few minutes, then pile up the rice on a hot dish, and serve for breakfast or supper.

Average cost, 4d. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

1,713. RIZ À LA BELGE (RICE, BELGIAN STYLE).

4 ozs. rice.	3 pints stock or	2 ozs. butter.	salt.
2 onions.	water.	1½ ozs. grated cheese.	cayenne.

Put the stock or water into a saucepan ; as soon as it boils, sprinkle in the rice, season with salt, and boil until the rice is tender ; then strain, wash, and dry it in a cool oven. Melt half the butter in a stewpan, cut the onions in slices, and fry a golden brown. Into the remainder of the butter, melted in a saucepan, stir the rice, add the cheese and seasoning, mix well over the fire. Dish the rice in a pile in the centre of a hot dish, arrange the sliced and fried onions round, and serve for breakfast or supper.

Average cost, 4d. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

1,714. FRIED FLORADOR CAKES.

2 ozs. florador.	1 pint milk.	1 egg.	salt.
2 yolks of eggs.	1 oz. butter.	breadcrumbs.	pepper.

Boil the milk with the butter, sprinkle in the florador, stir while boiling for ten minutes, season with salt and pepper, add the two yolks of eggs, and cook a little longer. Turn on to a buttered plate to cool. Divide the mixture into equal parts, shape each part into a round, flat cake ; beat up an egg on a plate, dip the cakes into it, toss in breadcrumbs, and fry in very hot fat a golden brown. Serve hot for breakfast or supper.

Average cost, 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 cakes.

1,715. CROQUETTES DE FLORADOR (FLORADOR CROQUETS).

$\frac{1}{4}$ lb. florador.	salt.	1 oz. butter.	fried parsley.	2 eggs.
1 pint milk.	pepper.	1 oz. cheese.	breadcrumbs.	frying fat.

Put the milk and butter into a stewpan together ; as soon as they come to the boil, sprinkle in the florador, place the pan on a slow fire, and simmer for about twenty minutes ; stir well every now and then (the last five or ten minutes the mixture should be stirred constantly). Season with salt and pepper. Cool a little, then mix in the two yolks of eggs and the cheese, cook a little longer, then turn out on to a plate, spread it out, and let it get cold. Cut out some shapes with a round or oval cutter, whip the two whites of eggs slightly on a plate, dip the croquettes into this, then toss them in breadcrumbs, and fry in very hot fat a golden brown colour ; drain them on kitchen-paper, dish on a folded napkin or dish-paper, garnish with fried parsley, and serve.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,716. TIMBALE DE FLORADOR À LA TOMATE (SHAPE OF FLORADOR WITH TOMATO).

1 pint milk.	3 tomatoes.	1 gill tomato purée.	$\frac{1}{2}$ small onion.	2 eggs.
6 ozs. florador.	1 oz. cheese.	$\frac{1}{2}$ pint tomato sauce	slice of carrot.	salt.
bay-leaf.	$\frac{1}{2}$ oz. butter.	(No. 77).	piece of mace.	pepper.

Peel the onion, put it into a stewpan with the mace, bay-leaf, and carrot ; add the milk, place the pan on the fire, and bring slowly to the boil. As soon as the milk comes to the boil, sprinkle in the florador, and stir well for a few minutes over the fire ; then add the butter, the grated cheese, and the gill of tomato purée. Stir over the fire for about ten minutes, season to taste with salt and pepper. Take off the fire, remove the onion, carrot, bay-leaf, and mace ; stir in the yolks of the eggs, beat the whites very stiffly, and add them to the mixture, stirring them in lightly. Dip the tomatoes into boiling water, skin, and cut them into slices. Butter a timbale-mould, put in the mould a layer of the florador mixture, then a layer of tomato slices ; continue in this way until the mould is filled to three-quarters of its height. Cover with a buttered paper, put the mould into a baking-tin, containing a little boiling water, put the pan in the oven, and cook for thirty to forty minutes. When done, turn out the timbale on to a hot dish. Heat the sauce, pour it over the timbale, and serve hot.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

1,717. MACARONI À L'ITALIENNE.

$\frac{1}{2}$ lb. macaroni.	$1\frac{1}{2}$ ozs. Parmesan cheese.	salt.
2 ozs. butter.	$1\frac{1}{2}$ ozs. Gruyère cheese.	pepper.

Boil the macaroni in a saucepan containing plenty of boiling water, seasoned with salt ; the macaroni will take from thirty to forty-five minutes to cook, and the water should be kept fast boiling all the time that the macaroni is cooking. When done, drain it well. Melt the butter in a stewpan ; when hot, put in the macaroni, and mix it over the fire ; add the cheese, and season to taste ; stir until the cheese is melted. Turn the mixture on to a dish, and serve hot.

N.B.—Macaroni, and all pastes of the same kind, should be cooked in fast boiling water, and be allowed to cook quickly until done.

Average cost, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

1,718. MACARONI AU GRATIN.

$\frac{1}{4}$ lb. macaroni.	1 gill Bechamel	1 oz. cheese.	salt.
breadcrumbs.	sauce.	1 oz. butter.	pepper.

Boil the macaroni in salted water, drain, put it back into the saucepan, mix in the Bechamel sauce, season to taste with salt and pepper, stir until hot and well mixed, then turn on to a dish ; sprinkle the cheese all over, also a few breadcrumbs ; break up the butter into small pieces, and put here and there on the top. Bake in a quick oven until brown. Serve hot.

Average cost, 4d. Time required, 1 hour. Seasonable at all times. Sufficient for 3 persons.

1,719. MACARONI CHEESE.

$\frac{1}{4}$ lb. macaroni.	$\frac{1}{4}$ lb. Cheshire cheese.	salt.
$1\frac{1}{2}$ ozs. butter.	breadcrumbs.	pepper.

Boil the macaroni in salted boiling water, drain when done, turn it out on to a board, and cut it up into 2-inch lengths. Cut up the cheese finely. Melt the butter in a stewpan, and as soon as it is hot put in the macaroni, add the cheese, and stir until the cheese is melted ; season with salt and pepper, mix all together thoroughly. Turn the macaroni into a china fireproof dish or into a pie-dish, sprinkle over a few breadcrumbs, put a few bits of butter here and there, and place in a hot oven or under a salamander to brown the surface. Serve hot as soon as ready.

Average cost, 4d. Time required, 1 hour. Seasonable always. Sufficient for 3 persons.

1,720. MACARONI À LA BOLOGNESE.

$\frac{1}{4}$ lb. macaroni.	salt.	1 tablespoonful of	2 tablespoonfuls of grated
2 lbs. spinach.	1 oz. butter.	cream.	Parmesan cheese.

Cook the macaroni in salted boiling water for 45 minutes ; drain it, and wash thoroughly by running cold water over it. Cut it up into convenient-sized lengths. Pick and wash the spinach in several waters, in order to remove all the grit. Put it into a saucepan of boiling water, with a little salt, and cook until tender. Strain off the water, and press the spinach as dry as possible. Rub it through a fine wire sieve, put into a saucepan with the butter, cream, and pepper and salt. Butter a pie-dish, put in a layer of macaroni, sprinkle with grated cheese, then a layer of spinach ; continue in this way until the dish is full, taking care that the last layer is macaroni and cheese. Place a few bits of butter on the top, and cook in a moderate oven for about twenty to thirty minutes. Take out, and serve in the pie-dish.

Average cost, 8d. Time required, $1\frac{1}{2}$ hours. Seasonable, March to December. Sufficient for 4 persons.

1,721. MACARONI AUX MARRONS (MACARONI WITH CHESTNUTS).

$\frac{1}{4}$ lb. macaroni.	6 large chestnuts.	salt.	2 ozs. butter.
1 small onion.	$1\frac{1}{2}$ ozs. grated Parmesan cheese.	pepper.	breadcrumbs.

Boil the macaroni in salted boiling water until tender ; when done, drain and cut in 2-inch lengths. Slit the chestnuts, put them into the oven, and cook them until the outer shells and inner skin can be removed ; then put them into a stewpan, cover with milk and water, add the onion, and simmer until tender ; drain, and rub the chestnuts through a sieve. Melt the butter in a stewpan, put in the macaroni, the chestnuts, salt and pepper ; mix thoroughly over the fire for ten minutes. Arrange the preparation on a hot dish, sprinkle the cheese and a few breadcrumbs over, place a few bits of butter on the top, and bake in a hot oven until brown. Take up and serve.

Average cost, 6d. Time required, $1\frac{1}{4}$ hours. Seasonable, November to January. Sufficient for 3 or 4 persons.

1,722. MACARONI CROQUETTES.

$\frac{1}{4}$ lb. macaroni.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	breadcrumbs.
1 yolk of egg.	1 oz. grated Parmesan cheese.	fried parsley.
1 whole egg.	cayenne pepper.	salt.

Cook the macaroni in boiling salted water for three-quarters of an hour. Take it up, drain well, and then chop into small pieces. Put it into a saucepan, with the Bechamel sauce, salt, and cayenne pepper; stir over the fire until thoroughly hot, then mix in the grated cheese, and bind with the yolk of egg. Turn this mixture on to a plate, and put aside to cool. Divide into equal portions, and shape each into a round, flat cake. Dip these into breadcrumbs, in order to dry them; then brush over with beaten egg, and toss again in breadcrumbs. Shape them again after breadcrumbing with a clean knife. Fry them in a pan of very hot fat until a golden brown colour. Take them up, drain on paper, and then arrange them in a pile on a hot dish. Garnish with sprigs of fried parsley. This dish is suitable for lunch or breakfast.

Average cost, 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 3 persons.



FIG. 123.—MACARONI CROQUETTES.

1,723. MACARONI À L'ESPAGNOLE.

$\frac{1}{2}$ lb. macaroni.	1 gill Madeira sauce	$\frac{1}{2}$ gill tomato sauce (No. 77).	salt.
chopped parsley.	(No. 50).	2 ozs. Parmesan cheese.	pepper.

Boil the macaroni until tender; when done, drain it, and return to the stewpan. Add the Madeira and tomato sauces to it, stir in the grated cheese, season to taste with salt and pepper, mix all together thoroughly, and cook over the fire slowly for ten minutes, stirring all the time. Turn on to a hot dish, sprinkle over a little chopped parsley, and serve hot.

Average cost, 8d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

1,724. SPAGHETTI AU GRATIN.

$\frac{1}{4}$ lb. spaghetti.	$1\frac{1}{2}$ gills Bechamel sauce (No. 4).	breadcrumbs.
salt and pepper.	2 ozs. grated Parmesan cheese.	1 oz. butter.

Boil the spaghetti in salted boiling water for twenty minutes, then drain, put it into a stewpan, add the sauce to it, season with salt and pepper, add $1\frac{1}{2}$ ozs. of grated cheese, stir over the fire until the ingredients are well mixed. Turn it into

a dish, sprinkle the top with the remaining $\frac{1}{2}$ oz. of cheese and a few breadcrumbs ; break up the butter into small pieces and put on the top, place the dish in the oven, and bake for about fifteen minutes, or until it is a nice golden colour. When done, remove it from the oven, slip the dish it was baked in on to another one, and serve hot.

Average cost, 6d. Time required, 35 minutes. Seasonable at all times. Sufficient for 3 persons.

1,725. BEIGNETS DE SPAGHETTI (SPAGHETTI FRITTERS).

$\frac{1}{4}$ lb. spaghetti.	1 oz. grated cheese.	$\frac{1}{2}$ oz. flour.	1 yolk of egg.
$\frac{1}{2}$ oz. butter.	salt and ppeper.	$\frac{1}{2}$ gill milk.	frying batter.

Break up the spaghetti into small pieces, drop it into a saucepan of boiling water, seasoned with salt ; boil for twenty minutes, until tender, drain, turn it on to a board or plate, and cut it up small. Melt the butter in a stewpan, put in the flour, add the milk, and boil until thick ; mix the spaghetti into this, season with salt and pepper ; stir in three parts of the cheese, cool a little, then add the yolk of egg ; mix well, and turn out on to a plate to cool. When cold, divide the mixture into equal parts, shape each portion into the form of a cork. Prepare some frying-batter, dip each shape of spaghetti into the batter, drop them into very hot fat, and fry a golden brown ; drain the fritters on a piece of kitchen-paper, dish up on a hot dish, sprinkle with grated cheese, garnish the dish with fried parsley, and serve hot.

Average cost, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 beignets.

1,726. SPAGHETTI À LA TOMATE (SPAGHETTI WITH TOMATO).

$\frac{1}{4}$ lb. spaghetti.	1 gill tomato sauce (No. 77).	1 oz. Parmesan cheese.	salt.
1 oz. butter.	croûtons of fried bread.	chopped parsley.	pepper.

Boil the spaghetti in salted boiling water for twenty minutes, then drain. Melt the butter in a stewpan, and as soon as it is hot put in the spaghetti, and stir it until well mixed ; then add the tomato sauce and the cheese, season to taste with salt and pepper, stir over the fire until the cheese is melted, cook gently for a few minutes ; then turn on to a hot dish, sprinkle with chopped parsley, garnish the dish round with fried triangular croûtons, and serve hot.

Average cost, 6d. Time required, 35 minutes. Seasonable all the year. Sufficient for 3 persons.

1,727. NOUILLES AU GRATIN.

$\frac{1}{2}$ lb. flour.	3 yolks.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 oz. butter.
1 whole egg.	salt.	1 oz. grated cheese.	breadcrumbs.

Sieve the flour on to a paste-board, mix the salt with it, make a hole in the centre of the flour, break in the eggs, and work into a stiff paste with a little water if necessary. Roll it out twice, and let it stand for one or two hours. Then cut the paste into strips, about 2 inches long and $\frac{1}{8}$ inch wide. Have ready a saucepan of boiling water, seasoned with salt, put in the strips, taking care to have them all separate, put the pan on the fire, and cook quickly for fifteen to twenty minutes ; then drain and let them cool. Butter a fireproof or gratin dish, pour over a little Bechamel sauce ; on this arrange a layer of nouilles, sprinkle them with grated cheese, and a little melted butter, pour over some more sauce, and continue in this way until the nouilles are used up. Cover the last layer of nouilles with a thick coating of sauce, sprinkle with cheese, breadcrumbs, and melted butter. Bake in a hot oven for about ten minutes, or until nicely browned. Serve hot in the same dish that it was cooked in.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,728. NOUILLES À L'ESPAGNOLE.

$\frac{1}{2}$ lb. nouilles. | 12 button mushrooms. | $\frac{1}{2}$ pint Espagnole sauce (No. 33). | salt. | pepper.

Prepare the nouilles as in last recipe, cook and drain them. Slice the mushrooms, add them to the nouilles in a stewpan, stir in the sauce, season to taste, stir until it boils ; then turn it on to a hot dish, sprinkle with chopped parsley, and serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,729. LENTILS AND TOMATOES AU GRATIN.

$\frac{1}{2}$ lb. lentils.	salt and pepper.	tomato sauce (No. 77).	1 onion.
1 oz. butter.	$\frac{1}{2}$ oz. grated cheese.	croûtons of fried bread.	1 clove.

Soak the lentils in cold water for a few hours, then drain them, and put into a saucepan of boiling water, with a little salt and an onion, stuck with one clove. Let this boil gently until the lentils are quite tender. Drain them, put them into a saucepan, and add enough tomato sauce to make it a nice consistency. Season to taste with salt and pepper. Turn the mixture on to a fireproof dish, and sprinkle over with the grated cheese. Melt the butter and sprinkle over the surface. Place in a hot oven or under a salamander to brown the surface. Take it out, and garnish with three-cornered croûtons of fried bread round the edge of the dish. Serve hot. This dish is suitable either for lunch or breakfast.

Average cost, 8d. Time required, 3 or 4 hours. In season all the year. Sufficient for 3 or 4 persons.

1,730. LENTIL CUTLETS (WITHOUT MEAT).

1 lb. lentils.	2 eggs.	1 teaspoonful of	parsley.
1 onion.	1 tablespoonful of	mixed herbs.	pepper.
1 oz. butter.	chopped parsley.	breadcrumbs.	salt.

Soak the lentils all night, boil until soft, drain them well, and then mash them. Peel and chop the onion, and fry a golden brown in 1 oz. of butter ; add the mashed lentils, the chopped parsley, herbs, pepper, and salt. Mix thoroughly over the fire ; beat the eggs in a basin, and stir into the lentil mixture. Turn out on to a plate to cool. Divide into equal portions, form each into the shape of cutlets, and then egg and breadcrumb them. Have ready a pan of boiling hot fat, put the cutlets in a frying-basket, plunge it into the fat, and let them fry until a pale brown colour. Dish them up on a hot dish, on a dish-paper, and garnish them with fried parsley. If liked, a sauce, such as brown, Bechamel, or parsley, may be served with these cutlets, separately.

Average cost, 8d. Time required, after lentils are cooked, 30 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,731. LENTILS WITH RICE.

$\frac{1}{2}$ lb. lentils.	$\frac{1}{2}$ pint rice.	2 ozs. butter.	salt.
3 pints water.	1 onion.	croûtons of bread.	pepper.

Put the lentils to soak overnight ; when ready to cook, drain and put them in a saucepan with 3 pints of water, add a little salt, and simmer for two hours. Wash the rice, chop the onion, add these ingredients to the lentils ; after they have cooked for the two hours, stir in also the butter, broken up into small pieces ; boil all together slowly until the rice is tender ; add more water if necessary. When quite cooked, turn the lentils and rice on to a hot dish, surround the dish with fried croûtons of bread, cut in three-cornered shapes. Serve hot.

Average cost, 6d. Time required, 2 $\frac{1}{2}$ hours. Seasonable always. Sufficient for 4 or 5 persons.

1,732. LENTILS À LA MAÎTRE D'HÔTEL.

1 pint lentils.	bay-leaf.	1 dessertspoonful	1 onion.	salt and pepper.
$\frac{3}{4}$ pints water.	2 ozs. butter.	chopped parsley.	2 cloves.	$\frac{1}{2}$ lemon.

Soak the lentils all night ; when ready to cook, drain them, put them into a saucepan with the water, the onion stuck with two cloves, bay-leaf, and salt ; boil the lentils gently until tender, adding more water if necessary. When done, take away the onion and bay-leaf, and drain them well. Melt the butter in a stewpan, put in the lentils, stir them until they have absorbed the butter, add the parsley, lemon-juice, salt and pepper to taste ; cook over the fire for five or six minutes longer, stirring all the time. Turn the lentils on to a hot dish, and serve.

Average cost, 6d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

1,733. CURRIED LENTILS.

$\frac{1}{2}$ pint lentils.	2 ozs. butter.	1 dessertspoonful curry-	croûtons of fried bread.	salt.
3 onions.	lemon-juice.	powder.	boiled rice.	pepper.

Soak the lentils all night, then boil them until tender ; drain well. Slice the onions, melt the butter in a stewpan, put in the onions, and fry them a golden colour ; stir in the curry-powder, and fry a little, then add the lentils, mix well together, add just enough water to moisten them sufficiently ; simmer gently for twenty minutes, season with salt and pepper and a squeeze of lemon-juice. Turn the lentils on to a hot dish, surround with triangular-shaped croûtons of fried bread, and serve with boiled rice in a separate dish.

Average cost, 8d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 3 persons.

1,734. HARICOT FRITTERS.

$\frac{1}{2}$ pint cooked haricot beans.	1 oz. butter.	1 onion.	1 teaspoonful of chopped	salt.
$\frac{1}{2}$ gill breadcrumbs.	$\frac{1}{2}$ gill milk.	2 eggs.	parsley.	pepper.

Rub the cooked haricots through a fine wire sieve. Peel the onion, chop it finely, and fry in 1 oz. of butter until a golden brown colour ; add the sieved haricots and $\frac{1}{2}$ gill of fresh breadcrumbs ; season highly with pepper and salt. Beat up one egg in a basin, add the milk to it, and then stir it into the haricot mixture, also the chopped parsley. Cook this over the fire until thoroughly hot, then turn out on to a plate to cool. Divide it into equal portions, and shape each into a round flat cake. Beat up the remaining egg on a plate, dip the cutlets in it, and then toss in breadcrumbs. Fry in boiling hot fat until a golden brown colour. Take them up, drain on paper to remove all grease, arrange them on a hot dish, on a dish-paper, and garnish with fried parsley.

Average cost, 6d. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

1,735. HARICOT-BEAN PIE.

$\frac{1}{2}$ pint cooked haricot beans.	2 large onions.	$2\frac{1}{2}$ ozs. butter.	Bechamel sauce (No. 4).	salt.
	1 lb. cooked potatoes.	pepper.	parsley sauce (No. 61).	milk.

Rub half the potatoes through a fine wire sieve ; melt 1 oz. of butter in a saucepan, put in the sieved potato, season with pepper and salt, add a little milk, and heat it thoroughly over the fire. Butter a pie-dish, and line the sides and bottom with the potato mixture. Peel and slice the onions, fry them a golden brown in 1 oz. of butter. Place a layer of cooked haricot beans in the pie-dish, then a layer of fried onions, season with pepper and salt, and cover with Bechamel sauce : repeat the layers of beans, onions, and sauce until the dish is full. Cut the rest of the cooked potatoes into slices, cover the top of the pie with these, place the remaining $\frac{1}{2}$ oz. of butter on the top in small pieces, place in the oven, and bake until brown. Serve in the pie-dish with parsley sauce separately.

Average cost, 10d. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,736. VEGETABLE PIE.

$\frac{1}{2}$ lb. cold potatoes.	2 large onions.	Bechamel sauce (No. 4).
2 hard-boiled eggs.	$\frac{1}{2}$ lb. tomatoes.	1 tablespoonful of chopped parsley.
2 ozs. vermicelli.	1 oz. butter.	pepper and salt.

Butter a pie-dish, and cover the bottom of it with slices of tomato. Peel and slice the onions, fry them a golden brown colour in 1 oz. of butter. Place a layer of slices of hard-boiled egg over the tomato, sprinkle with pepper and salt, parsley, and a little of the fried onion; cover with Bechamel sauce. Cook the vermicelli in boiling salted water for ten minutes, take it up, drain well, and then put a layer of it in the pie-dish. Continue with the layers of tomato, egg, onion, sauce, and vermicelli, until the dish is full. Cut the potatoes in slices, cover the top of the pie with these, place a few pieces of butter on the top, and cook in the oven until brown. Take it up, and serve in the dish.

Average cost, 10d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,737. FRIED HARICOT BEANS.

1 pint cooked haricot beans.	2 ozs. dripping or butter. pinch of sage.	pepper. salt.
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Put the dripping or butter into a stewpan, make it very hot, then add the beans to it, a pinch of powdered sage, pepper and salt to taste. Fry the beans, turning them about with a wooden spoon, until they are a golden brown colour. Strain them free from fat, dish up, and serve hot.

Average cost, nominal. Time required, 15 minutes. Seasonable always. Sufficient for 4 persons.

1,738. HARICOT BEANS À LA BRÊTONNE.

1 pint haricot beans.	2 ozs. butter.	$\frac{1}{2}$ pint water.	salt.
2 onions.	1 oz. flour.	chopped parsley.	pepper.

Soak the haricot beans for twelve hours or longer, drain, and cook in boiling salted water until tender; drain them in a cullender. Chop the onions finely, melt the butter in a stewpan; when hot, put in the onions, and fry them a light colour; then add the flour and the water, bring to the boil, season with salt and pepper, put in the beans, and stir over the fire for about ten minutes. Dish on a hot dish, sprinkle some chopped parsley over, and serve hot.

Average cost, 7d. Time required, $2\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 persons.

1,739. FRICASSÉ DE POMMES DE TERRE (FRICASSÉ OF POTATOES).

$\frac{1}{2}$ lb. cooked potatoes.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	chopped parsley.	salt.
1 yolk of egg.		1 oz. butter.	pepper.

Cut the potatoes into rather thick slices, melt the butter in a frying-pan, put in the potatoes, and fry them lightly until warmed through, but do not let them brown. As soon as they are hot, arrange the slices on a dish in layers, sprinkling each layer with salt and pepper. Warm up the Bechamel sauce, stir in the yolk of the egg, bind over the fire, but do not let it boil after the egg goes in. Pour a little of this sauce over each layer of potato, sprinkle a little chopped parsley over the top, and serve hot.

Average cost, 6d. Time required, 20 minutes. Seasonable always. Sufficient for 3 persons.

1,740. CANNELON DE POMMES DE TERRE (POTATO ROLL).

2 lbs. potatoes.	1 tablespoonful white wine.	1½ ozs. butter.	salt.
yolks of 2 eggs.	½ pint tomato sauce (No. 77).	breadcrumbums.	pepper.

Wash, peel, and boil the potatoes in salted water until done ; drain, dry, and rub them through a fine sieve. Put the purée into a stewpan with the butter, previously melted, add the wine and the yolks of the eggs, season with salt and pepper ; mix all together thoroughly. Sprinkle a table or board with breadcrumbums, turn out the mixture on to it, shape it into a roll, cover well all over with breadcrumbums, place it on a buttered baking-tin, and bake in a rather slow oven for about twenty minutes. When done, place it on a hot dish ; have the sauce ready heated, and pour it round the roll. Serve hot.

Average cost, 1s. Time required, after potatoes are boiled, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

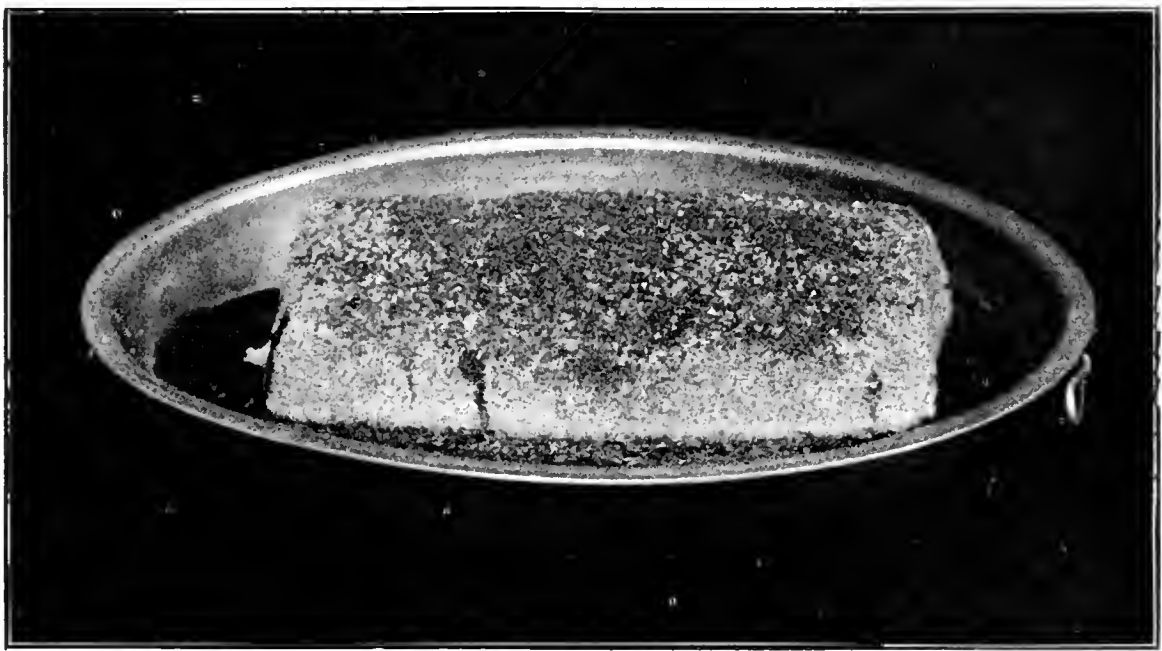


FIG.—124. CANNELON DE POMMES DE TERRE.

1,741. SCALLOPED POTATOES.

1 lb. cooked potatoes.	2 ozs. Parmesan cheese.	pepper.
1 gill milk.	1½ ozs. butter.	salt.

Mash the potatoes, add the milk, mix in 1 oz. of butter, which should be first melted, also 1 oz. of cheese ; season with salt and pepper. Mix all together thoroughly over the fire. Butter some scallop-shells or patty-pans, fill them with the potato, smooth the top of each, and mark them with a fork ; put them on a baking-tin, and place in the oven to brown. As soon as they are a light brown, take them out of the oven, sprinkle over them the remaining ounce of cheese, put a small piece of butter on each, and return them to the oven to finish. Dish up, and serve hot.

Average cost, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 or 8 shells.

CHAPTER XXI

BREAKFAST, LUNCH, AND SUPPER DISHES

1,742. SPAGHETTI À LA DIEUDONNÉ.

$\frac{1}{4}$ lb. spaghetti.	1 oz. Parmesan cheese.	1 gill tomato sauce (No. 77).
2 ozs. butter.	6 fresh mushrooms.	1 tablespoonful meat-glaze.
$\frac{1}{2}$ veal kidney.	chopped parsley.	salt and pepper.

BOIL the spaghetti in plenty of boiling salted water until tender; this takes about twenty minutes; drain well. Melt 1 oz. of butter in a stewpan, put in the spaghetti, and mix; grate the cheese, and add it by degrees; season to taste with salt and pepper, and keep hot. Remove the skin from the kidney, cut it in slices. Melt the remaining 1 oz. of butter in a sauté-pan, put in the slices of kidney as soon as the butter is hot, and cook them over a quick fire. Cut the mushrooms in slices and add them to the kidney, cook together until done, then season with salt and pepper; add the sauce to them, cook a few minutes longer, then stir in the meat-glaze. Dish the spaghetti as a border on a hot dish, dress the kidney mixture in the centre, sprinkle over some chopped parsley, and serve hot.

Average cost, 1s. 2d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,743. SPAGHETTI À LA ROYALE.

$\frac{1}{4}$ lb. spaghetti.	1 oz. Parmesan cheese.	1 gill Madeira sauce (No. 50).	salt.
3 ozs. butter.	1 lb. fresh mushrooms.	chopped parsley.	pepper.

Boil the spaghetti in salted boiling water for twenty minutes, drain well. Melt 1 oz. of butter in a stewpan, put in the spaghetti as soon as the butter is hot, mix together, season with salt and pepper; grate the cheese, stir it into the spaghetti, and keep hot. Peel and wash the mushrooms, take off the stalks. Melt the remainder of the butter in a stewpan, put in the mushrooms, and sauté them for a few minutes; then add the sauce, salt, and pepper; cook for ten minutes gently. Dish the spaghetti on a hot dish as a border, dress the mushrooms in the centre, sprinkle over a little chopped parsley, and serve.

Average cost, 2s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,744. RAVIOLIS À L'ITALIENNE.

$\frac{1}{2}$ lb. flour.	2 ozs. grated cheese.	2 ozs. ham.
3 yolks of eggs.	$\frac{1}{2}$ teaspoonful chopped parsley.	salt.
$\frac{1}{4}$ lb. chicken (cooked).	$\frac{1}{2}$ pint tomato sauce (No. 77).	pepper.

Chop the chicken and ham finely, put this into a stewpan; mix with the chopped parsley 1 oz. of grated Parmesan cheese, one yolk of egg, salt and pepper; stir in sufficient of the sauce to make a fairly stiff paste; turn the mixture on to a plate. Sieve the flour, with a pinch of salt, on to a paste-board; make a well in the centre of the flour, put into that the two yolks of eggs and sufficient water to make into a stiff paste; knead this paste for fifteen minutes, then roll it out very thinly, and cut out some rounds with a round cutter, about $1\frac{1}{2}$ inches in diameter. On half the rounds put a teaspoonful of the prepared chicken mixture in the centre, wet round with a pastry-brush dipped in water, and place a round of paste on the top of each;

join the edges well together. Have ready a saucepan of boiling water seasoned with salt, drop the prepared raviolis into it, bring quickly to the boil, then simmer for about twenty minutes. Lift them out carefully with a slice, and drain them on a sieve. Dress them on a hot dish in layers, putting between each layer some tomato sauce and a sprinkle of Parmesan cheese; continue in this way until the raviolis are all used up. Cover the top with sauce, and sprinkle over it a few brown breadcrumbs; put here and there a few bits of butter, place the dish in a hot oven for about ten minutes, and serve. This is a luncheon or supper dish.

Average cost, 1s. 2d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,745. TIMBALE OF SPAGHETTI.

2 ozs. spaghetti.	1 small onion.	$\frac{1}{4}$ oz. flour.	tomato sauce	salt.
$\frac{1}{2}$ lb. cold meat.	$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill stock.	(No. 77).	pepper.

Cook the spaghetti in boiling salted water for twenty minutes, taking care not to break the sticks, as they are required as long as possible. When tender, take it up and drain thoroughly. Well butter a dome-shaped mould, and then line with the cooked spaghetti, beginning at the bottom, and winding it round and round until the mould is covered. Mince the cold meat finely, removing all fat and gristle. Chop the onion, and fry it a golden brown in $\frac{1}{2}$ oz. of butter, mix in the flour, add the stock, and boil until thick. Put the meat into this mixture, season with pepper and salt, and stir over the fire until hot. Put this mixture into the prepared mould very carefully, so as not to disturb the spaghetti. Cover with a piece of buttered paper, and cook in the oven for ten minutes. Turn out on to a hot dish, and pour tomato sauce round. Serve hot.

Average cost, 10d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,746. LENTIL RISSOLETTI.

$\frac{1}{2}$ lb. lentils.	1 tablespoonful Bechamel	3 yolks of eggs.	salt.
1 oz. butter.	sauce (No. 4).	$\frac{1}{4}$ lb. cold meat.	pepper.
breadcrumbs.	brown sauce (No. 6).	parsley.	1 onion.

Soak the lentils for a few hours, then cook them in boiling salted water until tender. When cooked, strain off the water, return them to the saucepan, season highly with pepper and salt, add the sauce and three yolks of eggs. Stir this mixture over the fire for a few minutes, but do not let it boil. Turn out on to a plate, and allow it to cool. Mince the cold meat finely, peel and chop the onion, and fry it in the butter until a golden colour, add the minced meat and a little brown sauce, season with pepper and salt. When the lentil mixture is cold, divide it into equal portions, shape each into a ball, make a hollow in the centre, and fill with the mince; cover the hole with some more lentil mixture. Egg and breadcrumb them carefully, let them set, and then egg and breadcrumb a second time. Have ready a pan of boiling hot clarified fat, drop the balls into it, fry them a golden brown colour, take them up, drain on paper, and arrange on a hot dish. Garnish with sprigs of parsley, and serve hot.

Average cost, 10d. Time required, $1\frac{1}{2}$ hours after soaking the lentils. Seasonable all the year. Sufficient for 3 or 4 persons.

1,747. MACARONI À LA GÉNEVOIS.

1 lb. sausages.	2 ozs. grated Parmesan cheese.	salt.
$\frac{1}{4}$ lb. macaroni.	$\frac{1}{2}$ pint white stock.	pepper.

Cook the sausages in boiling water or stock, strain them, and put aside to cool. Cook the macaroni in boiling salted water for three-quarters of an hour, take it up, strain, and rinse in cold water. Cut it up into convenient-sized lengths, and place a layer of it at the bottom of a well-buttered pie-dish. Cut the sausages in slices, removing the skin; put a layer of these over the macaroni, sprinkle with grated

Parmesan cheese, pepper, and salt. Continue the layers of macaroni, sausage and cheese until the dish is full; then pour in $\frac{1}{2}$ pint of white stock, cover with a piece of buttered paper, and place in a moderate oven for about thirty to forty minutes. Take it out, place the pie-dish on another dish, and send to table as hot as possible.

N.B.—Cooked sausages which have been left over from another meal may be used for this dish in place of the fresh ones.

Average cost, 1s. 2d. Time required, $1\frac{1}{2}$ hours. Seasonable, September to April. Sufficient for 4 or 5 persons.

1,748. QUENELLES DE ROGNONS AUX POMMES DE TERRE (QUENELLES OF KIDNEYS WITH POTATOES).

3 sheep kidneys.	$\frac{1}{2}$ gill brown sauce (No. 6).	salt.
1 shallot.	$\frac{1}{2}$ lb. veal forcemeat (No. 201).	pepper.
$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ pint tomato sauce (No. 77).	3 potatoes.

Skin the kidneys, take out the hard part, and slice them finely. Peel the shallot, chop it, melt the butter in a sauté-pan, put in the shallot, and fry a little, then add the kidneys and toss them over a quick fire for a few minutes, moisten



FIG. 125.—QUENELLES DE ROGNONS AUX POMMES DE TERRE.

with the Espagnole sauce, add salt and pepper to taste, cook a little longer. Prepare the chicken forcemeat. Butter eight quenelle-moulds, line them with the forcemeat, fill the centre of each with the stewed kidney, and cover with the forcemeat. Put them on a baking-tin, pour a little boiling water round them, and cook in the oven for about ten minutes. Peel the potatoes, cut them in thin slices, then into fine strips the size of matches; put them into a basin of water as they are cut, in order to prevent them discolouring. When ready to use, drain and dry them well in a cloth. Put these strips into a wire border-mould, arrange them loosely, place the lid over, fasten it on with the skewer, plunge into very hot fat, and let it remain in it for about three minutes; then take it out. Let the fat get very hot again, and then place the basket in a second time to brown the potatoes. Lift it out of the fat, drain, take off the lid, turn out the potato border on to a hot dish, sprinkle a little salt over it. Arrange the quenelles in the centre, pour the tomato sauce round, and serve very hot for luncheon or supper.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

1,749. MACARONI AUX ROGNONS (MACARONI WITH KIDNEYS).

$\frac{1}{4}$ lb. macaroni.	6 sheep kidneys.	parsley.
$2\frac{1}{2}$ ozs. butter.	1 tablespoonful of grated Parmesan cheese.	salt.

Cook the macaroni in salted boiling water for forty-five minutes. Take it up and drain well. Melt 1 oz. of butter in a saucepan, put in the macaroni cut in neat pieces, the grated cheese, and a little pepper and salt. Stir over the fire until thoroughly hot. Skin the kidneys, cut through the centre of each without quite separating them, and remove the muscle. Melt the remaining butter in a frying-pan, put in the kidneys, and fry over a quick fire until done. Kidneys must always be fried quickly, or they will be hard. Have ready a hot dish, arrange the prepared macaroni on this in the form of a border, fill the centre with the cooked kidneys, and garnish with a little chopped parsley. Serve very hot. This dish is suitable for breakfast or lunch.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 3 persons.

1,750. MACARONI AUX HUITRES.

$\frac{1}{4}$ lb. macaroni.	1 gill tomato sauce (No. 77).	cayenne.	salt.
2 ozs. butter.	$1\frac{1}{2}$ ozs. grated cheese.	8 oysters.	pepper.

Break up the macaroni, put it into a saucepan containing 1 quart of boiling water, season with salt, and boil for about forty minutes until the macaroni is tender, but it must not get pulpy; drain well. Melt 1 oz. of butter in a stewpan, put in the macaroni, add the tomato sauce and the cheese, stir until all is well mixed, then season nicely with salt, pepper, and cayenne. Fry the oysters in the remaining 1 oz. of butter, after first blanching them, then mix into the macaroni preparation. Turn this into a dish, sprinkle with grated cheese, and bake in a quick oven until brown. Serve hot.

Average cost, 1s. 8d. Time required, 1 hour. Seasonable, September to April, Sufficient for 3 persons.

1,751. FOIES DE VOLAILLE ET ROGNONS À LA DIABLE (DEVILLED CHICKEN LIVERS AND KIDNEYS).

2 sheep kidneys.	streaky bacon.	breadcrumbs.	fried potatoes
4 chicken livers.	2 ozs. butter.	sauce diable (No. 31).	mashed potato.

Skin the kidneys, cut them in halves, remove the muscle, and then split each half in half again lengthways. Wash the chicken livers, divide each in half. Cut the bacon into thin slices, and then into pieces the same size as the kidney. Melt the butter, and dip each piece of liver, kidney, and bacon into it, then into breadcrumbs. Thread these slices on a skewer alternately, having a slice of bacon between each piece. Place these over a clear fire, and grill until done, taking care to keep them turned, so that they cook evenly. Make a border of mashed potato on a hot dish, arrange the kidney, etc., on it, removing the skewers, but keeping the meat in the same position. Fill the centre with fried potatoes, and pour the devilled sauce round. Serve very hot.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,752. STEWED KIDNEYS AND MUSHROOMS.

6 sheep kidneys, or	8 mushrooms.	$1\frac{1}{2}$ ozs. butter.	croûtons of fried bread.
$\frac{1}{2}$ lb. ox kidney.	1 small onion.	parsley.	1 gill brown sauce (No. 6).

Take the skin from the kidneys, remove the muscle, and then cut in slices. Peel and chop the onion, melt the butter in a stewpan, put in the onion and kidney, fry quickly for a few minutes; then add the mushrooms, peeled and sliced. Stir over the fire until the ingredients are cooked, then moisten with brown sauce, and

simmer gently for five minutes. Turn it out on to a hot dish, garnish round with three-cornered shaped croûtons of fried bread, sprinkle a little chopped parsley in the centre, and serve hot. Serve as a breakfast or lunch dish.

Average cost, 1s. 8d. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 persons.

1,753. ROGNONS À LA MAÎTRE D'HÔTEL (KIDNEYS WITH MAÎTRE D'HÔTEL BUTTER).

4 sheep kidneys.		1 oz. maître d'hôtel butter (No. 187).
4 round croûtes of fried bread.		1 oz. butter.

Skin the kidneys, split them without quite separating them, and remove the muscle. Melt the butter in a frying-pan, put in the kidneys, and fry over a quick fire for five minutes. Have ready four round croûtes of fried bread, place them on a hot dish, and put a kidney on each, with a pat of maître d'hôtel butter on the top. Send to table immediately.

Average cost, 1s. Time required, 10 minutes. Seasonable all the year. Sufficient for 4 persons.

1,754. GRILLED KIDNEYS AND BACON.

5 kidneys.		5 oval-shaped croûtes of fried bread.		8 thin slices of		salt.
cayenne pepper.		2 ozs. maître d'hôtel butter (No. 180).		bacon.		$\frac{1}{2}$ oz. butter.

Split the kidneys without quite separating them, remove the skin and fat, run a skewer through the backs of the kidneys to keep them flat. Season them with salt and cayenne, sprinkle with oiled butter. Grill them over a clear, brisk fire for about seven minutes. Roll the bacon and place on a skewer, grill this also over the fire or bake in the oven. Remove the kidneys from the skewer, dish one on each croûte of fried bread. Arrange them in a circle on a hot dish, pile the bacon in the centre, place a pat of maître d'hôtel butter on each kidney, and serve very hot.

Average cost, 1s. 4d. Time required, 10 minutes. Seasonable all the year. Sufficient for 5 persons.

1,755. ROGNONS À LA DIABLE (DEVILLED KIDNEYS).

3 kidneys. | devilled butter (No. 176). | 3 oval croûtes of fried bread. | 1 oz. butter.

Skin the kidneys, split them without quite separating, remove the muscle, and run a skewer through the backs of the kidneys in order to keep them flat. Melt 1 oz. of butter, and sprinkle it over the kidneys; grill them over a clear fire for about seven minutes. Take them up, remove from the skewer, and dish each kidney on a croûte of fried bread. Place a pat of devilled butter on each, and send to table quickly.

Average cost, 10d. Time required, 10 minutes. Seasonable all the year. Sufficient for 3 persons.

1,756. ROGNONS À LA TURQUE.

$\frac{1}{2}$ lb. short paste.		3 new-laid eggs.		3 ozs. butter.		1 gill Espagnole sauce (No. 33).
6 mutton kidneys.		3 or 4 tomatoes.		chopped parsley.		salt and pepper.

Roll out the short pastry, and line a flan ring with it; ornament the edge, line it with a piece of white paper, fill with raw rice, and bake in a moderate oven a pale golden colour. When done, take it out and let it get cold; take out the rice carefully. Skin the kidneys and take out the hard part, slice them finely; melt 1 oz. of butter in a frying-pan, put in the sliced kidneys, and cook quickly for two minutes; sprinkle with salt and pepper, and add to them the Espagnole sauce; mix all well together, cook a few minutes longer; turn this mixture into the pastry case. Melt 1 oz. of butter in an omelet-pan; as soon as it is hot, break in the eggs, stir them over the fire in order to scramble them, season with salt and pepper, and



Flan de Rognons à la Turque

put them on the kidney round the edge of the pastry case, so as to form a border. Scald the tomatoes, peel them carefully, cut in slices, and sauté them in butter; pile these in the centre of the border on the kidneys, garnish with a little chopped parsley, and serve at once (see coloured plate).

Average cost, 2s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,757. ROGNONS AUX TOMATES ET RIZ (KIDNEYS WITH TOMATOES AND RICE).

6 ozs. rice.	6 sheep kidneys.	3 ozs. butter.	1 onion
6 tomatoes.	1½ pints stock.	parsley.	salt and pepper.

Put the stock into a large saucepan, bring it to the boil, then sprinkle in the rice, and cook until tender; the onion should be skinned and cooked with the rice. As soon as the rice swells and thickens it must be constantly stirred to prevent it burning; by the time it is done it should have absorbed the stock. Add a little more stock if necessary. When the rice is done, take out the onion, and add 1½ ozs. of butter in small pieces, season with salt and pepper, and stir over the fire for a few minutes longer. Cook the kidneys in 1 oz. of butter; they should first be skinned, cut in halves, and the hard part removed. Cut two tomatoes in slices, and the remainder in quarters. Put them on a buttered baking-sheet, and cook in the oven, taking care not to let them get too soft. When ready to serve, turn out the rice border on to a dish, fill the centre with the quartered tomatoes, and dress the kidneys and sliced tomatoes alternately round the top of the border. Garnish the dish with a few sprigs of fresh parsley, and serve very hot (see coloured plate).

Average cost, 1s. 8d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,758. ROGNONS AUX TOMATES (KIDNEYS WITH TOMATOES).

6 sheep kidneys.	1 oz. maître d'hôtel butter	2 ozs. butter.	salt.
3 tomatoes.	(No. 180).	parsley.	pepper.

Skin the kidneys, cut them open, but do not quite divide the two halves, take out the hard part, season with salt and pepper. Put 1½ ozs. of butter in a sauté-pan, make very hot, then put in the kidneys, and fry for a few minutes; they must cook quickly or they will be hard. Cut the tomatoes in halves, sprinkle them with salt and pepper, put them on a buttered tin, with a little bit of butter on each, and bake in the oven for about ten minutes. Do not let them get too soft. Dish the tomatoes in a circle on a hot dish, place one kidney on each tomato, put a piece of maître d'hôtel butter on each, garnish with sprigs of fresh parsley, and serve hot for breakfast.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,759. ROGNONS AUX POMMES DE TERRE (KIDNEYS WITH POTATOES).

3 sheep kidneys.	2 ozs. butter.	breadcrumbs.	salt.
4 potatoes.	1 shallot.	1 teaspoonful parsley.	pepper.

Skin the kidneys, slice them finely, take away the hard part. Peel the potatoes, wash them, then cut in large dice; chop the shallot and the parsley finely. Melt the butter in a stewpan, put in the chopped shallot, fry a little, then add the sliced kidneys, cook quickly for one minute; then stir in the potatoes, mix well together, turn all into a buttered fireproof dish, sprinkle over a few breadcrumbs, and put in a slow oven for about forty minutes. Send to table in the same dish in which it was baked. Suitable for breakfast or lunch.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 3 persons.

1,760. POMMES DE TERRE À LA RICHELIEU (POTATOES, RICHELIEU STYLE).

$\frac{1}{4}$ lb. game.	$\frac{1}{2}$ lb. potatoes.	$\frac{1}{2}$ teaspoonful parsley.	1 whole egg.
$\frac{3}{4}$ ozs. butter.	2 yolks of egg.	$\frac{1}{2}$ pint Espagnole sauce (No. 33).	salt and pepper.

Cut the game up into small pieces (chicken or any kind of cooked meat will do instead of game), mash the cooked potatoes, put these ingredients into a mortar, add $1\frac{1}{2}$ ozs. of butter, pound well together, season with salt, pepper, and the chopped parsley; bind the mixture with the yolks of the eggs. Divide this preparation into equal portions, roll in a little flour, make each portion into the shape of a cork, poach them in boiling water, then drain and let cool. Melt the remaining $1\frac{1}{2}$ ozs. of butter, pour it on to a plate, beat up the egg, dip each roll into egg, then into the melted butter, and grill or fry them a nice brown on all sides. Dish up, and serve with Espagnole sauce separately.

Average cost, exclusive of game or meat, 9d. Time required, 30 minutes. Seasonable, August to February if game is used, otherwise all the year. Sufficient for 10 rolls.

1,761. BACON AND MACARONI.

4 ozs. macaroni.	$\frac{1}{2}$ lb. bacon.	2 ozs. butter.	salt.	pepper.
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Boil the macaroni in salted boiling water for about forty minutes; it must be tender, but not pulpy. When cooked sufficiently, drain it thoroughly. Melt the butter in a stewpan, put in the macaroni, and stir it over the fire until quite hot; season it nicely with salt and pepper. Cut the bacon into nice slices, roll each slice up, and put them on a skewer; place the skewer with the bacon on a baking-tin, and put in the oven. When the bacon is cooked, turn out the macaroni on to a hot dish, arrange the rolls of bacon round it, and serve very hot.

Average cost, 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

1,762. MACARONI AND HAM.

4 ozs. macaroni.	2 ozs. butter.	croûtons of fried	salt.
4 ozs. cooked ham.	chopped parsley.	bread.	pepper.

Boil the macaroni in salted boiling water; when it is tender, drain it well. Melt the butter in a stewpan; when hot, put in the macaroni, which should be first divided into small pieces. Cut the ham into fine strips, mix it with the macaroni, season to taste with salt and pepper. Turn on to a hot dish, sprinkle over a little chopped parsley, and surround the dish with fried croûtes of bread cut in triangular shapes. Serve hot.

Average cost, 6d. Time required, 50 minutes. Seasonable all the year. Sufficient for 3 persons.

1,763. ŒUFS SUR LE PLAT (EGGS ON THE PLATE).

4 eggs.	1 oz. butter.	salt.	pepper.
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Butter lightly a small dish on which the eggs are to be served, break the eggs on this, taking care not to break the yolks, season with a little salt and pepper, and put a few tiny bits of butter here and there. Place the dish in the oven for a few minutes, until the whites become set, but they must not be allowed to get hard. Serve hot.

Average cost, 7d. Time required, 10 minutes. Seasonable at all times. Sufficient for 4 persons.

1,764. TO POACH AN EGG.

1 egg.	1 pint of water.	salt.	lemon-juice.	buttered toast.
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Put the water into a sauté-pan, bring it to the boil, add the salt and about one teaspoonful of lemon-juice. Break the egg carefully into a cup, slide it gently into the boiling water, cook for a few minutes, basting it meanwhile with the boiling

water. When done, lift it up carefully with a slice, trim it neatly, and serve it on a slice of hot buttered toast.

Average cost, 2d. Time required, a few minutes. Seasonable all the year. Sufficient for 1 person.

1,765. FRIED BACON.

Cut as many thin slices of bacon as are required, and remove the rind. Put the frying-pan over the fire for a few seconds to heat, then put in the slices of bacon. Cook these over the fire until one side is done, and then turn and cook the other. Dish on a hot dish, and serve at once.

Average cost, 10d. to 1s. per pound. Time required to fry, a few minutes. Seasonable all the year.

1,766. ROLLED BACON.

Cut as many thin slices of bacon as are required, and remove the rind. Roll each slice up, and run a skewer through them. Place on a baking-tin, and cook in the oven for five to ten minutes. Take them up, remove the skewer, and dress on a hot dish. Bacon prepared in this way is often used as a garnish for other dishes.

Average cost, 10d. to 1s. per pound. Time required, 5 to 10 minutes. Seasonable all the year.

1,767. GRILLED BACON.

Cut some thin slices of bacon, remove the rind, roll them up, and run a skewer through them. Place over a clear fire, and grill for a few minutes. Remove the skewer, and serve very hot.

1,768. PORRIDGE.

1 teacupful coarse oatmeal. | 1 pint water. | $\frac{1}{2}$ teaspoonful salt.

Put the water into a saucepan, place it on the fire, and bring to the boil, put in the salt, sprinkle the oatmeal into the boiling water; stir while sprinkling in the oatmeal. Boil for half an hour. Serve for breakfast.

Average cost, nominal. Time required, 30 minutes. Seasonable at all times. Sufficient for 2 persons.

1,769. DEVILLED TOAST.

$\frac{1}{2}$ oz. butter. | 1 teaspoonful Worcester sauce. | cayenne.
 $\frac{1}{2}$ teaspoonful made mustard. | | slice of toast.

Put the butter into a basin, cream it with a wooden spoon until soft, but not oiled, add to it by degrees the mustard, sauce, and a pinch of cayenne. Toast a slice of bread, cut off the crust, spread over the above mixture, cut into fingers, and serve very hot for breakfast.

Average cost, nominal. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

1,770. SAVOURY TOAST.

$\frac{1}{2}$ oz. butter. | 1 dessertspoonful Harvey sauce. | yolk of 1 egg. | cayenne.
1 dessertspoonful milk. | 1 tablespoonful cooked chicken. | salt. | dry toast.

Melt the butter in a stewpan, add the milk, Harvey sauce and the beaten yolk of egg, mix well, then stir in the finely-minced cooked chicken, season with salt and a pinch of cayenne; cook over the fire until a smooth paste. Have ready some dry toast, cut it into squares or fingers, spread the mixture evenly over them, put in the oven for a few minutes, then serve at once very hot.

Average cost, 3d. Time required, 10 minutes. Seasonable all the year. Sufficient for 2 persons.

1,771. SAUCISSES À LA DIABLE (DEVILLED SAUSAGES).

$\frac{1}{2}$ lb. pork sausages.	lemon.	cayenne.
parsley.	devilled butter (No. 176).	croûtes of fried bread.

Cook the sausages in boiling water for fifteen minutes. Cut some slices of bread, $\frac{1}{2}$ inch thick, cut these again into fingers about 3 inches in length and 1 inch broad. Fry the croûtes in very hot fat until a golden colour; take them up, drain well, and spread each with a layer of devilled butter. Skin the sausages, cut each in half lengthways, and then each half in two pieces; lay one of these on each croûte, sprinkle with a very little cayenne on each, and place in the oven for a few minutes to heat through. Take them up, arrange on a hot dish, and garnish with slices of lemon and sprigs of parsley. Serve very hot for breakfast or lunch.

Average cost, 8d. Time required, 30 minutes. Seasonable, September to April. Sufficient for 3 or 4 persons.

1,772. FRIED SAUSAGE AND BACON.

$\frac{1}{2}$ lb. sausages.	croûtes of fried	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ lb. bacon.	bread.	fried parsley.

Skin the sausages, divide into six equal portions, shape each into a round flat cake, toss them in a little flour. Cut the bacon into very thin slices, wrap one round each sausage cake, fasten with small skewers to prevent the bacon coming off. Melt the butter in a frying-pan, put in the bacon and sausage, and fry over a moderate fire until thoroughly done. Cut the croûtes of bread the same size as the cakes, fry them in hot fat until a golden colour, place them on a hot dish, on a dish-paper, arrange the bacon and sausage cakes on the top of each, garnish with fried parsley, and serve hot.

Average cost, 10d. Time required, 20 minutes. Seasonable, September to April. Sufficient for 3 persons.

1,773. SAUSAGES IN BATTER.

$\frac{1}{2}$ lb. pork sausages.	1 tablespoonful of salad	2 eggs.
2 ozs. flour.	oil.	1 tablespoonful of milk.

Cook the sausages in boiling water for ten minutes, take them up, skin them, cut in quarters, and put aside to cool. Sieve the flour into a basin, beat in the yolks of the eggs, oil, and milk; lastly, just before frying, stir in the whipped whites of eggs. Have ready a pan of very hot fat, dip each piece of sausage into the batter, then drop it into the fat, and fry a golden colour. Take up, drain, and dish in a pile on a hot dish on a dish-paper. Garnish with fried parsley.

Average cost, 8d. Time required, 15 minutes. Seasonable all the year. Sufficient for 4 persons.

1,774. BLOATERS À LA SEFTON.

3 bloaters.	4 ozs. Parmesan	pepper.	parsley.
breadcrumbs.	cheese.	1 egg.	lemon.

Fillet the bloaters, skin, and remove all bones. Cut up the fillets, put them into a mortar, and pound well. Grate the cheese, and mix it into the bloater, season with pepper, pound it until the mixture forms a paste. Divide into equal portions, and roll each portion into a round stick about 3 inches long and $\frac{1}{2}$ inch thick. Beat up an egg on a plate, dip in the sticks, then roll in breadcrumbs, and fry in hot fat. Dish up on a folded napkin, garnish with parsley and thin slices of lemon. These are delicious for breakfast.

Average cost, 1s. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 persons.

1,775. PICKLED BLOATERS.

6 bloaters.	18 pepper-	bay-leaf.	2 cloves.	oil.
milk.	corns.	1 onion.	$\frac{1}{2}$ lemon.	vinegar.

Wash and clean the bloaters, dry in a cloth, place them in a basin, and cover with milk; let them remain in it for twelve hours; then drain, put them into a pie-dish, add the peppercorns, cloves, the onion and lemon cut in slices, and the bay-leaf. Cover them with oil and vinegar in equal quantities. Put a piece of buttered paper over the top, and bake in the oven until the fish is cooked. Let the bloaters get cold in the dish, then servè for breakfast.

Average cost, 1s. 3d. Time required, 20 minutes after soaking. Seasonable all the year. Sufficient for 6 persons.

1,776. BEIGNETS DE HARENG FUMÉ (BLOATER FRITTERS).

2 bloaters.	2 eggs.	$1\frac{1}{2}$ tablespoonfuls milk.	fried parsley.
2 ozs. flour.	salt and pepper.	1 tablespoonful salad oil.	frying-fat (No. 197).

Fillet the bloaters and skin them, cut each fillet into three or four pieces. Sieve the flour into a basin, mix the oil and milk together, separate the yolks and whites of the eggs, put the yolks into the flour, mix together, add the milk and oil by degrees so as to obtain a smooth paste, heat well for ten minutes. Whisk the whites of the eggs very stiffly, and just before frying stir them into the batter lightly. Heat the frying-fat in a stewpan, put the pieces of bloater into the batter, and when the fat is smoking hot lift each piece of fish with an iron spoon, see that it is well covered with batter, drop it into the fat, and fry a golden brown. Lift out of the fat when done, drain on paper, dress on a hot dish, and garnish with fried parsley. Serve for breakfast or supper.

Average cost, 8d. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,777. CROQUETTES EN SURPRISE.

1 lb. potatoes.	1 lobster.	cayenne.	fried parsley.	1 tablespoonful cream.
2 yolks eggs.	$\frac{1}{2}$ oz. flour.	salt.	1 egg.	$\frac{1}{2}$ pint Hollandaise sauce
2 ozs. butter.	1 gill water.	pepper.	breadcrumbs.	(No. 101).

Boil the potatoes, let them get cold, then pass them through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the potato, mix well; add the two yolks, season with salt and pepper; stir all well together until thoroughly mixed, turn on to a plate, and let cool. Split the lobster down the back, take out the meat, chop it finely. Melt 1 oz. of butter in a small stewpan, stir in the flour, add the water, and boil until it is thick and leaves the sides of the saucepan clean; now add to this panada the chopped lobster and the cream, season with salt and a pinch of cayenne. Turn this out on to a plate to cool. As soon as the lobster mixture is cold, divide it into about twelve parts; make each portion into a round ball, completely cover each of these balls with some of the potato mixture, so that the lobster is in the centre of the potato; continue until all the lobster balls are used up. Beat the egg on a plate, dip the croquettes into it, roll in breadcrumbs, and fry in very hot fat a golden brown. Dish up, and garnish with fried parsley. Send the Hollandaise sauce to table separately.

Average cost, 3s. 3d. Time required, 1 hour. Seasonable, March to October. Sufficient for 6 persons.

1,778. BEEF TRIFLES.

$\frac{1}{2}$ lb. cooked meat.	2 tablespoonfuls of grated horseradish.	brown sauce (No. 6).	pepper.
stock.	$\frac{1}{2}$ lb. breadcrumbs.	brown breadcrumbs.	salt.

Mince the meat finely, put it into a basin, add the breadcrumbs and pepper and salt. Grate the horseradish, and mix into the meat preparation. Moisten with enough stock to make it a nice consistency—not too soft. Well butter some

small dariole-moulds, sprinkle them with brown breadcrumbs, and then fill with the beef and breadcrumb mixture. Place in a moderate oven and bake until firm. Turn them out on a hot dish, and pour a little brown sauce round. Serve more brown sauce in a tureen separately.

Average cost, 4d., exclusive of meat. Time required, 30 minutes. In season all the year. Sufficient for 3 or 4 persons.

1,779. RIS DE VEAU AUX HUITRES (SWEETBREAD WITH OYSTERS).

1 large sweetbread.	2 carrots.	$\frac{1}{2}$ pint stock.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 yolk of egg.
1 blade of mace.	2 onions.	2 cloves.	squeeze of lemon-juice.	9 oysters.
6 peppercorns.	1 turnip.	1 chilli.	croûte of fried bread.	pepper and salt.

Soak the sweetbread in cold water for an hour, then put it into a saucepan of cold water, and bring to the boil. Take it up, and press until cold; remove all fat and gristle. Clean the vegetables, place them in a saucepan with the spices and stock, lay the sweetbread on the top, cover with buttered paper and the lid of the pan, and braise gently for thirty minutes. Beard the oysters, place them in a saucepan with their liquor, and bring slowly to boiling-point (they must not on any account be allowed to boil). Heat the Bechamel sauce, add to it the oyster liquor, reduce well, mix in the yolks of egg, oysters cut in quarters, salt, and a squeeze of lemon-juice. Stir until the egg binds, but do not allow it to boil. Have ready a croûte of fried bread, the same size as the sweetbread, place it on a hot dish, lay the sweetbread on it, and pour the oyster sauce over. Garnish with a little chopped parsley, and serve hot. This dish is suitable for lunch.

Average cost, 5s. Time required, 2 hours. Seasonable, September to April. Sufficient for 4 or 5 persons.

1,780. TIMBALES À LA NAPOLITAINE.

$\frac{1}{4}$ lb. macaroni.	2 ozs. cooked ham.	1 yolk of egg.
$\frac{1}{4}$ lb. cooked rabbit-meat, or any white meat.	$\frac{1}{2}$ oz. grated Parmesan cheese.	tomato sauce (No. 77).
	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	salt and pepper.

Cook the macaroni in boiling salted water for three-quarters of an hour. Take it up, drain, and put aside to cool. Butter some small timbale-moulds, and cover all over with pieces of macaroni cut in $\frac{1}{4}$ inch lengths. Put them aside in a cool place to get perfectly set. Mince the ham and rabbit finely, put it into a saucepan with the Bechamel sauce, cheese, and pepper and salt. Stir over the fire until hot, then bind with the yolk of an egg. Fill this mixture carefully into the prepared moulds, smooth over the top with a knife, place them in a deep tin with a little water at the bottom, cover with buttered paper, and cook in the oven for fifteen minutes. Turn out on to a hot dish, pour tomato sauce round the moulds, and serve hot. This dish can be made in one large tin instead of the small ones.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 persons.

1,781. MACARONI CAKES.

4 ozs. macaroni.	$1\frac{1}{2}$ ozs. grated Parmesan cheese.	breadcrumbs.
1 oz. butter.	2 ozs. cooked meat.	fried parsley.
1 egg.	$\frac{1}{4}$ gill Bechamel sauce (No. 4).	pepper and salt.

Cook the macaroni in boiling salted water for three-quarters of an hour. Drain it, and then chop into fine pieces. Melt the butter in a saucepan, put in the macaroni, the meat minced, salt, pepper, and grated cheese. Stir over the fire, and add the Bechamel sauce and yolk of egg. Turn out on to a plate, and put aside to cool. Divide it into equal portions, shape each into round, flat cakes, egg and breadcrumb them, and fry in very hot fat until a golden brown. Arrange them on a dish-paper placed on a hot dish, and garnish with fried parsley.

Average cost, 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 3 persons.

1,782. DARIOLETTES DE RIS DE VEAU.

1 calf's sweetbread.	Bechamel sauce (No. 4).	4 ozs. flour.	$\frac{3}{4}$ gill milk.	1 carrot.
3 large mushrooms.	1 dessertspoonful of salad	1 white of egg.	2 onions.	salt.
3 yolks of eggs.	oil.	fried parsley.	1 oz. butter.	stock.

Soak the sweetbread in cold water for one hour, then place it in a stewpan with sufficient cold water to cover it. Bring quickly to the boil, then drain and, when cool, remove all fat and sinews. Cut the onion and carrot into slices, melt the butter in a stewpan, put in the vegetables and a little stock; lay the sweetbread on this, cover with buttered paper, and braise for twenty to thirty minutes. When cooked, take up the sweetbread and cut into dice. Peel the mushrooms, and cook in a little butter; cut these also into dice. Put the sweetbread and mushrooms into a saucepan, season with pepper and salt, and moisten with a little Bechamel sauce. Keep hot until required. Sieve the flour into a basin, stir in the eggs, oil, and milk by degrees; beat well. Have ready a pan of hot fat, dip a dariole fryer into it, and then into the batter so as to completely cover the outside of the mould. Put it immediately into the hot fat, and fry a golden brown colour. Remove the case



FIG. 126.—DARIOLETTES DE RIS DE VEAU.

carefully, and repeat this operation until the batter is all used. Fill each case with the sweetbread mixture, sprinkle a little chopped parsley on each. Arrange them on a dish-paper placed on a hot dish, and garnish with fried parsley.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 4 persons.

1,783. CASSOLETTES D'ÉCREVISSES (CASSOLETTES OF PRAWNS).

2½ ozs. flour.	1 white of egg.	12 prawns.
$\frac{3}{4}$ gill milk.	1 dessertspoonful of salad oil.	cayenne pepper.
2 whole eggs.	1 tablespoonful grated Parmesan cheese.	$\frac{1}{2}$ oz. butter.

Sieve 2 ozs. flour into a basin, mix in by degrees $\frac{1}{4}$ gill milk, one whole egg, the salad-oil, and a pinch of salt. Beat this mixture thoroughly. Have ready a pan of very hot fat, dip a small dariole fryer into it, and then into the prepared batter, covering the outside of the fryer with it. Plunge this into the hot fat, and fry until a golden colour. Take it out of the fat, and remove the batter case very carefully from the fryer. Continue in this way until the batter is used. Melt $\frac{1}{2}$ oz. butter in a saucepan, mix in $\frac{1}{4}$ oz. flour, moisten with $\frac{1}{2}$ gill milk, and stir over the fire until the mixture is very thick; remove from the fire, and beat in one yolk of egg. Shell the prawns,

and chop rather coarsely, add them to the above mixture, also the grated cheese, salt, and cayenne. Whisk two whites of egg very stiffly, and stir lightly into the prawn mixture. Fill the batter cases with this preparation, and bake for about ten to fifteen minutes. Dish on a hot dish on a dish-paper, and serve immediately.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,784. AMERICAN RAREBIT.

$\frac{1}{2}$ lb. Cheshire cheese. | buttered toast. | $\frac{1}{2}$ gill ale. | streaky bacon. | salt.

Make the buttered toast, and put it to keep hot. Remove the rind from some thin slices of bacon, roll them up, and place them on a skewer. Bake these in the oven for a few minutes until done. Cut up the cheese, put it into a saucepan with a little pepper and salt and the ale, stir over the fire until the cheese is melted. Pour this over the buttered toast, cut it into convenient sized pieces, and lay a roll of bacon on each. Serve very hot.

Average cost, 10d. Time required, 15 minutes. Seasonable all the year. Sufficient for 4 persons.

1,785. GOLDEN BUCK.

$\frac{1}{2}$ lb. Cheshire cheese. | $\frac{1}{2}$ gill ale. | salt. | buttered toast. | 4 poached eggs. | pepper.

Make four pieces of buttered toast, and put them to keep hot. Poach four eggs, and trim them neatly. Put the chopped cheese, ale, and pepper and salt into a saucepan, stir over the fire until melted. Pour on to the buttered toast, and place a poached egg on each. Dish up, and serve very hot.

Average cost, 10d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

1,786. WELSH RAREBIT.

4 ozs. Cheshire cheese. | 1 oz. butter. | $\frac{1}{2}$ mustardspoonful made mustard. | cayenne. | toast.

Cut up the cheese in small pieces, melt the butter in a stewpan; when hot put in the cheese, mustard, and cayenne; stir it over the fire with a wooden spoon until the cheese melts. Make some toast, cut it into four pieces, butter them, pour the cheese mixture over, and serve very hot.

Average cost, 4d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 persons.

1,787. PULLED BREAD.

Take a new loaf, pull out the crumb, and by pulling it lightly and quickly with the fingers of both hands, divide it into rough-looking pieces. Place these pieces on a baking-sheet, and bake them a light brown colour. These pieces of bread should be quite crisp. Pulled bread is served with butter and cheese for lunch or supper.

1,788. POTTED BEEF.

2 lbs. lean beef. | 2 ozs. butter. | 2 cloves. | 2 allspice. | salt. | pepper. | clarified butter

Put the butter into a stone jar large enough to hold the meat. Cut the meat in small pieces, place it into the jar with the butter, put the spice into a piece of muslin, and tie them up. Put these also into the jar. Put the cover on the jar, or tie a piece of brown paper over; place in the oven for two hours. Take out the spices, and pound the meat in a mortar, and then rub it through a wire sieve. Season to taste with salt and pepper. Put into pots and pour over the top of each some liquid clarified butter. This will keep for a week.

Average cost, 2s. Time required, 3 hours. Seasonable at all times.

1,789. POTTED BLOATERS.

4 bloaters. | 12 peppercorns. | 4 allspice. | 2 ozs. butter. | cayenne. | salt. | clarified butter.

Fillet the bloaters, skin them, remove all bone, and cut into pieces. Melt $\frac{1}{2}$ oz. of butter in a stewpan, put in the fish, add the spices, and cook over the fire until the fish is done; then turn it into a mortar, pound it well, add the remaining $1\frac{1}{2}$ ozs. of butter, season to taste with salt and cayenne. Put this into pots, pour liquid clarified butter over, and keep for use.

Average cost, 8d. Time required, 30 minutes. Seasonable always.

1,790. COLCANNON.

1 lb. cold potatoes.	3 or 4 tablespoonfuls cooked cabbage.	salt.
2 ozs. butter.	$\frac{1}{2}$ lb. rashers of bacon.	pepper.

Mash the cooked potatoes finely; chop the cabbage (any kind of greens left over from a previous meal will do for this dish). Melt the butter in a sauté-pan. As soon as it is hot, put in the mashed potatoes and the chopped cabbage; fry these quickly over the fire, mixing them well during the process. There should be just enough cabbage to give a green colour to the potatoes—too much makes the dish unpleasant. Fry some rashers of bacon, and if preferred, the potato and cabbage could be fried in the bacon-fat after the bacon is done. Season the vegetables nicely with salt and pepper. Dress it in the shape of a pyramid on a hot dish, arrange the rashers of bacon round it, and serve. Instead of bacon, cold salt beef cut in slices and fried quickly can be used. This dish is suitable either for breakfast or lunch.

Average cost, with bacon, about 6d.; with salt beef, nominal. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

1,791. ROMAN PIE.

$\frac{1}{2}$ lb. macaroni.	$\frac{1}{2}$ onion.	$\frac{3}{4}$ pint Bechamel sauce.	salt.
1 lb. cold cooked meat.	2 ozs. butter.	1 oz. Parmesan cheese.	pepper.

Boil the macaroni in salted water for about forty minutes. When done, take up and drain. Butter a large piedish; line it all over with macaroni. Cut up any kind of cold meat, game, or chicken into small dice. Chop the onion, fry it in a little butter, mix it with the meat, add seasoning of salt and pepper. Put a layer of this meat into the piedish over the macaroni, pour a little of the sauce over, fill with layers of meat, with a little sauce over each layer. When the dish is full, cover over with the remainder of the sauce, grate the cheese and sprinkle some over the top, then cover with macaroni. Sprinkle some more cheese over this; put a few bits of butter here and there; place the dish in a hot oven for about twenty minutes. The top of the pie should be a nice brown colour. Serve at once for luncheon or supper.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 persons.

1,792. MEAT AND TOMATO PIE.

$\frac{1}{2}$ lb. cooked meat. | breadcrumbs. | 6 tomatoes. | salt. | pepper. | 2 ozs. butter.

Cut the meat, which should be underdone, into thin slices. Butter a piedish, sprinkle the bottom with breadcrumbs, put a layer of the meat over, then a layer of sliced tomatoes. The tomatoes should be first peeled before slicing. Season with salt and pepper; put a few bits of butter here and there. Continue in this way until the tomatoes and slices of meat are used up. Cover the top with breadcrumbs, put a few bits of butter over, place the dish in a moderate oven, and let it brown, then serve at once.

Average cost, 10d., exclusive of meat. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

1,793. TOMATO AND ONION PIE.

2 Spanish onions. | 1 oz. butter. | 2 lbs. tomatoes. | breadcrumbs. | salt. | pepper.

Peel the onions, put them into a basin, pour enough boiling water over them to cover, and let them soak for twelve hours. This is best done over-night. Dry the onions. When about to use, cut them in slices. Melt the butter into a stewpan, put in the onions as soon as the butter is hot, and fry them brown. Slice the tomatoes, butter a piedish, put in a layer of tomatoes, sprinkle with salt and pepper. Over this put a layer of onion slices, then a few breadcrumbs. Continue in this way until the dish is full; sprinkle the top with breadcrumbs, place a few bits of butter on the top, put the dish in a moderate oven, and bake for thirty minutes. Serve very hot.

Average cost, 1s. 2d. Time required, 40 minutes. Seasonable, October to March. Sufficient for 4 persons.

1,794. FRIED ONIONS WITH POACHED EGGS.

6 large onions. | cayenne. | 2 ozs. butter. | lemon-juice. | 6 new-laid eggs.

Peel the onions, slice them finely. Melt the butter in a frying-pan; put in the onions, sprinkle them with a very small pinch of cayenne, and fry a golden brown. When done, take up, drain them, and put in a cool oven to dry and keep hot. Poach the eggs in boiling water, seasoned with salt and a few drops of lemon-juice, lift them out of the water carefully, trim with a round cutter. Dish the onions on a hot dish, squeeze over them some lemon-juice sufficient to give them an acid flavour, dress the poached eggs on top of the onions, and serve hot for breakfast.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,795. ÉPINARDS AUX ŒUFS (SPINACH WITH EGGS).

3 lbs. spinach. | 2 ozs. butter. | $\frac{1}{2}$ lemon. | croûtons.
6 new-laid eggs. | $\frac{1}{2}$ gill cream. | chopped parsley. | salt and pepper.

Pick and wash the spinach thoroughly in several waters, drain, and put it into a saucepan of boiling water seasoned with salt, cook until tender. When done, turn it into a cullender, press out the water and get it as dry as possible, then rub the spinach through a fine sieve. Melt the butter in a stewpan, put in the spinach, stir until hot, add the cream, and season to taste with salt and pepper. Poach the eggs carefully in boiling water to which has been added a little salt and a squeeze of lemon-juice. As soon as the eggs are done, lift them out carefully with a fish slice, trim with a round cutter. Have the spinach ready arranged in a dish, in the form of an oval shape. Dress the eggs neatly on this, sprinkle a little chopped parsley in the centre of each egg, surround the spinach with triangular croûtons of fried bread, and serve as a luncheon dish. Send to table very hot.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable, March to December. Sufficient for 6 persons.

1,796. ÉPINARDS AUX SARDINES (SPINACH WITH SARDINES).

3 lbs. spinach. | $\frac{1}{2}$ gill cream. | 3 hard-boiled | salt.
2 ozs. butter. | 12 sardines. | eggs. | pepper.

Pick and wash the spinach well in several waters, in order to remove the grit. Cook it in plenty of boiling salted water until tender. When done, turn the spinach into a cullender, drain and press it in order to remove the water, and get it as dry as possible. Chop it finely, or rub it through a sieve. Melt the butter in a stewpan, add the spinach to it, stir over the fire until hot. Scrape and bone six sardines, chop them finely, and add to the spinach. Stir in the cream, salt, and pepper; put over the fire again, and mix thoroughly. Turn the mixture on to a dish; shape it into an oblong, flat at the top. Take the remaining six sardines, scrape,

clean, and arrange them crossways on the top of the spinach-shape. Cut the hard-boiled eggs in slices. Arrange them standing up round the spinach border, and serve hot. This dish is suitable for lunch.

Average cost, 2s. 2d. Time required, 40 minutes. Seasonable, March to December. Sufficient for 6 persons.

1,797. SARDINES EN SURPRISE.

6 hard-boiled eggs.	6 sardines. $\frac{1}{2}$ teaspoonful parsley.	1 oz. butter. watercress.	salt. pepper.
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Boil the eggs for twelve to fifteen minutes, then put them into cold water. When cold, shell them carefully. Cut each in half; take out the yolks without breaking the whites. Scrape and bone the sardines, chop them finely, put them with the yolks of the eggs into a mortar, add the butter, and pound all well together; season with salt, pepper, and parsley. With this mixture fill the whites of the eggs; put the two whites belonging to each egg together, so that they look like whole eggs. Dish them in a circle, standing up. The end of each should be slightly cut in order to make them stand. Garnish the centre of the dish, and round it with fresh watercress, and serve cold as a luncheon dish.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,798. SARDINES AU JAMBON (SARDINES WITH HAM).

12 sardines.	1 oz. Parmesan cheese.	1 oz. butter.
6 fried croûtes.	4 ozs. ham.	salt and pepper.

Scrape and clean the sardines. Cut some bread into squares, the size of the sardines; fry them a nice brown colour in boiling fat or clarified butter. When cooked, place on each square a slice of ham that has been cooked in butter. Melt the butter in a small frying-pan, put in the sardines, and fry them until hot through. Dish them on the ham, two sardines on each square. Sprinkle with grated Parmesan cheese, put a few bits of butter on them, and put them in the oven for a few minutes to brown. Serve very hot for luncheon or breakfast.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,799. CURRIED SARDINES.

12 sardines.	1 dessertspoonful curry- powder.	toast. cayenne.	salt. pepper.
$\frac{1}{2}$ teaspoonful cornflour.			

Strain off the oil from a large box of sardines, lift the sardines out carefully, scrape off the scales gently, so as not to break the fish. Put the cornflour into a basin, make it into a smooth paste with water. Put the oil into a small stewpan. When hot, add the curry-powder, fry a little, then add the mixed cornflour and sufficient water to make a thick sauce. Make some toast, place the sardines on it, cut in pieces, so as to have two sardines on each piece; pour the sauce over, place in the oven to get hot through, and serve very hot.

Average cost, 1s. 2d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

1,800. SARDINES PIQUANTES.

12 sardines.	$\frac{1}{2}$ teaspoonful made mustard.	salt and pepper.
1 gill brown sauce (No. 6).	vinegar.	cayenne.
18 sultanas.	2 tablespoonfuls cream.	stale bread.

Take the sardines out of the box, scrape them carefully, so as to remove the scales without breaking them. Pour the oil in which they were preserved into a small frying-pan, put in the sardines, and heat them in it. Warm the brown sauce in a small stewpan, add to it the made mustard, cream, and about one tea-

spoonful of vinegar. Season with salt, pepper, and a very small pinch of cayenne ; add the sultanas ; make this sauce quite hot over the fire, but do not let it boil. Cut a slice of stale bread, and make some croûtes of bread, the same size and shape as the sardines ; they should be $\frac{1}{3}$ inch thick ; fry them in very hot clarified fat. When ready, arrange these croûtes on a hot dish, place a sardine on each, pour the sauce over, and serve very hot. The sauce should be thick enough to coat the fish. Serve for breakfast or luncheon.

Average cost, 1s. 4d. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 persons.

1,801. TOMATES AUX CERVELLES.

6 large tomatoes.	slices of stale bread.	watercress or parsley.
1 set calf's or sheep's brains.	brown breadcrumbs.	salt.
$\frac{1}{2}$ pint Bechamel sauce.	$\frac{1}{2}$ teaspoonful chopped parsley.	pepper.

Skin the tomatoes by dipping them in boiling water, cut a circular piece out of the top of each, scoop out the pulp, let them drain upside down, on a plate or sieve. Season the insides with a little salt and pepper. Cook the brains, cut them up about the size of a small nut, mix these with the Bechamel sauce, add the parsley, and season to taste with salt and pepper. Put the pulp of the tomatoes through a hair sieve, and stir it into the mixture. Now fill the tomatoes with this, allowing for each tomato three or four pieces of brains, and one tablespoonful of the sauce. Sprinkle on the top of each a few browned breadcrumbs ; place the tomatoes on a buttered baking-tin, and bake in a brisk oven for twelve to fifteen minutes. Cut some slices of stale bread, $\frac{1}{4}$ inch thick, with a round cutter, 2 inches in diameter ; stamp out some rounds ; fry in hot fat or butter until a golden brown. When the tomatoes are ready, dress them on the fried croûtes, and dish in a circle on a dish-paper ; garnish with watercress or parsley, and serve hot. This dish is suitable for breakfast or luncheon.

Average cost, uncertain. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,802. SCALLOPS OF CALF'S BRAINS.

2 sets of calf's brains.	1 tablespoonful chopped parsley.	1 oz. butter.	salt.
1 gill Bechamel sauce (No. 4).	1 tablespoonful grated Parmesan cheese.	$\frac{1}{4}$ gill cream.	pepper.

Soak the brains in cold water to extract all the blood. Place in a pan of cold water, bring it up to the boil, strain, and when cool, remove the skin, and cut into small pieces. Put the Bechamel sauce in a pan, add the dice of brains, pepper and salt, and chopped parsley. Stir over the fire until thoroughly hot, then mix in the $\frac{1}{4}$ gill of cream. Butter some scallop shells, fill them with the mixture, sprinkle the top of each with grated Parmesan cheese and the butter melted. Place in a quick oven or under a salamander to brown the surface. Dish up on a folded napkin on a hot dish, and serve immediately. Sheep's brains can be prepared in the same manner. Serve as a lunch or supper dish.

Average cost, uncertain. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

1,803. BROCHETTES DE CERVELLES.

2 calf's brains.	bacon.	salt.	1 oz. butter.	breadcrumbs.	pepper.
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Soak the brains in cold water, in order to extract all the blood, put them into a saucepan, cover with cold water, and bring to the boil ; let them simmer for a few minutes, strain them, and put aside to cool. When cold, split them in halves, and then in squares about $1\frac{1}{2}$ inches across. Melt the butter, dip each square into it, sprinkle with pepper, salt, and fresh breadcrumbs. Cut some slices of rather fat bacon, divide it into squares the same size as the brains. Place these on a skewer, putting first a piece of brain, then bacon, then brain, and so on, until the skewer

is full. Grill these over a moderate fire, turning them round, so that they are cooked evenly all over. When quite cooked, remove the skewer, and arrange them down the centre of a hot dish. Serve immediately.

Average cost, uncertain. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,804. CHEESE PUDDING.

1 gill grated cheese.	1 egg.	$\frac{1}{2}$ teaspoonful of made	salt.
1 gill breadcrumbs.	1 gill milk.	mustard.	pepper.

Put the cheese and breadcrumbs into a basin, mix together and season with salt, pepper, and made mustard. Beat the egg in another basin, put the milk into a saucepan, and, when hot, but not boiling, pour it on to the egg. Mix together, and then stir into the cheese and breadcrumbs. Well butter a piedish, pour in the mixture, and bake in a cool oven until quite firm. Take it up, and serve in the piedish. This dish is suitable for lunch or supper.

Average cost, 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 2 or 3 persons.

1,805. CHEESE CUSTARD.

4 yolks of eggs.	$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ teaspoonful of made mustard.	salt.
2 whites of eggs.	2 ozs. Parmesan cheese.	tomato sauce (No. 77).	pepper.

Grate the Parmesan cheese ; beat the eggs in a basin ; put the milk into a saucepan, and when hot, but not boiling, pour it on to the eggs. Mix them together, and then add the grated cheese, salt, pepper, and made mustard. Butter some small dariole-moulds, fill with the cheese custard, cover with buttered paper, and steam very gently for fifteen to twenty minutes. When quite firm, turn out on to a hot dish. Have the tomato sauce ready heated, and pour it round the moulds. Serve hot for lunch or supper.

Average cost, 9d. Time required, 30 minutes. Seasonable all the year. Sufficient for 3 persons.

1,806. RICE AND CHEESE AU GRATIN.

$\frac{1}{4}$ lb. rice.	$\frac{1}{4}$ lb. Cheddar cheese.	croûtons of fried	salt.
1 pint stock.	1 oz. butter.	bread.	pepper.

Put the stock into a saucepan, and, when boiling, sprinkle in the rice. Let this cook until the rice is soft and the stock absorbed ; season with pepper and salt. Butter a fireproof dish, spread it with a layer of the rice mixture, sprinkle thickly with the grated cheese, then cover again with a layer of rice. Continue in this way until the rice and cheese are used up. Melt the butter in a saucepan, and sprinkle it over the surface of the rice and cheese. Place in the oven to brown. Take up and garnish round with three-corner shaped pieces of fried bread. Serve hot.

Average cost, 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

1,807. RIZ À LA TURQUE (RICE, TURKISH STYLE).

4 ozs. rice.	cayenne.	saffron powder.	1 tablespoonful sultana.
2 ozs. butter.	salt.	1 pint white stock.	raisins.

Melt the butter in a stewpan, put in the rice as soon as the butter is hot and fry it until very slightly coloured ; then add the stock by degrees as the rice swells. Keep it well stirred, and cook gently until the rice is tender. It will take about one hour. Season the rice with salt, cayenne, and sufficient saffron powder to flavour. Add lastly the sultana raisins, which have been cleaned and the stalks removed. Mix all well together, cook a few minutes longer, dish up, and serve very hot.

Average cost, 4d. or 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 3 or 4 persons.

1,808. RIZ À LA POLONAISE (RICE, POLISH STYLE).

$\frac{1}{2}$ lb. rice.	cayenne.	salt.
1 onion.	2 ozs. cooked ham.	1 quart white stock.
2 ozs. butter.	1 oz. grated cheese.	croûtes of fried bread.

Cut the onion in slices ; melt the butter in a stewpan, put in the onion, and fry without browning ; then add the rice, and stir it over the fire for a few minutes ; add the stock by degrees, as the rice swells. Cook until the rice is tender, stir constantly, as soon as the stock becomes absorbed. Cut the ham into fine shreds or dice, add to the rice, also the grated cheese. When ready to serve, season with salt and a tiny pinch of cayenne. Turn the rice on to a hot dish, arrange it neatly, and surround with three-cornered croûtes of fried bread. Serve for lunch or supper.

Average cost, 8d. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

1,809. RIZ À LA FLORENTINE.

8 ozs. rice.	1 gill picked shrimps, crayfish,	1 onion.
2 ozs. butter.	or prawns.	salt.
$1\frac{1}{2}$ ozs. Parmesan cheese.	1 dessertspoonful curry-powder.	pepper.

Chop the onion ; melt 1 oz. of butter in a stewpan, put in the onion, and fry it for a few minutes ; then add the rice, and cook a little longer. Stir in by degrees 1 quart of stock or water ; cook over the fire until the rice is tender. Melt the remaining 1 oz. of butter in a stewpan, put in the curry-powder, and fry for a few minutes, stirring all the time ; then add to it the cooked rice, the shrimps, crayfish, or prawns, whichever is being used, and the grated cheese ; mix all well together, season with salt and pepper, stir over the fire until very hot. Dish up neatly, and serve. This is a nice dish for breakfast.

Average cost, 1s. Time required, $1\frac{1}{4}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

1,810. RIZ À LA PRINCESSE (RICE, PRINCESS STYLE).

8 ozs. rice.	1 oz. butter.	$\frac{1}{2}$ oz. grated Parmesan cheese.	salt.
3 hard-boiled eggs.	1 dried haddock.	fried croûtons of bread.	pepper.

Wash the rice, have ready a saucepan with 2 quarts of water, bring to the boil, put in the rice, and boil quickly until it is tender. Drain and wash it, put on a baking-tin in a cool oven to dry ; turn it about with a fork occasionally. Melt the butter in a stewpan, put in the rice, and stir it about ; then add the whites of the hard-boiled eggs, finely shredded. Have ready cooked the dried haddock, one of medium size ; take away all bone and skin and shred it finely ; add this to the rice, and white of eggs, season to taste, stir over the fire until thoroughly hot. Pile the mixture in the centre of a hot dish. Rub the yolks of the eggs through a wire sieve, mix with the grated Parmesan cheese, and sprinkle it all over the rice. Put the dish in a hot oven for a few minutes to brown the surface. Before sending to table, arrange round the base of the dish the fried croûtons of bread. These should be of triangular shapes. Serve very hot. This is a delicious dish for breakfast.

Average cost, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,811. RIZ À LA MILANAISE (RICE, MILANESE STYLE).

4 ozs. rice.	1 oz. Parmesan cheese.	4 ozs. cooked chicken or	salt.
1 oz. butter.	1 pint stock.	game.	pepper.

Melt the butter in a stewpan, put in the rice, and fry it for a few minutes ; add the stock, and cook until tender. Add more stock if necessary ; stir well during the process of cooking or the rice may burn as it thickens. Cut the cooked chicken or game into small dice, mix this into the cooked rice, add the cheese, and season

to taste with salt and pepper. Mix all well together, make thoroughly hot, and serve for lunch, supper, or breakfast.

Average cost, 3d., without the meat. Time required, 45 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

1,812. RIZ À LA L'ESPAGNOLE (RICE, SPANISH STYLE).

8 ozs. rice.	$\frac{1}{2}$ gill tomato sauce (No. 77).	6 thin slices of ham.
1 oz. butter.	1 oz. Parmesan cheese.	3 smoked sausages.

Boil the rice in plenty of salted, boiling water. When tender, drain, wash, and dry. Melt the butter in a stewpan, put in the rice, and fry it a light golden colour; then add the tomato sauce, season with salt, pepper, and the grated cheese; mix all well together. Pile the mixture on a hot dish, grill the slices of ham, fry the sausages, and garnish the base of the dish with slices of ham and sausage arranged alternately. Serve hot for breakfast or supper.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

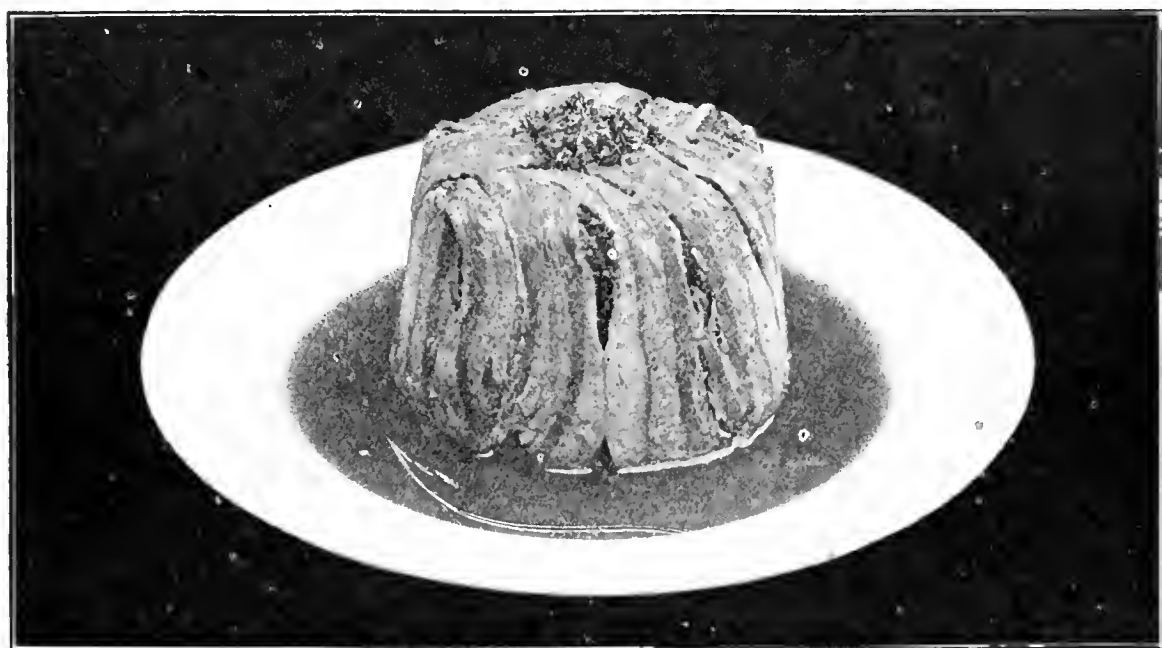


FIG. 127.—TIMBALE DE LARD AUX ROGNONS.

1,813. TIMBALE DE LARD AUX ROGNONS (TIMBALE OF BACON WITH KIDNEYS).

$\frac{1}{2}$ lb. streaky bacon.	$\frac{1}{2}$ gill tomato sauce (No. 77).	salt.	pepper.
3 sheep kidneys.	1 oz. Parmesan cheese.	4 ozs. rice.	parsley.
3 ozs. butter.	$\frac{1}{2}$ pint brown sauce (No. 6).	1 onion.	1 pint stock.

Cut the bacon into very thin strips, butter a plain timbale or Charlotte-mould, and line it all over with the slices of bacon; arrange them close together. Melt 2 ozs. of butter in a stewpan, put in the sliced onion, and fry a little; then add the raw rice and fry a light colour, stir in the stock by degrees, add more than the pint if found necessary, boil until the rice is tender, stirring all the time. When the rice is done, add the tomato sauce, grated cheese, and seasoning. Mix all together thoroughly, cook a little longer. Coat the inside of the lined mould with a thick layer of the rice mixture over the bacon, leaving a hollow in the centre. Skin the kidneys, cut them in slices, remove the hard part. Melt 1 oz. of butter in a sautépan. When very hot, put in the sliced kidneys, toss them in the butter for about one minute, then add sufficient brown sauce to moisten them; season with salt and pepper. Fill the hollow in the centre of the rice with the stewed kidneys. Cover over with a thick layer of the rice. Stand the mould in a baking-tin, pour

a little water round it, place a buttered paper over the top of the mould, and bake in a moderate oven for twenty minutes. When done, take up, turn out on to a hot dish, pour some brown sauce round the base of the dish, sprinkle in the centre of the top a little chopped parsley, and serve for breakfast or supper.

Average cost, 1s. 9d. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

1,814. QUEUE DE BŒUF FRITE (FRIED OX-TAIL).

1 ox-tail.	2 quarts stock.	1 carrot.	1 bouquet garni	frying-fat (No. 197).
2 onions.	breadcrumbs.	1 egg.	(No. 194).	fried parsley (No. 195).

Cut the ox-tail into joints, put them into a saucepan, cover with cold water, and bring to the boil; then take up the pieces of tail, dry them in a cloth. Put the joints into a clean saucepan, add the 2 quarts of stock, the onions peeled, the carrot scraped and cut in half, and the bouquet garni. Place the pan on the fire, and simmer gently for two or three hours. When the pieces of ox-tail are done, lift them out of the stock, drain them on a sieve, let cool a little. Beat up an egg

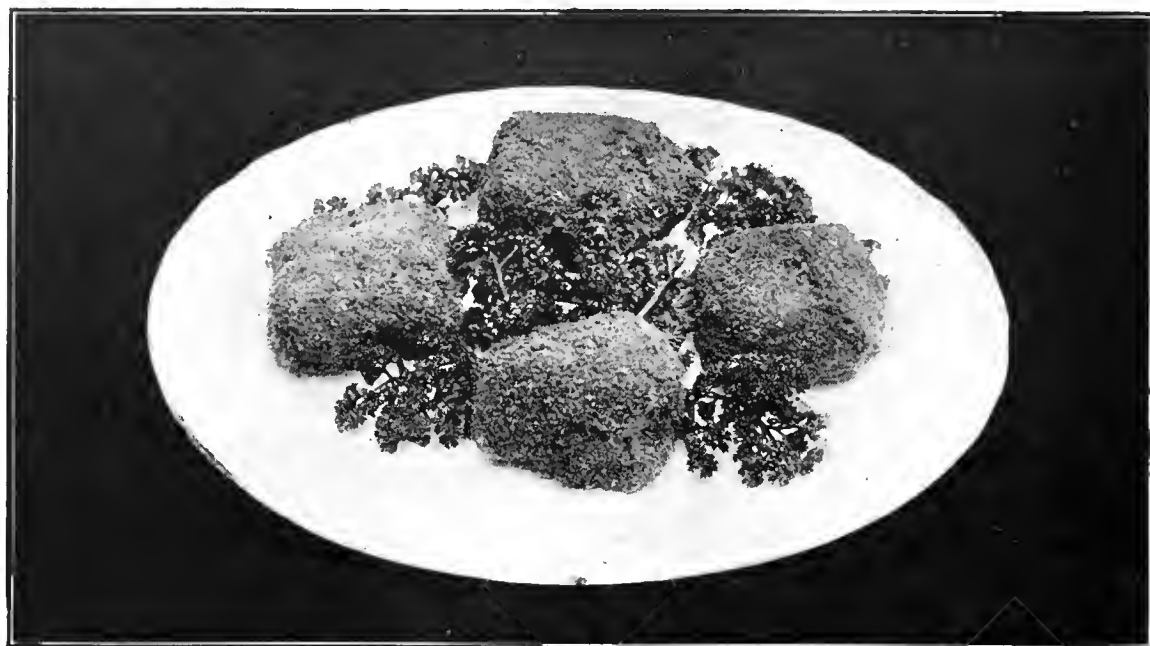


FIG. 128.—QUEUE DE BŒUF FRITE.

on a plate, dip in the larger joints, brush them all over with the egg, toss in breadcrumbs, and fry them in very hot frying-fat. Drain on paper, dish on a hot dish, garnish with fried parsley, and serve very hot, for lunch or supper.

N.B.—The stock in which the ox-tail was stewed should be used for soup.

Average cost of ox-tail, 1s. 6d. Time required, 3 to 3½ hours. Seasonable at all times. Sufficient for 3 or 4 persons.

1,815. MARROW-BONES.

The marrow-bones chosen for this dish should be those which come from the centre of a round of beef, or leg or shin bones. They should be sawn in halves across, the thick ends chopped, so that they may stand straight. Make a paste of flour and water, cover the open end of the bones with this. Have ready a saucepan containing hot water, put in the bones; the water should reach half-way up the bones; put the lid on the saucepan, and boil for about half an hour. When done, take away the paste, wrap a napkin round each bone, dish up, and send to table with some hot dry toast.

Average cost of whole marrow-bone, 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for (1 bone) 3 or 4 persons.



Jambon aux Champignons.

1,816. MARROW CROUSTADES.

1 marrow-bone.	stale bread.	$\frac{1}{2}$ teaspoonful parsley.	1 shallot.	salt.
4 mushrooms.	1 oz. butter.	brown sauce (No. 6).	$\frac{1}{2}$ lemon.	pepper.

Cook the marrow-bone as in previous recipe (No. 1,815). When the marrow is done, take it up, and remove the marrow from the bone. Chop the shallot and the mushrooms finely. Melt the butter in a small stewpan, put in the shallot, and fry it a little; then add the mushrooms, cook for ten minutes until the moisture has evaporated, then add the parsley, salt, and pepper. Moisten with a little brown sauce, put the cooked marrow into this, do not let it cook any longer, then add the juice of the lemon. Cut some slices of stale bread $1\frac{1}{2}$ inches thick, and then with a plain round cutter, 2 inches in diameter, cut out some pieces, make an incision with a smaller cutter to form the lid. Fry these cases in very hot fat a golden brown. Remove the lid, scoop out the crumb from the inside. Fill the croustades with the marrow mixture, put on the lid, or if preferred, a little chopped parsley can be sprinkled on the top instead. Put the cases in the oven for a minute or two, and serve very hot for luncheon or supper.

Average cost, 1s. Time required, 40 minutes. Seasonable at all times. Sufficient for 4 persons.

1,817. JAMBON GRILLÉ AUX CONCOMBRES.

2 cucumbers.	demi-glace sauce (No.	$\frac{1}{2}$ gill stock.
2 ozs. butter.	29).	6 or 8 slices of ham.

Peel the cucumbers, cut them in quarters, take out the seeds, and slice into inch-long pieces. Melt the butter in a stewpan, put in the cucumber, and sauté it in the butter for a few minutes; then add the stock, and cook over the fire gently until soft; season with salt and pepper, and rub through a hair sieve. Warm this purée quickly, grill the slices of ham, dress the cucumber purée neatly on a hot dish, arrange the slices of ham on it, pour some demi-glace sauce round, and serve for lunch, supper, or breakfast.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable, March to August. Sufficient for 6 persons.

1,818. JAMBON AUX CHAMPIGNONS.

1 lb. potatoes.	2 lbs. raw ham.	butter.	salt.
$\frac{1}{2}$ lb. mushrooms.	1 gill Bechamel sauce (No. 4).	2 yolks.	pepper.

Cook the potatoes, drain, dry, and let them get cold; then rub them through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the sieved potato, mix, and let it get hot. Season with salt and pepper, add the two yolks of eggs, stir over the fire until thoroughly mixed and smooth. Turn this preparation on to a plate, and let it get cold, then put it into a forcing-bag with a rose-pipe attached to it; with this force out a pretty border on a china fireproof dish. The border should be about 2 inches in height; brush it over with beaten egg, and put into the oven to brown a nice golden colour. Cut some slices of raw ham or bacon (gammon rashers would be suitable for this dish), stamp out with a round cutter, $2\frac{1}{2}$ inches in diameter, seven or eight rounds; grill these in butter, and keep hot. Chop the trimmings of ham finely, melt some butter in a stewpan, put in the ham, and cook over the fire; add the sauce and cook a little longer; season with a little pepper. Peel and wash the mushrooms, toss them in butter. To dish up, dress the chopped ham mixture in the potato border, pile the mushrooms in the centre, arrange the grilled slices of ham round the mushrooms. Garnish the dish with a few sprigs of parsley, and serve hot for breakfast or lunch (see coloured plate).

Average cost, 2s. 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 persons.

1,819. CROÛTES AU JAMBON (HAM TOAST).

8 ozs. cooked ham.	1 oz. butter.	1 yolk of egg.	chopped parsley.
$\frac{1}{2}$ gill Bechamel sauce.	1 shallot.	pepper.	buttered toast.

Chop the shallot finely; melt the butter in a stewpan, put in the shallot as soon as the butter is hot, and fry it without browning. Mince the ham, add it to the fried shallot, and stir over the fire till quite hot; then add the Bechamel sauce and the yolk of the egg, stir until it thickens, then season the mixture with chopped parsley and pepper. Have ready some buttered toast, cut off the crust, and divide into 2-inch squares. Cover these thickly with a layer of the ham mixture, sprinkle over a little chopped parsley, and serve very hot. This makes a nice breakfast or lunch dish.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,820. CROÛTES DE JAMBON À LA DIABLE (DEVILLED HAM ON TOAST).

8 ozs. ham.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	2 anchovies.	toast.
1 yolk of egg.	1 teaspoonful mustard.	cayenne.	1 oz. butter.

Chop the ham finely; scrape and bone the anchovies, cut them up small. Put these ingredients into a mortar and pound to a paste, add the yolk of egg and, by degrees, stir in the Bechamel sauce, season with cayenne and the dry mustard, mix all well together. Put this mixture into a stewpan, make it thoroughly hot; have ready some squares of toast about 2 inches in size, butter them lightly, spread the mixture on the toast. Dish up, garnish with parsley, and serve very hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,821. FOIE DE VOLAILLE À LA DIABLE (DEVILLED CHICKEN LIVERS).

3 chicken livers.	6 thin slices of bacon.	fried parsley (No. 195).	toast.
$1\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ teaspoonful mustard.		cayenne.

Wash the livers, cut each in half, roll a piece of bacon round each piece, and broil them over a clear fire, or fry them in a sauté-pan. Mix the butter and mustard together on a plate, add a pinch of cayenne to it. Make the toast, take off the crust, divide into six 2-inch squares, spread each piece with some of the mustard butter; place one of the pieces of broiled liver and bacon on each piece of toast; put the toasts into the oven for a few minutes to get thoroughly hot, and serve at once. Garnish the dish with fried parsley. This dish is suitable for breakfast or lunch.

Average cost, 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

1,822. PIG'S FEET, STUFFED.

4 pig's feet.	8 large onions.	2 tablespoonfuls of	2 tablespoonfuls of	pepper.
1 egg.	2 ozs. butter.	sage.	breadcrumbs.	salt.

Wash the pig's feet thoroughly, put into a saucepan of cold water, and bring to the boil. Strain it off, put the feet into another saucepan, cover with more cold water, and let it simmer until the feet are tender. Take them up, let them cool slightly, then split each in half, place them together again, and press under a light weight until cold. Peel the onions, cut them in pieces, put into a saucepan of water, and boil until soft. Drain them well and chop finely. Melt the butter in a saucepan, put in the chopped onion, powdered sage, pepper, and salt, and a few breadcrumbs. When the feet are cold, divide them in halves again, and spread the inner side of one half with the sage and onion stuffing; replace the other half, press together, and then cut into convenient sized pieces. Dip them into beaten egg, then into breadcrumbs, and fry them in hot fat until a golden colour. Dish up on a dish-paper on a hot dish, and serve at once.

Average cost, 1s. 3d. Time required, 3 hours. Seasonable, September to April. Sufficient for 5 or 6 persons.

1,823. STUFFED PIG'S FEET WITH MUSHROOMS.

4 pig's feet.	3 ozs. breadcrumbs.	$\frac{1}{2}$ lb. mushrooms.	2 yolks of eggs.	$\frac{1}{2}$ lemon.
1 oz. butter.	1 teaspoonful parsley.	brown sauce (No. 6).	mashed potato.	salt and pepper.

Clean the pig's feet, put them into a saucepan of cold water and bring them to the boil ; strain off the water, place the feet in another saucepan, cover again with cold water, and let them simmer gently until tender. Strain them, and when a little cooled, remove the bones carefully. Wash and peel $\frac{1}{4}$ pound of mushrooms, chop them finely. Melt the butter in a saucepan, put in the mushrooms, add the breadcrumbs, grated lemon-rind, chopped parsley, pepper and salt ; cook over the fire, and then bind with the yolks of eggs. Fill the cavities in the feet with this preparation, lay them on a buttered baking-tin, cover with buttered paper, and place in the oven for fifteen to twenty minutes. Cook the rest of the mushrooms in the oven with a little butter on each. Make a flat bed of mashed potato on a hot dish, dress the pig's feet on this, pour brown sauce over them and round the dish. Garnish with the cooked mushrooms, and serve very hot.

Average cost, 1s. 9d. Time required, $3\frac{1}{2}$ to 4 hours. Seasonable, September to April. Sufficient for 4 persons.

1,824. PIG'S FEET STUFFED WITH SAUSAGE.

4 pig's feet.	1 oz. butter.	1 teaspoonful chopped	1 white of egg.	mashed potatoes.
1 shallot.	$\frac{1}{2}$ lb. sausage-meat.	parsley.	breadcrumbs.	devilled sauce (No. 31).

Clean the pig's feet, put them into a saucepan of cold water, and bring to the boil ; strain them, cover again with cold water, and put on the fire to simmer until tender. Take them up, cut in halves, and remove the bones. Peel and chop the shallot, fry it in the butter until a golden colour, then add the sausage-meat and chopped parsley ; mix thoroughly together. Stuff the pig's feet with this preparation ; brush them over with white of egg, sprinkle with breadcrumbs, place them on a buttered tin, and cook in a moderate oven for about thirty minutes. Make a flat bed of mashed potato on a hot dish, arrange the feet neatly on this, and pour devilled sauce round the dish. Serve very hot. Suitable for lunch or supper.

Average cost, 1s. 4d. Time required, 3 hours. Seasonable, September to April. Sufficient for 4 persons.

CHAPTER XXII

EGG DISHES

1,825. SCRAMBLED EGGS.

6 new-laid eggs. | $1\frac{1}{2}$ ozs. butter. | salt. | pepper. | $\frac{1}{2}$ gill cream. | toast.

MELT the butter in a stewpan, break the eggs into it, add the cream, a pinch of salt and pepper, stir quickly with a wooden spoon over the fire until the eggs begin to set, draw the pan off the fire, continue to stir for a little longer. The eggs must not be allowed to get hard, but they must be set enough to dish up. Have ready some hot buttered toast, dress the eggs on it, and cut into squares. Serve very hot. Instead of serving the eggs on toast, they can be piled up in the centre of a hot dish, and croûtons of toasted bread, cut in triangular shapes, put round.

N.B.—The cream is an improvement to this dish, but it is not essential. It can therefore be left out when economy is desired.

Average cost, 1s. 2d. Time required, 10 minutes. Seasonable at all times. Sufficient for 5 persons.

1,826. SCRAMBLED EGGS WITH MUSHROOMS.

6 eggs. | $2\frac{1}{2}$ ozs. butter. | $\frac{1}{2}$ lb. mushrooms. | salt. | pepper. | $\frac{1}{2}$ gill cream. | parsley.

Peel, wash, and dry the mushrooms; melt 1 oz. of butter in a stewpan, put in the mushrooms, and cook them for a few minutes over the fire. Take a quarter of the mushrooms after they are cooked, and cut them into dice. Melt the rest of the butter in a stewpan, break in the eggs, stir them with a wooden spoon until beginning to set; then add the cream, salt, pepper, and the mushroom dice, cook a little longer over the fire until the mixture begins to set, then remove from the fire, stir a few minutes longer; then dress the eggs in the centre of a hot dish, garnish round the dish with groups of cooked mushrooms, sprinkle over a little chopped parsley, and serve hot.

Average cost, 1s. 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,827. SCRAMBLED EGGS WITH HERBS.

6 eggs. | $1\frac{1}{2}$ ozs. butter. | salt. | pepper. | 1 tablespoonful parsley, tarragon, and chervil.

Chop the herbs, using equal quantities of each. Melt the butter in a stewpan, break in the eggs, and scramble them in the usual way; add the chopped herbs, salt, and pepper. Dress the eggs on a hot dish, and surround the dish with sippets of toast. Serve at once.

Average cost, 10d. Time required, 10 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,828. SCRAMBLED EGGS À LA CHASSEUR.

6 eggs. | 3 chicken livers. | chopped parsley. | $2\frac{1}{2}$ ozs. butter. | $\frac{1}{2}$ gill Chasseur sauce (No. 19).

Melt 1 oz. of butter in a stewpan, wash the livers, cut each in half, put them in the butter, and cook them until done. Beat the eggs lightly in a basin, put them into $1\frac{1}{2}$ ozs. of butter melted in a stewpan, stir over the fire with a wooden

spoon until beginning to set; then remove them from the fire, stir a little longer, season with salt and pepper; dish the eggs in a circle on a hot dish, place the chicken livers in the centre, sprinkle on the latter a little chopped parsley. Pour some sauce round, and serve very hot.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,829. SCRAMBLED EGGS IN POTATOES.

6 eggs.		$\frac{1}{2}$ oz. prawn or shrimp butter		$1\frac{1}{2}$ ozs. butter.
3 large round potatoes.		(No. 186).		12 prawns.

Scrub the potatoes, bake them in the oven until done. Cut a piece off the top of each; scoop out the pulp. This must be done carefully so as not to break the skins. Melt the butter in a stewpan, put in the eggs, season, and add to them the picked prawns. Stir over the fire until the mixture sets, then take it off the fire, and work in the $\frac{1}{2}$ oz. of prawn butter. Fill up the potato skins with this preparation. Dress them on a hot dish, on which a folded napkin has been arranged. Serve very hot.

Average cost, 1s. 9d. to 2s. Time required, $1\frac{1}{4}$ hours. Seasonable all the year. Sufficient for 3 persons.

1,830. SCRAMBLED EGGS AUX CROÛTONS.

6 eggs. | $1\frac{1}{2}$ ozs. butter. | stale bread. | chopped parsley. | salt. | pepper.

Cut a slice or two of stale bread, take off the crust, cut the bread in strips, and then into dice; fry these in clarified fat. Melt the butter in a stewpan, put in the eggs, season with salt and pepper, stir with a wooden spoon until they are just setting, then mix in one tablespoonful of the fried dice of bread; take off the fire. Dish the eggs on a hot dish in the centre, sprinkle a pinch of chopped parsley over, and garnish the dish with little groups of fried dice of bread. Serve very hot.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,831. SCRAMBLED EGGS WITH FRIED POTATOES.

6 eggs. | $1\frac{1}{2}$ ozs. butter. | 1 large potato. | salt. | pepper. | chopped parsley.

Peel the potato, cut it in slices $\frac{1}{4}$ inch thick, then into dice; wash and dry them, fry in clarified fat a golden brown, drain, and keep hot. Melt the butter in a stewpan, break in the eggs, season them with salt and pepper, stir over the fire until just setting, then remove; stir a little longer, dish them in a circle on a hot dish, arrange the fried dice of potato in the centre, sprinkle with a little chopped parsley, and serve very hot.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,832. SCRAMBLED EGGS WITH ANCHOVIES.

6 eggs. | $1\frac{1}{2}$ ozs. butter. | 6 anchovies. | salt. | pepper. | toast.

Scrape the anchovies, wash and wipe them, cut them down the back, take out the back bone, chop the fillets finely. Melt the butter in a sauté-pan, break in the eggs, season with pepper and very little salt, stir over the fire with a wooden spoon until the eggs begin to set, then add to them the chopped anchovies; mix well, turn out on to a hot dish, garnish round with pieces of freshly-toasted bread, and serve very hot.

Average cost, 1s. 3d. Time required, 10 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,833. TIMBALES OF SCRAMBLED EGGS.

$\frac{1}{2}$ lb. puff-paste.	$1\frac{1}{2}$ ozs. butter.	2 tablespoonfuls Bechamel
6 eggs.	1 oz. Parmesan cheese.	sauce (No. 4).

Line some small dariole-moulds with puff-paste, fill these with raw rice, and bake a very light colour. Roll out the remains of the pastry, and cut out with a round fancy cutter some pieces to use as covers. Cut out some still smaller pieces with a smaller cutter, brush the covers over with egg, put the small rounds on the top of the large ones, put them on a baking-sheet, and bake in a moderate oven. When done, take up, turn the rice out of the timbales carefully, and take the pastry cases out of the moulds. Melt the butter in a stewpan, break in the eggs, season with salt and pepper, stir over the fire with a wooden spoon, mix in the cheese, and sauce as soon as it sets, remove from the fire, and fill the little pastry cases with the egg mixture. Put on each one of the covers, dish on a folded napkin, garnish with parsley, and serve hot.

Average cost, 1s. 6d. Time required, 30 minutes, after the pastry is made. Seasonable all the year. Sufficient for 6 persons.

1,834. SCRAMBLED EGGS À LA PORTUGAISE.

6 eggs. | $2\frac{1}{2}$ ozs. butter. | 3 or 4 tomatoes. | salt. | pepper. | chopped parsley. | meat-glaze.

Skin the tomatoes. To do this soak them in boiling water for a minute or two, then cut them in dice, pressing out the seeds. Melt 1 oz. of butter in a stewpan, put in the tomato dice, and toss over the fire until cooked; season them with salt and pepper. Put the rest of the butter in a sauté-pan; when hot, break in the eggs, season with salt and pepper, stir over the fire with a wooden spoon until they begin to set. Turn them on to a hot dish, arrange in a circle, place the tomatoes in the centre, sprinkle over the latter a little chopped parsley, and pour a little liquid meat-glaze round the eggs. Serve at once, very hot.

Average cost, 1s. 4d. Time required, 15 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

1,835. SCRAMBLED EGGS WITH ASPARAGUS.

6 eggs. | $1\frac{1}{2}$ gills asparagus-points. | $2\frac{1}{2}$ ozs. butter. | salt. | pepper. | $\frac{1}{2}$ gill cream.

Cook the asparagus-points in boiling water, seasoned with a little salt, until tender. Melt 1 oz. of butter in a stewpan, put in the cooked asparagus, and toss over the fire for a few minutes. Melt the rest of the butter in a sauté-pan, break the eggs into it, add the cream, salt and pepper, stir over the fire until the eggs begin to set; then add to them $\frac{1}{2}$ gill of the cooked asparagus-points, cook a little longer, but keep them creamy. Dish up on a hot dish in a circle, arrange the remaining gill of cooked asparagus-points in the centre, and serve very hot.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable, February to July. Sufficient for 5 or 6 persons.

1,836. SCRAMBLED EGGS WITH CHEESE.

6 eggs. | $1\frac{1}{2}$ ozs. Gruyère cheese. | salt. | $1\frac{1}{2}$ ozs. butter. | $1\frac{1}{2}$ ozs. Parmesan cheese. | pepper.

Break the eggs into a basin, beat them lightly, grate the Gruyère and Parmesan cheese, stir them to the eggs, season with salt and pepper. Melt the butter in a stewpan, pour in the eggs, stir over the fire until they begin to set; keep them soft and creamy; they should be just set enough to dish. Dress them on a hot dish, and serve at once.

Average cost, 1s. 2d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,837. SCRAMBLED EGGS WITH TRUFFLES.

6 eggs. | 1½ ozs. butter. | 1 truffle. | salt. | pepper. | toast. | ½ gill cream.

Melt the butter in a sauté-pan, break in the eggs, season with salt and pepper, add the cream, stir over the fire with a wooden spoon, until the eggs begin to set, then mix in the finely chopped truffle ; mix well. Turn the eggs on to a hot dish, garnish round with sippets of toast, and serve very hot.

Average cost, 1s. 6d. Time required, 10 minutes. Seasonable at all times
Sufficient for 6 persons.

1,838. SCRAMBLED EGGS WITH SHRIMPS.

6 eggs. | 1 gill picked shrimps. | pepper. | salt. | 1½ ozs. butter. | ½ gill Beehamel sauce. (No. 4).

Melt the butter in a stewpan, break in the eggs, stir them with a wooden spoon until just setting ; season with salt and pepper. Take the pan off the fire, dress the eggs on a hot dish in a circle. Have ready the shrimps prepared in the following manner : put them into a saucepan, add the sauce to them, make very hot, arrange in the centre of the dish, and serve very hot.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable all the year.
Sufficient for 4 or 5 persons.

1,839. ŒUFS FRITS À LA PROVENÇALE (FRIED EGGS À LA PROVENÇALE).

6 eggs. | ½ gill salad oil. | 3 tomatoes. | ½ pint Espagnole sauce (No. 33). | salt. | pepper.

Pour the oil into a frying-pan on the fire. When hot, break the eggs, one at a time, in a cup, season with salt and pepper, slide it carefully into the pan, and baste with the oil. When done, lift it out with a slice, and drain well. Cook all the eggs in the same way. Cut the tomatoes in halves, season with salt and pepper, and cook them in the oven on a buttered baking-sheet for a few minutes. Arrange these, when done, on a hot dish ; place a fried egg on each half-tomato. Heat the sauce, pour it round the dish, and serve hot.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable at all times.
Sufficient for 6 persons.

1,840. ŒUFS FRITS À LA PORTUGAISE (EGGS FRIED, PORTUGUESE STYLE).

6 eggs. | 2 ozs. rice. | ½ pint stock. | salt. | ½ pint brown sauce.
3 tomatoes. | ½ onion. | 1½ ozs. butter. | pepper. | ½ gill oil.

Melt 1 oz. of butter in a stewpan ; slice the onion, and fry it a pale brown colour in the butter ; then add the rice, fry a little, then add the stock and boil until tender, adding a little more stock if necessary ; stir constantly as soon as the rice thickens. Cut the tomatoes in halves, scoop out a little of the centre, remove the seeds, season with salt and pepper, place them on a buttered baking-sheet, and put in the oven until the tomatoes are cooked. They must not be too much done. Arrange them on a hot dish, stuff them with the prepared rice. Pour the oil into a frying-pan, fry the eggs in it, one at a time, basting them well. When done, lift them out, drain, and dress them on the tomatoes. Put them on a hot dish, pour the sauce round, and serve hot.

Average cost, 1s. 4d. Time required, 40 minutes. Seasonable at all times
Sufficient for 6 persons.

1,841. ŒUFS FRITS AU BEURRE NOIR (FRIED EGGS WITH BLACK BUTTER).

6 eggs. | 2 teaspoonfuls vinegar. | salt and pepper.
3 ozs. butter. | chopped parsley. | buttered toast.

Melt 1 oz. of butter in a frying-pan, make it hot, but it must not brown. Fry the eggs in this, sprinkle them with salt and pepper, and cook for about three minutes. Have ready some hot buttered toast ; cut out in rounds. Lift the eggs

carefully out of the pan, drain well, and dress them on the rounds of toast ; keep them warm. Put 2 ozs. of butter in the same pan, heat it, and let the butter acquire a nut-brown colour ; then take it off the fire, stir in the vinegar, and a pinch of chopped parsley. Pour this over the eggs, and serve at once.

Average cost, 1s. Time required, 8 to 10 minutes. Seasonable at all times. Sufficient for 6 persons.

1,842. PETITS CHOUX AUX ŒUFS (LITTLE SHAPES WITH EGGS).

2 ozs. butter.	3 whole eggs.	1 gill water.	1 oz. Parmesan cheese.	salt.
2 ozs. flour.	1 yolk of egg.	chopped parsley.	1 tablespoonful cream.	pepper.

Put 1 oz. of butter and the gill of water into a small stewpan, pass the flour through a sieve on to a piece of kitchen paper ; put the stewpan containing the water and butter on the fire, and bring it to the boil ; then add the flour, stir vigorously until the paste leaves the sides and bottom of the pan, then take the stewpan off the fire, and let the contents cool a little. Mix in one whole egg and one yolk, beat well until smooth. Butter eight small boat-shaped or oval moulds, fill them



FIG. 129.—PETITS CHOUX AUX ŒUFS.

three parts full with the choux pastry, and bake in a rather slow oven. When done, turn them out of the moulds, cut a piece out of the top to form a lid, scoop out the soft inside. Put 1 oz. of butter into a stewpan, let it melt, then add the eggs, cream, cheese (grated), salt, pepper, and a little chopped parsley ; stir over the fire until the mixture sets, then fill up the cases, put on the lids, place them in a cool oven, just to heat them through again. Dish up, garnish with parsley, and serve.

Average cost, 9d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

1,843. DEVILLED EGGS.

6 eggs.	$\frac{1}{2}$ gill cream.	1 teaspoonful mustard.	1 chilli.
salt.	$1\frac{1}{2}$ oz. butter.	1 teaspoonful chutney.	1 oz. ham.
cayenne.	2 yolks of eggs.	chopped parsley.	croûtes of bread.

Fry the eggs in $1\frac{1}{2}$ ozs. of butter. When done, lift them carefully with a fish slice, and trim them with a round cutter. Arrange the eggs on a hot dish in a circle, pour over them the following sauce : Put into a stewpan the $\frac{1}{2}$ gill of cream and the remaining 1 oz. of butter, season with salt and a pinch of cayenne, put the pan on the fire, and bring to the boil ; then add the yolks of the eggs, the mustard and

chutney ; stir over the fire until the sauce thickens, but it must not boil. Chop the ham and the chilli, and add to the sauce. Pour it over the eggs, and garnish the dish with triangular croûtons of fried bread. Serve very hot for breakfast or lunch.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,844. FRIED EGGS IN BATTER.

6 eggs.	lemon-juice.	1½ tablespoonfuls milk.	1 tablespoonful salad oil.
2 eggs.	2 ozs. flour.	salt and pepper.	fried parsley (No. 195).

Poach the eggs in boiling water in which a little salt has been dissolved and a few drops of lemon-juice added. When cooked, lift carefully out of the water with a fish slice, trim neatly with a round cutter, put them on a plate, and let them get cold. Sieve the flour into a basin, add a pinch of salt ; separate the yolks and whites of the eggs, add the yolks to the flour, mix with the flour, stirring in by degrees the milk and the oil ; beat to a smooth paste. Whip the whites of the eggs very stiffly, and, just before frying, stir them lightly into the batter. Sprinkle the eggs with a pinch of salt and pepper. Have ready a stewpan with plenty of very hot frying-fat. Put the eggs, one at a time, into the batter ; coat them well all over ; lift them carefully with a spoon, and drop them into the boiling fat. Fry a delicate golden colour. Lift out when done, drain on paper, dress on a hot dish, garnish with fried parsley, and serve hot.

Average cost, 1s. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 persons.

1,845. MUSHROOMS AND EGGS.

1 lb. mushrooms.	2 ozs. butter.	fried parsley.	salt.
6 new-laid eggs.	breadcrumbs.	croûtons of fried bread.	pepper.

Peel the mushrooms, wash and dry them. Melt the butter in a stewpan ; put in the mushrooms, and cook them for about ten minutes, until done ; then arrange them on a fireproof dish, break the raw eggs on to the mushrooms, taking care not to break the yolks ; sprinkle over some salt and pepper, and over all a few bread-crumbs. Put the dish in a hot oven for four or five minutes to set the eggs. Cut a slice of stale bread into triangular pieces, fry them in clarified fat a golden brown, garnish the dish with these and fried parsley. Serve very hot for breakfast.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,846. ŒUFS À LA GARIGEN.

6 new-laid eggs.	2 yolks of eggs.	egg and breadcrumbs.
½ pint velouté sauce (No. 82).	1 oz. grated Parmesan cheese.	fried parsley (No. 195).

Poach the eggs in salted, boiling water, drain well, and trim them neatly with a round cutter. Warm the velouté sauce, season to taste, add the yolks of the eggs, put over the fire again, and cook the eggs, but do not boil ; add the cheese. Pour this sauce over the eggs, let them get quite set and cold, then egg and crumb them twice, fry in clarified fat in a stewpan, drain, and dress on a hot dish in a circle. Garnish the centre with fried parsley, and serve hot.

Average cost, 1s. 3d. Time required, 40 minutes. Seasonable always. Sufficient for 6 persons.

1,847. ŒUFS À LA CRÈME.

½ lb. cold chicken.	2 ozs. ham.	½ gill water.	2 gills Bechamel sauce.
breadcrumbs.	½ oz. butter.	1 egg.	½ gill cream.
6 new-laid eggs.	¼ oz. flour.	salt and pepper.	1 teaspoonful chopped parsley.

Chop the chicken and ham finely, melt the butter in a stewpan. When hot, stir in the flour, add the stock, and boil until very thick ; mix in the minced chicken and ham, season with salt and pepper, and half the parsley. Turn the mixture on to a plate, and let it get cold. Divide into six equal portions, make each part

into a flat cake, egg and breadcrumb them, and fry in boiling fat. Arrange these on a hot dish, and keep warm. Poach the eggs in boiling, salted water. When done, drain well, trim with a round cutter, place an egg on each fried cake. Warm up the Bechamel sauce, add the cream to it, make it thoroughly hot, season nicely with salt and pepper. Sprinkle over each egg a little chopped parsley, garnish the dish with fried parsley, and serve with the sauce separately.

Average cost, 2s. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,848. ŒUFS POCHÉS À L'ANCHOIS.

6 eggs.	$\frac{1}{2}$ pint anchovy sauce (No. 85).	salt.	few drops of lemon-juice or
toasted bread.	6 fillets of anchovy.	pepper.	vinegar.

Put some boiling water into a sauté-pan, add a little salt and a few drops of lemon-juice or vinegar, place the pan on the fire, and bring to the boil. Break the eggs into the boiling water, taking care not to break the yolks; simmer for about three minutes; the white should cover the yolk; when this happens the egg is done. Take up with a slice, drain well, trim round the outside of the eggs with a round cutter, place each egg on a round of toast. Dress on a hot dish; have ready the anchovy sauce, pour it over the eggs, cut the fillets in thin strips, and garnish the eggs with them, arranging in lattice fashion; place the dish in the oven for one minute, and send to table very hot.

N.B.—Eggs for poaching must be quite fresh, new-laid if possible. This is absolutely necessary in order to obtain good results.

Average cost, 1s. 4d. Time required, 10 minutes. Seasonable at all times. Sufficient for 6 persons.

1,849. ŒUFS POCHÉS AU CÉLERI (POACHED EGGS WITH CELERY).

6 eggs.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	salt.
1 large head of celery.	$\frac{1}{2}$ gill cream.	pepper.
stock.	chopped parsley.	1 oz. butter.

Wash the celery well, take off the outside leaves, cut the remainder in pieces about 1 inch in length, boil in stock until tender, then drain it. Melt the butter in a stewpan, put in the celery, stir over the fire for a few minutes, then add the sauce, cream, salt, and pepper; mix over the fire until thoroughly hot; keep the pan by the side of the fire until ready to use. Poach the eggs in boiling, salted water, to which a few drops of lemon-juice or vinegar have been added. As soon as the eggs are done, drain and arrange them on rounds of buttered toast, place them on a hot dish in a circle, and dress the celery in the centre; sprinkle the latter with a little chopped parsley, and serve very hot.

Average cost, 1s. 6d. Time required to cook the celery, 20 to 30 minutes; 3 minutes to cook the eggs. Seasonable, September to February. Sufficient for 6 persons.

1,850. ŒUFS POCHÉS À LA DUCHESSE (POACHED EGGS, DUCHESS STYLE).

6 new-laid eggs.	$\frac{1}{2}$ lb. boiled potatoes.	parsley.
$1\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ lb. mushrooms.	2 yolks of eggs.
lemon-juice.	$\frac{1}{2}$ pint brown sauce (No. 6).	pepper and salt.

Rub the boiled potatoes through a sieve. Melt $\frac{1}{2}$ oz. of butter in a stewpan, put in the potato as soon as the butter is hot, stir until hot, then mix in one yolk, season with salt and pepper. Turn this mixture on to a plate, let it get cold, divide into six equal parts, shape each part into a round, brush over with yolk of egg, and bake in the oven until a nice brown. These potato croûtes should be about 2 inches in diameter. Peel, wash, and dry the mushrooms; cook them in a stewpan with 1 oz. of butter for about ten minutes; keep hot until wanted. Poach the eggs in salted, boiling water, to which a few drops of lemon-juice or vinegar have been

added; simmer gently for three minutes; lift out carefully with a slice; drain well, and trim the edges with a round cutter. Place one egg on the top of each croûte of potato, dress them in a circle on a hot dish, arrange the cooked mushrooms in the centre, sprinkle a little chopped parsley over the latter, pour the sauce round, and serve very hot.

Average cost, 1s. 9d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

1,851. ŒUFS POCHÉS À LA MORNAY (POACHED EGGS WITH MORNAY SAUCE).

6 eggs.	brown breadcrumbs.	salt.
$\frac{1}{2}$ pint Mornay sauce (No. 110).	1 oz. Parmesan cheese.	pepper.
lemon-juice.	buttered toast.	butter.

Poach the eggs in salted, boiling water to which a little lemon-juice has been added. Lift them carefully when done with a slice, drain well, and place each egg on a round of buttered toast, which has been cut to the same size as the egg. Dress them in a circle on a hot dish, pour the sauce over, sprinkle with grated Parmesan cheese and brown crumbs, put a tiny bit of butter on each egg, and place the dish in a hot oven to brown the eggs. Serve at once.

Average cost, 1s. 4d. Time required, 35 minutes. Seasonable at all times. Sufficient for 6 persons.

1,852. ŒUFS POCHÉS AUX ASPERGES (POACHED EGGS WITH ASPARAGUS).

6 eggs.	$\frac{3}{4}$ pint asparagus heads.	$\frac{1}{2}$ gill cream.
$\frac{1}{4}$ lb. short-pastry.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).	1 oz. butter.

Prepare the pastry, roll it out, and cut out six rounds large enough to line six patty-pans, fill them with raw rice, and bake a pale brown. When done, turn out the rice, and take the crusts out of the tins. Cook the asparagus heads. When tender, drain them, and put two-thirds of the amount through a sieve; heat the Bechamel sauce, add to it half the cream and the asparagus purée; keep hot. Melt the butter in a stewpan, put in the remaining one-third of the asparagus heads, toss them over the fire until hot, add the cream, season to taste; put this mixture at the bottom of each tartlet-crust, and put them in a cool oven to keep hot. Poach the eggs in boiling, salted water for about three minutes; when done, take them up, trim with a round cutter, drain well, place on a plate, and coat them with the prepared sauce. Place one of these coated eggs on each tartlet, dish up, and serve hot.

Average cost, 3s. 6d. Time required, 45 minutes. Seasonable, February to July. Sufficient for 6 persons.

1,853. ŒUFS POCHÉS EN BERCEAU.

6 new-laid eggs.	1 lb. spinach.	1 tablespoonful cream.	cheese.
3 large kidney potatoes.	$\frac{1}{2}$ oz. butter.	velouté sauce (No. 82).	salt and pepper.

Scrub the potatoes so as to free them from every particle of dirt, dry and bake in the oven. When done, cut each potato in half lengthways, scoop out the inside. Cook the spinach in the usual way. When done, rub it through a fine sieve. Melt the butter in a stewpan, put in the spinach, season to taste with salt and pepper, add the cream, mix well over the fire. Now line the potato shells with the spinach: keep them hot in the oven. Poach the eggs in boiling water seasoned with salt and lemon-juice. As soon as they are cooked, lift them carefully out of the water with a slice, let them drain, trim with an oval cutter, and place one carefully in each potato case. Coat the eggs with velouté sauce, sprinkle with grated Parmesan cheese, and put in a hot oven to brown. Serve very hot.

Average cost, 1s. 4d. Time required, 1 $\frac{1}{4}$ hours. Seasonable, March to December. Sufficient for 6 persons.

1,854. ŒUFS POCHÉS À L'AURE.

6 eggs. | 1 gill velouté sauce (No. 82). | 1 gill tomato sauce (No. 77). | puff-paste trimmings.

Roll out the puff-paste, cut out six oval pieces, put them on a baking-sheet, and bake a golden brown in a hot oven. Put the velouté and tomato sauces together in a saucepan, make hot, and mix thoroughly. Poach the eggs in salted, boiling water for about three minutes. When cooked, take up with a slice, drain well, trim with an oval cutter, and place an egg on each, pour the sauce over, and serve quickly.

Average cost, 1s. 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

1,855. ŒUFS POCHÉS À LA COQUELIN (POACHED EGGS, COQUELIN STYLE).

6 eggs. | $\frac{1}{4}$ lb. short pastry. | $\frac{1}{2}$ gill Bechamel sauce. | $\frac{1}{2}$ oz. butter.
3 large onions. | $\frac{1}{2}$ pint tomato sauce. | a few tarragon leaves. | salt and pepper.

Peel the onions, boil them in water until soft, drain them, rub them through a hair sieve; melt the butter in a stewpan, put in the sieved onions, stir over the fire for four or five minutes, then mix in the Bechamel sauce; season to taste with salt and pepper, cook, and reduce a little longer; keep hot until required. Roll out the pastry, stamp out some rounds with a cutter, and line six patty-pans, fill them with raw rice, and bake in a moderate oven until a pale brown. When done, take up the patties, turn out the rice carefully, take the crusts out of the tins, and keep hot. Poach the eggs in salted, boiling water; when done, lift out of the water with a slice, allow them to drain, and trim neatly with a round cutter. Put a tablespoonful of the onion purée at the bottom of each pastry crust, place a poached egg on the top, coat them carefully with the tomato sauce, sprinkle a pinch of parsley on each. Dish up, and serve hot.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

1,856. ŒUFS POCHÉS À LA CLAMART (POACHED EGGS, CLAMART STYLE).

6 eggs. | 2 gills cooked peas. | 1 tablespoonful cream. | salt.
 $\frac{1}{4}$ lb. short pastry. | $\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ pint velouté sauce (No. 82). | pepper.

Cook the peas, put half of them after they have been strained through a fine sieve, heat the velouté sauce, stir the pea purée into it, season nicely with salt and pepper, and keep hot. Melt the butter in a stewpan, put in the other gill of peas, stir until quite hot, season with salt and pepper, and add the cream. Roll out the pastry, cut out some rounds with a cutter, line six patty-pans with them, fill with raw rice, and bake a light brown. When done, take out the rice and remove the crusts from the tins, put a layer of the peas at the bottom of each crust. Poach the eggs, drain, and trim them with a round cutter; place them in the crusts on the peas, coat them with the velouté sauce prepared as above; sprinkle on them a pinch of chopped parsley. Dish up and serve hot.

Average cost, 1s. 4d. Time required, 35 minutes. Seasonable, June to August. Sufficient for 6 persons.

1,857. ŒUFS POCHÉS À LA BOURGUIGNONNE (POACHED EGGS, BURGUNDY STYLE).

6 eggs. | $\frac{1}{2}$ pint claret. | $\frac{1}{2}$ pint stock. | Bordelaise sauce (No. 11). | 6 oval croûtes.

Put the claret and stock into a frying-pan, bring to the boil, then poach the eggs in it. Cut some oval croûtes of bread from a stale loaf about 1 inch thick, hollow out the centre, and fry them a golden brown in clarified fat. Arrange these on a hot dish, dress the eggs on them, and keep hot in a cool oven. Make the sauce,

using the stock and wine that the eggs were poached in for the purpose, pour the sauce over the eggs, and serve at once.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,858. RISOTTO AUX ŒUFS (RISOTTO WITH EGGS).

6 new-laid eggs.	1½ pints stock.	½ gill tomato sauce.	pepper.
6 ozs. rice.	2 ozs. butter.	1 oz. Parmesan cheese.	salt.
½ onion.	lemon-juice.	parsley.	

Melt the butter in a stewpan, chop the onion, fry it in the butter without browning, then add the rice, fry a little, then stir in the stock by degrees; boil until the rice is tender and has absorbed the stock, then add the tomato sauce, the cheese, salt, and pepper; stir over the fire a little longer until thoroughly mixed. Butter a flat cake-mould, turn the risotto into it, flatten it down, and keep hot until the



FIG. 130.—RISOTTO AUX ŒUFS.

eggs are cooked. Have a frying-pan with sufficient boiling water to cover the eggs, season it lightly with salt, add a squeeze of lemon-juice, break the eggs one at a time into a cup, slide them into the boiling water, and poach for about three to four minutes; baste them with the boiling water. When done, lift them up carefully with a slice, let them drain, and then trim with a round cutter. Dress the eggs on the risotto in a circle, garnish with a little parsley in the centre, and pour tomato sauce round the base, or it can be sent up separately. Serve hot for luncheon or breakfast.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,859. ŒUFS POCHÉS À LA TOMATE (POACHED EGGS WITH TOMATO SAUCE).

4 new-laid eggs.	chopped parsley.	4 slices of buttered toast.
¼ pint tomato sauce (No. 77).	3 ozs. spaghetti.	1 oz. grated Parmesan cheese.
salt.	1 oz. butter.	pepper.

Make the buttered toast, and put in a cool oven to keep hot. Put the tomato sauce into a frying-pan, let it come to the boil, and then break in the eggs, taking care not to break the yolks. Poach them in the tomato sauce until the eggs are set. If the sauce does not cover the eggs, they must be basted with it. Take them

out of the sauce and lay one on each piece of toast, dress them in a circle on a hot dish, pour the tomato sauce over them and round the dish. Have 2 ozs. of spaghetti ready boiled; melt 1 oz. of butter in a saucepan, put in the spaghetti, cheese, salt, and pepper, stir over the fire until thoroughly mixed and hot. Pile this into the centre of the dish, sprinkle a little chopped parsley on the top of each egg, and serve hot.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 persons.

1,860. CÔTELETTES DE JAMBON AUX ŒUFS (HAM CUTLETS WITH EGGS).

2 hard-boiled eggs.	4 ozs. ham.	1 gill milk.	1 egg.	breadcrumbs.
1 dessertspoonful parsley.	1 oz. butter.	$\frac{1}{2}$ oz. flour.	pepper.	fried parsley.

Boil the eggs, put them in cold water. When cold, shell and chop them not too finely; mince the ham finely and the parsley. Melt the butter in a stewpan, put in the flour, mix to a smooth paste, stir in the milk, and boil until the sauce is thick and leaves the sides of the saucepan clean. Add to this the chopped ham, eggs, and parsley; mix all well together over the fire, and season with a little pepper. Turn the mixture on to a plate to cool. When cold, divide it into six equal parts, shape each portion into the form of a cutlet, dip in beaten egg, toss in breadcrumbs, lay them on a board or table, and shape them again with a dry knife. Fry the cutlets a golden brown colour in very hot fat, lift them out of the fat with a slice, and drain on paper. Dish the cutlets in a circle on a dish-paper arranged on a hot dish, garnish the centre with fried parsley, and serve hot for luncheon or breakfast.

Average cost, 1s. Time required, 40 minutes. Seasonable all the year. Sufficient for 6 cutlets.

1,861. ŒUFS AUX JAMBON (EGGS WITH HAM).

4 new-laid eggs.	pepper.	1 teaspoonful chopped	1 oz. butter.
4 ozs. cooked ham.	1 shallot.	parsley.	1 oz. flour.
egg and breadcrumbs.	salt.	fried parsley (No. 195).	1 gill stock.

Boil the eggs for twelve to fifteen minutes, take them up and place in cold water. Mince the ham finely. Melt the butter in a stewpan, chop the shallot, and fry it a golden colour in the butter, then add the flour, and mix into the butter to a smooth paste, pour in the stock, and stir until it is thick and leaves the sides of the stewpan. When the eggs are cold, shell them carefully, and cut each egg in half lengthways, take out the yolks without breaking the whites, pass the yolks through a sieve. Mix these with the chopped ham, and stir them into the prepared sauce; add the chopped parsley, and season to taste with salt and pepper. Fill the halved whites of eggs with this mixture, shape them so that each one looks like a whole egg. Dip them in breadcrumbs, then egg and breadcrumb them twice. Fry in very hot fat a golden brown. Dish up on a folded napkin or dish-paper. Garnish with fried parsley, and serve.

Average cost, 1s. 4d. Time required, 40 minutes. Seasonable always. Sufficient for 4 persons.

1,862. ŒUFS À LA GARFIELD (EGGS, GARFIELD STYLE).

3 hard-boiled eggs.	$1\frac{1}{2}$ sausages.	chopped parsley.	1 egg.
6 croûtes of bread.	frying-fat.	tomato sauce (No. 77).	vermicelli.

Remove the shells from the eggs, wrap each egg in half a sausage, work it round the egg, so that it is entirely enveloped in the sausage. Beat up an egg on a plate, crush the vermicelli, put the coated eggs into the egg, then toss in vermicelli, flatten the ends, and fry in boiling clarified fat. Cut out some small rounds of bread with a cutter, fry these a golden brown in very hot fat. When the eggs are fried,

take them up, drain on paper, cut each egg in half, stand these on the croûtes, garnish the yolk with a little chopped parsley, dress on a hot dish and pour tomato sauce round. Serve hot.

Average cost, 10d. Time required, 30 minutes. Seasonable, September to March. Sufficient for 6 persons.

1,863. ŒUFS À LA GÉNOISE (GENOESE EGGS).

2 ozs. rice.	2 ozs. butter.	$\frac{1}{2}$ tablespoonful chopped parsley.	salt.
3 eggs.	1 small onion.	toasted bread.	pepper.

Wash the rice, boil it in plenty of water seasoned with salt, until tender, drain it well, put it under the tap, and let the water run on it. Shake well, spread it on a baking-sheet, and put in a cool oven to dry, turn it about occasionally with a fork. Boil the eggs for twelve to fifteen minutes, put them when cooked into cold water for a few minutes, then shell and chop them finely. Melt the butter in a stewpan, peel and chop the onion, and fry it in the butter until it begins to brown; then add the chopped eggs and the rice, season with salt and pepper, mix well over the fire until very hot. Have ready some toasted bread, cut off the crust, butter lightly, and divide into squares; pile the mixture neatly on to these, sprinkle over the chopped parsley. Dish up on a hot dish on a fancy paper, garnish with sprigs of parsley, and serve hot.

Average cost, 6d. Time required, 25 minutes. Seasonable at all times. Sufficient for 4 persons.

1,864. EGG FRITTERS.

4 eggs.	2 ozs. cooked chicken.	1 tablespoonful Bechamel sauce (No. 4).	1 egg.
1 oz. flour.	1 tablespoonful milk.	1 dessertspoonful salad oil.	salt.
1 oz. cooked ham.	frying-fat (No. 197).	fried parsley (No. 195).	pepper.

Boil the eggs from twelve to fifteen minutes until quite hard, then cut them in halves lengthways, remove the yolks carefully so as not to break the whites. Mince the chicken and ham, put these with the hard-boiled yolks into a mortar, season with salt and pepper, pound well, then stir in the Bechamel sauce; mix thoroughly. Fill the hollows of the whites with the pounded-yolk mixture, put two halves together, press firmly, cut them in quarters with a sharp knife. Sieve the flour and a pinch of salt into a basin, add the yolk of the egg, the milk, salad oil, salt, and a little pepper; work in the flour, beat to a smooth batter, whip the white of the egg very stiffly, stir it into the batter lightly just before frying. Heat the fat in a stewpan, and when smoking hot dip the eggs into the batter, drop them into the fat, and fry a golden colour; drain them on paper, and dish on a napkin or paper arranged on a hot dish, and serve.

N.B.—The eggs can be filled with any kind of cold meat.

Average cost, 9d., exclusive of meat. Time required, 30 minutes. Seasonable always. Sufficient for 4 persons.

1,865. ŒUFS À L'ITALIENNE (EGGS, ITALIAN STYLE).

4 eggs.	2 anchovies.	1 shallot.	salt.	$\frac{1}{2}$ pint Italian sauce (No. 41).
milk.	2 ozs. butter.	chopped parsley.	pepper.	1 dessertspoonful breadcrumbs.

Boil the eggs from twelve to fifteen minutes, put them into a basin of cold water for a few minutes. Cut the eggs in halves, take out the yolks, taking care not to break the whites; put the yolks into a mortar; soak the breadcrumbs in a little milk; add these to the yolks. Bone the anchovies, wash, dry, and cut them up small; add them, with the butter, a little chopped parsley, and the minced shallot, to the other ingredients in the mortar, pound all well together, season to taste. Put the mixture into a saucepan, and cook over the fire to a thick paste, adding a little of the sauce, until of a right consistency. Place the whites of the eggs in a basin of boiling water to heat them. Warm up the sauce in a stewpan. When

ready to serve, take the whites out of the hot water, dry quickly on a cloth, fill them with the prepared mixture, dish them on a hot dish, pour the sauce over, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable always. Sufficient for 4 persons.

1,866. CROMESQUIS AUX ŒUFS (EGG KROMESKIES).

3 hard-boiled eggs.	1 tablespoonful Bechamel sauce.	frying-fat.	1½ tablespoonfuls milk.
2 raw yolks of eggs.	1 teaspoonful chopped parsley.	2 ozs. flour.	1 tablespoonful oil.
6 thin slices of bacon.	salt and pepper.	2 eggs.	fried parsley (No. 195).

Shell the hard-boiled eggs, chop them finely, put them into a saucepan; add the sauce, yolks of eggs, salt and pepper, and the chopped parsley. Mix all together over the fire, turn on to a plate, and let it get cold. Make the batter as follows: sieve the flour and a pinch of salt into a basin, work in the yolks of two eggs, the milk, and oil; beat until smooth, whip the whites of the eggs very stiffly, and stir them into the batter just before frying. Divide the egg mixture when cold into six portions, make them up into the shape of corks, roll each piece in a very thin slice of bacon. Heat the frying-fat in a stewpan, dip each kromeskie into the frying batter, take them up one at a time, and drop them into the frying-fat. As soon as they are a golden colour, take them out of the fat with a slice, drain on paper, and dish them on a hot dish in a pile, garnish with fried parsley, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,867. ŒUFS À LA MAÎTRE D'HÔTEL.

6 eggs.	½ pint melted butter sauce (No. 43).	salt.	1 shallot.
½ lemon.	1 dessertspoonful chopped parsley.	pepper.	1 oz. butter.

Boil the eggs hard, let them get cold, take off the shells, and cut them in slices. Prepare the sauce, chop the shallot, melt the butter in a stewpan, put in the shallot, and fry it without browning; then add the sauce, the chopped parsley, pepper, and salt; stir over the fire until hot, add the juice of the lemon. Arrange the slices of egg on a hot dish in a pile, pour the sauce over, put into the oven for three minutes to get quite hot, and serve quickly.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,868. ŒUFS À LA LYONNAISE.

6 eggs. | 2 onions. | ½ pint stock. | 1 oz. butter. | salt. | pepper. | croûtons of fried bread.

Boil the eggs hard. Peel and chop the onions finely. Melt the butter in a stewpan, put in the chopped onions, and fry brown; add the stock, season with salt and pepper, simmer until reduced to a creamy consistency. Shell the eggs, take out the yolks, chop the whites, put these into the sauce, boil up, then dish on a hot dish, garnish with the yolks, and the croûtons of fried bread. Serve hot.

Average cost, 9d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

1,869. ŒUFS AUX NOUILLES ET JAMBON (EGGS WITH NOUILLES AND HAM).

6 eggs.	½ gill Bechamel sauce.	salt and pepper.
¼ lb. nouille paste (No. 1727).	2 ozs. ham.	2 ozs. butter.

Boil the eggs hard, shell them, cut in halves, and take out the yolks. Make ¼ pound of nouille paste, cut it into fine strips, cook them, and let cool. Melt 1 oz. of butter in a stewpan, put in the strips of nouille paste, and toss over the fire until hot. Mince the ham very finely, put it into a stewpan with 1 oz. of butter, the yolks of the eggs rubbed through a sieve, and the Bechamel sauce; stir over

the fire until a stiff paste, season with salt and pepper. Warm the halved whites in boiling water. When ready to fill, take them out of the water, dry them on a cloth, and fill them with the above mixture. Turn the nouilles on to a hot dish, arrange them neatly, dress the stuffed eggs on the top, and serve as hot as possible.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,870. CÔTELETTES AUX ŒUFS (EGG CUTLETS).

2 eggs.	2 ozs. Parmesan cheese.	$\frac{1}{4}$ gill water.	$\frac{1}{2}$ teaspoonful curry-powder.
$\frac{1}{4}$ oz. flour.	1 oz. breadcrumbs.	1 raw yolk.	fried parsley (No. 195).
salt.	$\frac{1}{2}$ oz. butter.	pepper.	frying-fat (No. 197).

Boil the eggs hard, put them into a basin of cold water, and let them get cold. Melt the butter in a stewpan, put in the flour, add the water, and mix to a thick sauce. Chop the eggs finely, put them into the sauce, grate the cheese, add it, also the breadcrumbs, curry-powder, salt, and pepper. Mix all well together, add the yolk, stir until mixed, then turn the mixture on to a plate. Divide into equal parts, shape each part into the form of a cutlet. Beat up an egg on a plate, put the cutlets into it, brush them over, lift into fresh breadcrumbs, coat them well, shape up again with a knife, and fry them a golden brown in very hot fat. When done, take up, drain well, dish them in a circle overlapping each other, fill the centre with fried parsley, and serve hot.

Average cost, 8d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 cutlets.

1,871. BONNES-BOUCHES AUX ŒUFS.

2 hard-boiled eggs.	2 raw yolks of eggs.	2 ozs. ham.	1 shallot.	salt.
chopped parsley.	$\frac{1}{4}$ lb. short or puff paste.	$\frac{1}{4}$ gill cream.	1 oz. butter.	pepper.

Roll out the pastry thinly, cut out some rounds with a cutter, and line some patty-pans with it. Chop the eggs, ham, and shallot finely; melt the butter in a stewpan; put in the chopped shallot, and fry until it just begins to brown. Then add the eggs and ham, mix all well together off the fire, add a little chopped parsley, the raw yolks of eggs, and the cream; season to taste as soon as it is well mixed, fill up the patty-pans with it, put them on a baking-sheet, and bake in a moderate oven. When done, dish up, garnish with parsley, and serve hot.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 patties.

1,872. ŒUFS FRITS À LA BONNE FEMME (FRIED EGGS À LA BONNE FEMME).

4 hard-boiled eggs.	breadcrumbs.	pepper.	1 raw egg.
fried parsley (No. 195).	tomato sauce.	salt.	butter.

Shell the hard-boiled eggs, cut each one in half, season them with salt and pepper. Beat up the raw egg on a plate, dip the halved eggs into it, toss in breadcrumbs; do this a second time, then fry them in hot clarified butter until a golden brown; drain well. Dish the eggs in a pile on a folded napkin or fancy dish-paper, garnish with fried parsley, and serve hot. Send a tureen of tomato sauce to table with them.

Average cost, 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

1,873. ŒUFS AUX CHAMPIGNONS (EGGS WITH MUSHROOMS).

4 hard-boiled eggs.	a few button mushrooms.	2 ozs. butter.	chopped parsley.
6 cup mushrooms.	brown sauce (No. 6).	2 shallots.	croûtes of fried bread.

Shell the hard-boiled eggs, cut two of them into neat slices, remove the yolk from them, taking care not to break the rings of white of egg. Six rings should be cut from the two eggs. Rub the yolk that was taken from them through a wire

sieve, and put aside for garnish. Peel and chop the shallots, fry them a golden brown in 1 oz. of butter, add a few button mushrooms chopped, the two remaining hard-boiled eggs chopped, and enough brown sauce to bind the mixture. Have ready six round croûtes of fried bread, spread them rather thickly with this preparation. Peel the cup mushroom, and cook in the oven with a little butter on each. Warm up the rings of hard-boiled egg in hot water. Place a cup mushroom on each croûte, and on that a ring of egg. Fill the cavity in three of the rings with sieved yolk of egg, and the other three with chopped parsley. Place in the oven for a few minutes to warm through. Dish them up, alternating the colours on a hot dish on a dish-paper.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

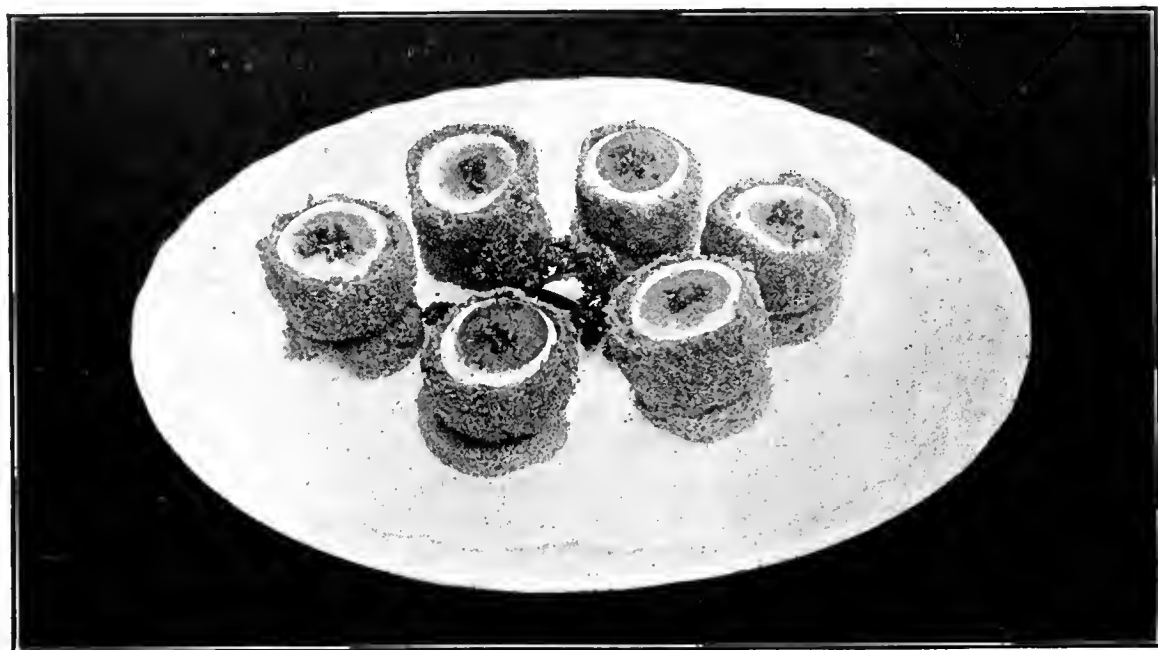


FIG. 131.—SCOTCH EGGS.

1,874. SCOTCH EGGS.

4 eggs.	2 pork sausages.	8 croûtes of fried	egg and breadcrumbs.
watercress.	chopped parsley.	bread.	frying-fat (No. 197).

Boil the eggs for twelve minutes, then take them up, and place them in a basin of cold water. Skin the sausages, and cut each one in half. Cut a round of bread $\frac{1}{2}$ inch thick, stamp eight croûtes out with a round cutter $1\frac{1}{2}$ inches across; fry these a golden brown in hot fat; take them up when done, drain on paper. As soon as the eggs are cool enough, shell them carefully, taking care not to break the eggs, and wrap each one in half a sausage; work it evenly over the egg, so as not to have it thicker in one place than another, flatten the ends, so that they will be able to stand. Beat up an egg on a plate, put in the eggs and brush them all over with it, then roll in fresh breadcrumbs, shape nicely by rolling them on the table or board, drop them into very hot fat, and fry for about five minutes. They ought to be a pretty golden colour. Take them up with a slice, drain on paper, cut each egg in half, put one half-egg on each croûte of fried bread, the cut side up; sprinkle on the yolks a pinch of chopped parsley. Dish them on a bed of watercress, and serve for breakfast, luncheon, or supper. These eggs can be eaten either hot or cold.

Average cost, 1s. Time required, 30 minutes. Seasonable, September to April. Sufficient for 4 persons.

1,875. FRICASSÉE D'ŒUFS (FRICASSEED EGGS).

6 eggs.	1½ gills Bechamel sauce (No. 4).	salt and pepper.
fried bread croûtons.	1½ ozs. Parmesan cheese.	1 oz. butter.

Boil the eggs for twelve to fifteen minutes, put them into a basin of cold water when done. Then take off the shells carefully, cut them in slices. Arrange these slices on a hot dish; first put some slices of egg, season them with salt and pepper, cover with a layer of the sauce previously made hot, sprinkle over a little cheese; then arrange another layer of egg slices, season, and pour over the sauce; continue in this way until the eggs are used up; over the last layer of eggs put a thick coating of sauce, sprinkle well with cheese, and put on the top the butter broken up into little bits. Place the dish in the oven, or under a salamander, to brown. Cut some pieces of bread in the shape of small triangles, fry these a golden brown in boiling fat. Before sending to table, garnish the dish all round with these croûtons. Serve very hot for luncheon or supper.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 persons.

1,876. ŒUFS À LA REINE.

6 eggs.	½ lb. cooked chicken.	1 oz. butter.	½ gill Bechamel sauce (No. 4).	salt.
2 ozs. ham.	croûtons of fried bread.	¼ gill cream.	1 teaspoonful chopped parsley.	pepper.

Mince the chicken and ham finely. Melt the butter in a stewpan, put in the minced chicken and ham, stir until hot, add the sauce, cream, salt, pepper, and chopped parsley. Mix well over the fire; leave by the side of the fire until required. Cut some slices of fried bread in triangular shapes, and fry a golden brown. Put the eggs, which should be new laid, into a saucepan of boiling water, and boil gently for four minutes, then put them into cold water for a second, and take off the shells. Arrange the chicken preparation on a hot dish, place the eggs on it in a circle, garnish round the dish with the croûtons of fried bread, and serve hot.

Average cost, 2s. Time required, 15 minutes. Seasonable all the year. Sufficient for 6 persons.

1,877. ŒUFS À LA TURQUE (EGGS, TURK STYLE).

6 eggs.	6 chicken livers.	½ glass white wine.	salt and pepper.
2 shallots.	2½ ozs. butter.	1 gill Espagnole sauce (No. 33).	chopped parsley.

Wash the livers, cut them in fine slices. Put 1 oz. of butter in a stewpan, chop the shallots, and when the butter is hot, fry the shallots a golden brown; add the livers, and cook very quickly over a fierce fire for a few minutes; drain off the fat, and add the wine, reduce to one-third of the original quantity, stir in the gill of sauce, season with salt and pepper; keep hot. Put 1½ ozs. of butter into a small frying-pan, make it hot, then break in the eggs; season with salt and pepper, and stir them over the fire until they just begin to set. Remove from the fire, and dress the eggs on a hot dish in a circle, arrange the cooked livers in the centre, sprinkle a little chopped parsley over, and serve hot.

Average cost, 1s. 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

1,878. ŒUFS ET FONDS D'ARTICHAUTS (EGGS AND ARTICHOKE BOTTOMS).

6 artichoke bottoms.	stale bread.	½ pint demi-glace sauce	salt.
3 eggs.	parsley.	(No. 29).	pepper.

Boil the artichokes for half an hour, or the preserved ones can be used. Boil the eggs hard. Cut a slice or two of stale bread, with a round cutter stamp out six rounds, making them a size larger than the artichokes; fry these in very hot fat a golden brown. When the artichokes are cooked, drain them, put one on each croûte of bread; season with salt and pepper. Cut the eggs in halves, stand a

half-egg on each artichoke cut side down. Dish up on a folded napkin or dish-paper arranged on a hot dish, dress the artichokes and eggs on it, garnish with parsley, and serve with the sauce sent separately. Serve hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable all the year. Sufficient for 6 persons.

1,879. COQUILLES D'ŒUFS.

1 gill breadcrumbs.	$\frac{1}{2}$ teaspoonful chopped	$\frac{1}{2}$ gill milk.	salt.
$\frac{1}{4}$ lb. minced ham.	parsley.	6 eggs.	pepper.
1 oz. butter.	brown breadcrumbs.	parsley.	mustard.

Put the milk and butter into a saucepan and make hot. Put the breadcrumbs into a basin, add the minced ham, season with salt, pepper, and a little dry mustard; add the chopped parsley, pour the hot milk and butter over the ingredients in the basin, work to a smooth paste. Butter some shells, put a layer of this mixture at the bottom of each, break an egg carefully into each shell, sprinkle over some brown crumbs, put a small bit of butter on the top of each, and put the shells in the oven for about five minutes until the eggs are set. Arrange the shells on a dish, garnish with parsley, and serve.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable all the year. Sufficient for 6 persons.

1,880. CROÛSTADE D'ŒUFS À LA POLONAISE.

$\frac{1}{2}$ lb. flour.	6 eggs.	1 large cauliflower.	parsley.
$\frac{1}{4}$ lb. butter.	$\frac{1}{4}$ gill cream.	Bechamel sauce (No. 4).	salt.

Sieve the flour into a basin, rub in the butter, and make into a paste with water. Roll out and line a flan ring with it. Ornament the edges, fill with rice, and bake in a moderate oven. When done, take it out and remove the rice. Boil the cauliflower in salted water, taking care that it is kept crisp. Take it up, drain well, and break into small pieces. Put them into a saucepan, and mix in a little Bechamel sauce. When hot, put it into the pastry, making a flat bed of it at the bottom of the case. Break the eggs on to the top of this, sprinkle with salt, and pour the cream over. Place in a hot oven to cook the eggs. When they are firm, take out of the oven, place the croûstade on a hot dish, sprinkle a little chopped parsley on each egg, and serve hot.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable, March to November. Sufficient for 6 persons.

1,881. ŒUFS À LA SUISSE.

6 eggs.	$\frac{1}{4}$ lb. Gruyère cheese.	1 gill cream.	salt.
dry toast.	$1\frac{1}{2}$ ozs. Parmesan cheese.	$1\frac{1}{2}$ ozs. butter.	pepper.

Spread the butter over a china fireproof dish; cut the Gruyère cheese in very thin slices, arrange these in a layer over the butter, break the eggs over this, taking care not to break the yolks. Season with salt and pepper, pour the cream over, sprinkle on the top the grated Parmesan cheese, and put the dish in the oven for about eight or ten minutes. When ready to serve, garnish round the edge of the dish with sippets of toast. Serve very hot.

Average cost, 1s. 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,882. ŒUFS À LA TRIPE.

4 eggs. | 1 gill onion sauce (No. 56). | $\frac{1}{2}$ gill cream. | chopped parsley. ; salt. | pepper.

Boil the eggs hard, put them into cold water for a few minutes, then shell them and cut them in rather thick slices. Arrange these on a hot dish, sprinkle over some salt, pepper, and a little chopped parsley. Warm up the sauce, add the cream, season to taste, and make quite hot without boiling; pour this over the eggs, sprinkle with parsley, and serve very hot.

Average cost, 1s. Time required, 45 minutes. Seasonable always. Sufficient for 4 persons.



Bordure de Rognons aux Tomates

1,883. ŒUFS EN CAISSES.

6 eggs.	1½ ozs. butter.	1 dessertspoonful chopped parsley.	salt.
½ gill cream.	1 oz. Parmesan cheese.	2 tablespoonfuls breadcrumbs.	cayenne.
1 shallot.	salad oil.	6 paper ramequin cases.	pepper.

Melt 1 oz. of butter in a stewpan, chop the shallot, fry it in the butter a golden colour, then add to it the breadcrumbs, half the cheese, and a teaspoonful of parsley; season with salt and cayenne. Oil the cases, put into each an equal portion of the above mixture; divide the remainder of the butter into six parts, and put one part in each case. Break an egg into each, season with salt and pepper, pour the cream equally over the eggs, sprinkle with grated Parmesan cheese, and bake in a moderate oven for about five minutes. When taken from the oven, sprinkle over a little chopped parsley, dish up, and serve quickly.

Average cost, 1s. 6d. Time required, 10 minutes. Seasonable at all times. Sufficient for 6 persons.

1,884. CROQUETTES AUX ŒUFS (EGG CROQUETTES).

6 eggs.	Bechamel sauce (No. 4).	1 oz. butter.	2 ozs. ham.	salt.
1 shallot.	fried parsley (No. 195).	breadcrumbs.	egg.	pepper.

Boil the eggs hard, put them into cold water, shell and chop them finely, then rub them through a wire sieve. Mince the ham, mix it with the eggs. Peel and chop the shallot, melt the butter in a stewpan, put in the chopped shallot, and fry it a light brown; add to it the eggs and ham, mix together, season to taste, and bind with enough Bechamel sauce to make a stiff paste. Turn the mixture on to a plate to cool. When cold and set, divide the mixture into equal portions, take each part and make up to the shape of a cork. Beat up an egg on a plate, dip the croquettes into it, toss in breadcrumbs, shape them again, and fry in very hot fat a golden brown. When done, lift them out of the fat, drain on paper, dish in a pyramid form on a hot dish, garnish with fried parsley, and serve hot.

Average cost, 1s. 2d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 croquettes.

1,885. ŒUFS EN CASSEROLE (EGGS IN CASSEROLES).

6 eggs.	1 oz. butter.	½ gill cream.	salt.	pepper.	chopped parsley.
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The little dishes required for these eggs are small fireproof pans, like a little saucepan with a handle. Warm the little pans, butter them, sprinkle with chopped parsley, break an egg carefully into each pan, season with salt and pepper, pour over a little cream. Put them into a baking-tin containing a little boiling water, put into the oven and cook until the whites are set. Take them out of the oven when done, wipe the pans, and dish them on a napkin or fancy dish-paper. Serve at once.

Average cost, 1s. 2d. Time required, 10 minutes. Seasonable at all times. Sufficient for 6 persons.

1,886. ŒUFS EN CASSEROLE À LA JEANNE.

6 eggs.	¼ lb. chicken forcemeat (No. 202).	1 tablespoonful cream.	1 oz. butter.
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Make the chicken forcemeat; mix in the cream. Warm the little pans in the oven, butter them, and line all over with the forcemeat—this should be ½ inch thick—break an egg into each case, sprinkle with salt and pepper, and steam in the oven in a tin containing a little boiling water; cover the eggs with a piece of greased paper, cook until the whites are just set. Wipe the little pans, dish them on a napkin or fancy paper, and serve at once.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,887. RISSOLES D'ŒUFS (EGG RISSOLES).

4 eggs.	6 mushrooms.	$\frac{1}{2}$ gill Bechamel sauce (No. 4).	$\frac{1}{2}$ oz. butter.	salt.
breadcrumbs.	1 egg.	puff-paste trimmings.	fried parsley.	pepper.

Boil the eggs hard, shell them, and chop finely. Peel the mushrooms, wash, dry, and chop. Melt the butter in a small stewpan, put in the mushrooms as soon as the butter is hot, and cook slowly for ten minutes, then add the eggs, mix together, stir in the Bechamel sauce, and season to taste. Turn on to a plate to cool. Roll out the puff-paste (if puff-pastry has been used for other things the trimmings will come in nicely for this dish) about $\frac{1}{4}$ inch thick, cut from it some rounds $2\frac{1}{2}$ inches across with a fancy cutter. Place a little of the preparation in the centre of the rounds, dip the fingers or a pastry brush in cold water, and moisten very lightly all round the edge of the paste, fold over in half, enclosing the mixture, press the edges together to join them. When all are made, break an egg on to a plate, beat it up lightly, dip the rissoles into it, toss them in breadcrumbs, and fry a golden brown in very hot fat. Lift them out when done, drain on paper. Arrange the rissoles on a folded napkin or fancy paper on a hot dish, garnish with fried parsley, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 or 10 rissoles.

1,888. ŒUFS EN CASSEROLE AUX ÉPINARDS.

6 eggs.	$1\frac{1}{2}$ ozs. butter.	salt and pepper.
1 lb. spinach.	$\frac{1}{2}$ gill cream.	1 oz. Parmesan cheese.

Boil the spinach, strain and rub it through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the spinach, and stir over the fire until hot. Warm the little pans, butter them, and line them with the spinach, which should be $\frac{1}{3}$ inch thick. Break an egg into each pan, cover with cream, sprinkle a little grated cheese over the top, season with a pinch of salt and a tiny dust of cayenne, and steam in the oven until set. Dish up on a napkin or fancy dish-paper, and serve at once.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable, March to December. Sufficient for 6 persons.

1,889. ŒUFS EN CASSEROLE À LA MORNAY (EGGS IN CASSEROLE À LA MORNAY).

6 eggs.	$1\frac{1}{2}$ gills Mornay sauce (No. 110).	salt.	pepper.	1 oz. cheese.	$1\frac{1}{2}$ ozs. butter.
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Warm and butter six little pans, put a layer of Mornay sauce at the bottom of each, break an egg into each pan, sprinkle with salt and pepper, fill up with Mornay sauce; put this on the egg carefully, so as not to break the yolk; sprinkle over the grated cheese; put a small piece of butter on each; steam in the oven for a few minutes until the eggs are just set; then brown them quickly under a salamander or in front of the fire. Dish up on a folded napkin or fancy dish-paper, and serve at once.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,890. ŒUFS EN CASSEROLE AUX CHAMPIGNONS (EGGS IN CASSEROLES WITH MUSHROOMS).

6 eggs.	12 medium-sized mushrooms.	$\frac{1}{2}$ gill cream.	salt.
$1\frac{1}{2}$ ozs. butter.	brown breadcrumbs.	chopped parsley.	pepper.

Butter a baking-tin; wash, peel, and dry the mushrooms, put them on the buttered tin, sprinkle over them a little salt and pepper, place in the oven, and cook for about five minutes. When done, put six on one side, cut the remainder in strips; mix a little cream and chopped parsley with them. Warm and butter the pans, divide the mushroom mixture equally between them, break an egg into each casserole,

sprinkle with salt and pepper, pour over them the remains of the cream, place a mushroom on the top of each, sprinkle with brown breadcrumbs, put a tiny bit of butter on each, and steam in the oven for a few minutes. Dish up and serve very hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

1,891. ŒUFS À LA FLORENTINE.

1 lb. spinach.	6 eggs.	1 dessertspoonful grated cheese.
1 oz. butter.	salt and pepper.	Mornay sauce (No. 110).

Cook the spinach, drain and rub through a sieve; melt the butter in a stewpan, put in the spinach, and stir over the fire until hot; season to taste with salt and pepper. Cover the bottom of a fireproof dish with the spinach, sprinkle the cheese over it. Break the eggs upon the spinach, dust with salt and pepper, coat the eggs with Mornay sauce. Place the dish in a hot oven until the eggs are cooked. Serve at once.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable, March to December. Sufficient for 6 persons.

1,892. ŒUFS AU GRATIN.

6 eggs. | $\frac{1}{2}$ pint Mornay sauce (No. 110). | grated cheese. | brown breadcrumbs. | 1 oz. butter.

Butter a china fireproof dish, put a layer of Mornay sauce on it; break the eggs on the sauce, cover with Mornay sauce, sprinkle over some grated cheese and brown breadcrumbs; put a few bits of butter here and there, and bake in a hot oven to cook the eggs and form the gratin. Serve quickly.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

1,893. ŒUFS À LA PARISIENNE (EGGS, PARISIAN STYLE).

6 eggs. | meat-glaze. | chopped ham. | salt. | pepper. | toast. | butter.

Warm some half-glaze; take six small dariole-moulds, pour the glaze into them, and coat all over. Mince the ham very finely, sprinkle it all over the little moulds, so that it sticks to the glaze. Now break an egg into each mould, taking care not to break the yolk; sprinkle with salt and pepper, cover with a buttered paper, and steam in a saucepan or in the oven for a few minutes until the eggs are set. Make some toast, butter it lightly, cut into rounds a size larger than the moulds. Turn out an egg on each round of toast. Serve hot.

Average cost, 1s. Time required, 10 minutes. Seasonable at all times. Sufficient for 6 persons.

1,894. ŒUFS À LA MORTEMART (MOULDED EGGS À LA MORTEMART).

4 eggs.	$\frac{1}{4}$ lb. short or puff pastry.	2 ozs. butter.	salt.
1 truffle.	12 fresh mushrooms.	$\frac{1}{2}$ gill cream.	pepper.

Roll out the pastry on a floured board, then take a round cutter, about 2 to 2 $\frac{1}{2}$ inches across, and stamp out some rounds of pastry; with these line six or eight patty-pans, fill them with raw rice, and bake in a moderate oven until a pale colour. Then take them up, remove the rice, and take the pastry crusts out of the tins. Peel, wash, and dry the mushrooms, chop them finely; melt 1 oz. of butter in a stewpan, put in the chopped mushrooms, and stir them over the fire until they are cooked and their moisture has evaporated; add the cream, and season to taste with salt and pepper. Melt the remaining 1 oz. of butter in an omelet-pan, break in three of the eggs, scramble them over the fire—they must not be done too much—season with salt and pepper. Beat up the remaining egg, and add it to the scrambled eggs; mix together off the fire. Butter some little timbale-moulds, place a slice of truffle

at the bottom of each, fill them with the egg mixture, steam them for a few minutes. Fill the pastry cases with the prepared mushrooms. As soon as the eggs are done, turn them out, one on the top of each pastry case. Dress the eggs in a circle on a hot dish, and serve hot for breakfast or luncheon (see coloured plate).

Average cost, 1s. 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 or 8 persons.

1,895. ŒUFS À LA PRINCESSE (EGGS, PRINCESS STYLE).

6 new-laid eggs.	anchovy paste.	salt and pepper.
6 croûtes of fried bread.	chopped parsley.	butter.

Butter some small timbale-moulds, break an egg carefully into each tin, sprinkle a little salt and pepper over them, cover with buttered paper, and steam in a saucepan until the eggs are just set. To do this, put a little water into the saucepan, so that it comes up about a quarter of the height of the little tins, and put the lid on the pan. The eggs will take about four or five minutes to cook. Have ready fried some round croûtes of bread, a size larger than the top of the little tins that the eggs are cooked in.



FIG. 132.—ŒUFS À LA PRINCESSE.

When these are fried, put over them a layer of anchovy paste, turn an egg out of the tin on to each croûte, sprinkle on the top a little chopped parsley, garnish the dish with parsley, and serve at once. Suitable for breakfast. If anchovy paste is not liked, a slice of grilled ham or bacon can be used instead.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

1,896. ŒUFS MOLLETS À LA BECHAMEL (SOFT-BOILED EGGS WITH BECHAMEL).

6 new-laid eggs.	½ pint Bechamel sauce (No. 4).
fried croûtons of bread.	salt and pepper.

Cook the eggs in boiling water for four to five minutes. Shell them carefully. Have ready fried some croûtons of bread ½ inch thick, the centre of which has been scooped out; dress the eggs on these. Dish them, and pour the hot Bechamel sauce over. Serve hot.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

Œufs à la Mortemart



1,897. ŒUFS À LA PRINTANIER (MOULDED EGGS WITH VEGETABLES).

6 new-laid eggs.	1 gill velouté sauce.	½ pint mixed vegetables—	lemon-juice.
1½ ozs. butter.	1 teaspoonful chopped parsley,	i.e., carrots, peas, beans,	salt.
6 croûtes of bread.	tarragon, and chervil.	turnips.	pepper.

Scoop out the carrots and turnips with a round vegetable scoop, the same size as a pea ; cut the beans in dice, cook all these vegetables separately in salted, boiling water. As soon as they are cooked, drain and let them get cold. Butter six dariole-moulds, and then cover them all over with the cooked vegetables, arranging them in rows, and varying the colours. Break an egg carefully into each mould, sprinkle with salt and pepper, cover them with a buttered paper, and steam them in a saucepan for about five minutes. When cooked, turn them out on to the fried croûtes of bread. Have the sauce ready heated in a saucepan ; mix the chopped herbs with 1 oz. of butter, salt, pepper, and a squeeze of lemon-juice. Put this butter by degrees into the sauce ; it must not be put in all at once, or the sauce will oil. Pour the sauce into the centre of the dish, and serve hot.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable in summer months. Sufficient for 6 persons.

1,898. ŒUFS À L'ÉCARLATE (MOULDED EGGS WITH TONGUE).

6 eggs.	2 ozs. chopped tongue.	2 ozs. cooked macaroni.	½ gill cream.
1 truffle.	puff-paste trimmings.	1 oz. butter.	salt.

Butter some little dariole-moulds ; cut the truffle in slices ; stamp out a star for each mould, place them at the bottom of moulds ; chop the tongue very finely, sprinkle it all over the moulds. When this is set, break an egg carefully into each dariole, taking care not to break the yolk ; put them into a saucepan, containing a little boiling water, cover the moulds with a buttered paper, and steam for about five minutes, until the eggs are just set. Have ready cooked the macaroni, drain well, turn it on to a board, and cut it into inch lengths ; melt the butter in a stewpan, put in the macaroni, make hot, season to taste with salt and pepper ; mix in the cream. Roll out the pastry (trimmings of puff-pastry left from another dish can be used for this purpose, or a little short paste can be made), line some patty-pans with it, fill with raw rice, and cook in the oven until a pale colour. When done, turn out the rice and remove the crusts from the tins, fill them with the macaroni mixture. Have these ready by the time the eggs are cooked. Take up the eggs when done, turn them out on to the tartlets of macaroni, and serve at once.

Average cost, 1s. 8d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

1,899. ŒUFS À LA BORDELAISE.

6 new-laid eggs.	½ pint Bordelaise sauce (No. 11).	beef marrow.	salt.
3 tomatoes.	chopped parsley.	1 oz. butter.	pepper.

Cut each tomato in half, squeeze out the seeds, season with salt and pepper. Spread the butter on a baking-sheet, put a small piece of butter on each tomato, put them on the baking-sheet, and place in the oven for about ten minutes. Poach the eggs in boiling, salted water ; drain and trim them with a round cutter. When the tomatoes are ready, arrange them in a circle on a hot dish ; place a poached egg on each. Heat the sauce, reduce and pour it over the eggs. Have ready the cooked beef marrow, put a slice on each egg ; sprinkle over a little chopped parsley, and serve hot.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable always. Sufficient for 6 persons.

1,900. ŒUFS À LA COMTESSE (EGGS, COUNTESS STYLE).

6 new-laid eggs. | stale bread. | $\frac{1}{2}$ pint Hollandaise sauce (No. 101). | chopped parsley. | paprika.

Poach the eggs in salted, boiling water. When the eggs are cooked, take them up, drain and trim with a round cutter. Stamp out some rounds of stale bread, fry them in very hot fat until a golden brown colour. Place an egg on each croûte, heat the sauce, arrange the eggs in a circle on a hot dish, pour the sauce over the eggs, garnish the eggs alternately with chopped parsley, and paprika pepper. Serve hot.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

COLD EGGS

1,901. ŒUFS CHAUDFROID À L'ANDALOUSE (COLD EGGS, ANDALOUSE STYLE).

6 eggs.	1 gill tomato sauce (No. 77).	6 anchovies.	salt.
aspic jelly.	$\frac{1}{2}$ gill Soubise sauce (No. 75).	small salad.	pepper.

Poach the eggs in salted, boiling water. When done, drain them well, trim with a round cutter, put on a plate, and let them get quite cold. Mix the two sauces together, stir into them 1 gill of aspic jelly, coat the eggs with this sauce, just as it is beginning to set. Bone and wash the anchovies, cut them in very fine strips, and garnish each egg with them in lattice fashion. Take six tartlet-moulds, oil them lightly; mix into some aspic jelly sufficient tomato sauce to colour and flavour, fill the tartlet-moulds with this, put them on ice, and let set. Turn out these moulds; when set, arrange them in a circle on a cold dish, place one of the prepared eggs on each, garnish with chopped aspic jelly and small salad, and serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

1,902. ŒUFS EN CHAUDFROID.

6 eggs.	1 gill pink chaudfroid sauce	1 gill white chaudfroid sauce	oil.
parsley.	(No. 123).	(No. 124).	vinegar.
1 truffle.	1 lettuce.	aspic jelly (No. 251).	1 slice ham.

Poach the eggs in boiled, salted water in the usual way; take them up, trim with a round cutter, and put aside until perfectly cold. Fill a plain cake-tin or round mould with aspic jelly $1\frac{1}{2}$ inches deep; put this away to set. When the eggs are cold, coat three of them with white chaudfroid sauce and three with pink, giving them one or two coatings, to insure a good appearance. When firm, decorate the white ones with ham cut in fancy patterns, and the pink ones with truffle cut in the same manner. Glaze them over with half-set aspic jelly. Turn the aspic shape out on to a cold dish, arrange the eggs in a circle on it, alternating the colours. Wash the lettuce, dry and break into pieces, season with oil and vinegar, and place in the centre of the circle of eggs. Garnish round the dish with chopped aspic jelly and the heart of the lettuce.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 6 persons.

1,903. ŒUFS CHAUDFROID À LA CHARTREUSE.

6 eggs.	white of egg.	macedoine of vegetables.	oil.
carrot.	salt and pepper.	aspic jelly (No. 251).	vinegar.

Poach the eggs, drain, and trim them with a cutter into an oval shape; let them get quite cold. Line some small oval moulds with a thin coating of aspic jelly; put on ice to set. Cut off the red part from a carrot in thin strips, cook them in boiling water until tender, drain and divide them into small squares. Cut a hard-boiled white of egg in the same way, the same size and shape as the carrot;

fix these into the moulds, alternately placing them so as to represent a chessboard ; set these pieces in with a little liquid jelly sprinkled over. Place a poached egg in each mould, and fill them up with liquid jelly. Put on ice. Mix the macedoine of vegetables—*i.e.*, mixed vegetables—with salt, pepper, a little oil, and vinegar ; mix all well together, arrange this salad in the centre of a dish ; dip the little moulds in warm water, turn them out, and place them standing round the salad. Garnish the dish with chopped aspic jelly, and serve.

Average cost, 1s. 6d. Time required, 1½ hours. Seasonable all the year. Sufficient for 6 persons.

1,904. ŒUFS CHAUDFROID À LA TRIANON.

6 eggs.	2 ozs. cooked spinach.	lettuces.	mayonnaise sauce (No. 134).
½ pint white chaudfroid sauce (No. 124).	1 teaspoonful anchovy essence.	truffle. chervil.	hard-boiled white of egg. aspic jelly (No. 251).

Poach the eggs in salted water seasoned with a few drops of lemon-juice. When done, take them up, drain and trim neatly ; put them on a dish and let them get cold. Warm up the sauce, divide it into three equal parts, leave one part white ; mix the cooked spinach into the second part, and rub it through a fine sieve ; the third part colour and flavour with anchovy essence. Now coat the eggs with the three different coloured sauces, doing two white, two green, two red. Decorate the white with small sprigs of chervil, the red with stars of truffle, and the green with stars of hard-boiled white of egg. Cut up the lettuces, mix with mayonnaise sauce, pile this in the centre of a dish. Mask the eggs with half-set aspic jelly, so as to make them glossy. When these are set, dish them up, leaning against the salad, arranging the colours alternately. Garnish the dish with chopped aspic jelly and sprigs of fresh parsley. Serve cold.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 6 persons.

1,905. ŒUFS CHAUDFROID À L'ARGENTEUIL (COLD EGGS WITH ASPARAGUS).

6 eggs.	1 medium-sized bundle of asparagus.	aspic jelly.	6 slices of ham.	oil.
chervil.	1 gill white chaudfroid sauce (No. 124).	2 lettuces.	salt and pepper.	vinegar.

Poach the eggs in salted water seasoned with lemon-juice. When done, drain and trim, place them on a dish, and let them get quite cold. Prepare the asparagus, tie it in bundles, cut the stalks all the same length, put them in boiling water, add a pinch of salt, and boil until tender ; put some of the asparagus heads through a fine hair-sieve, sufficient to measure ¾ gill. Mix this purée with the chaudfroid sauce, strain, and let it get cold but not set. Coat the eggs with this sauce, decorate each with a small sprig of chervil, mask with half-set aspic until the eggs are glossy. Cut the slices of ham into rounds the same size as the eggs. Place an egg on each round of ham. With the remainder of the asparagus prepare a salad as follows : Cut off the asparagus tops, mix with a little oil, vinegar, pepper, and salt. Dress the salad in the centre of a dish, arrange the eggs round the asparagus, garnish the dish with the hearts of the lettuces cut in quarters, and chopped aspic jelly. Serve cold.

Average cost, 3s. 6d. Time required, 1 hour. Seasonable, February to July. Sufficient for 6 persons.

1,906. ŒUFS CHAUDFROID À LA RUSSE (COLD EGGS, RUSSIAN STYLE).

6 eggs.	½ pint white chaudfroid sauce (No. 124).	salad. caviare.	aspic jelly. puff-paste trimmings.
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Poach the eggs in salted water containing a few drops of lemon-juice, take them up carefully when done, drain thoroughly, and let them get cold. Prepare the sauce, let it get cold, but not set ; then coat the eggs with it ; do this several times,

until the eggs are thoroughly coated. Cut a truffle in slices, stamp out some round fancy-shapes with a round cutter, place one on each egg. Mask them with half-set aspic jelly, so that they are well coated. When the eggs are thoroughly set, lift them up with a knife, trim them neatly round the edge with a cutter. Roll out the puff-paste, line some patty-pans with it, fill them with rice, and bake a pale colour. When done, turn out the rice, take the pastry crusts out of the tins, and let them get cold; place in each tartlet a prepared egg. Put a border of caviare round each egg, dish them in a circle on an entrée-dish; place some salad in the centre of the dish, garnish round with chopped aspic, and serve cold.

Average cost, 5s. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

1,907. ŒUFS FARCIS À L'ANCHOIS.

8 hard-boiled eggs. | 8 anchovies. | 2 ozs. butter. | salt. | pepper. | watercress.

Shell the eggs, cut each one in half crossways, take out the yolks carefully, so as not to break the whites. Put the yolks into a mortar; scrape the anchovies, take out the backbone, and chop them; put them into a mortar with the yolks of eggs and the butter, pound all well together to a smooth paste, rub the mixture through a fine wire sieve. Stuff the halves of the eggs with this mixture, press the two halves of eggs together, cut the end of each so as to make them stand. Dish them standing up in a circle on a dish, fill the centre with well-washed watercress, and serve cold.

Average cost, 2s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

1,908. ŒUFS EN ASPIC (EGGS IN ASPIC).

4 eggs. | aspic jelly. | parsley.

Boil the eggs for fifteen minutes, then put them into cold water, and let them get quite cold. Line eight small dariole-moulds with a thin layer of aspic jelly, and let this set. Shell the eggs and cut them in slices; place a slice at the bottom of each mould; put a few drops of aspic jelly over. When firm, pour in some more jelly, arrange in the moulds slices of egg, leaning against the sides, fill up with jelly and put on ice. When quite firm, dip each mould in warm water, turn out on to a dish in a circle, garnish with chopped aspic and sprigs of crisp parsley. Serve cold.

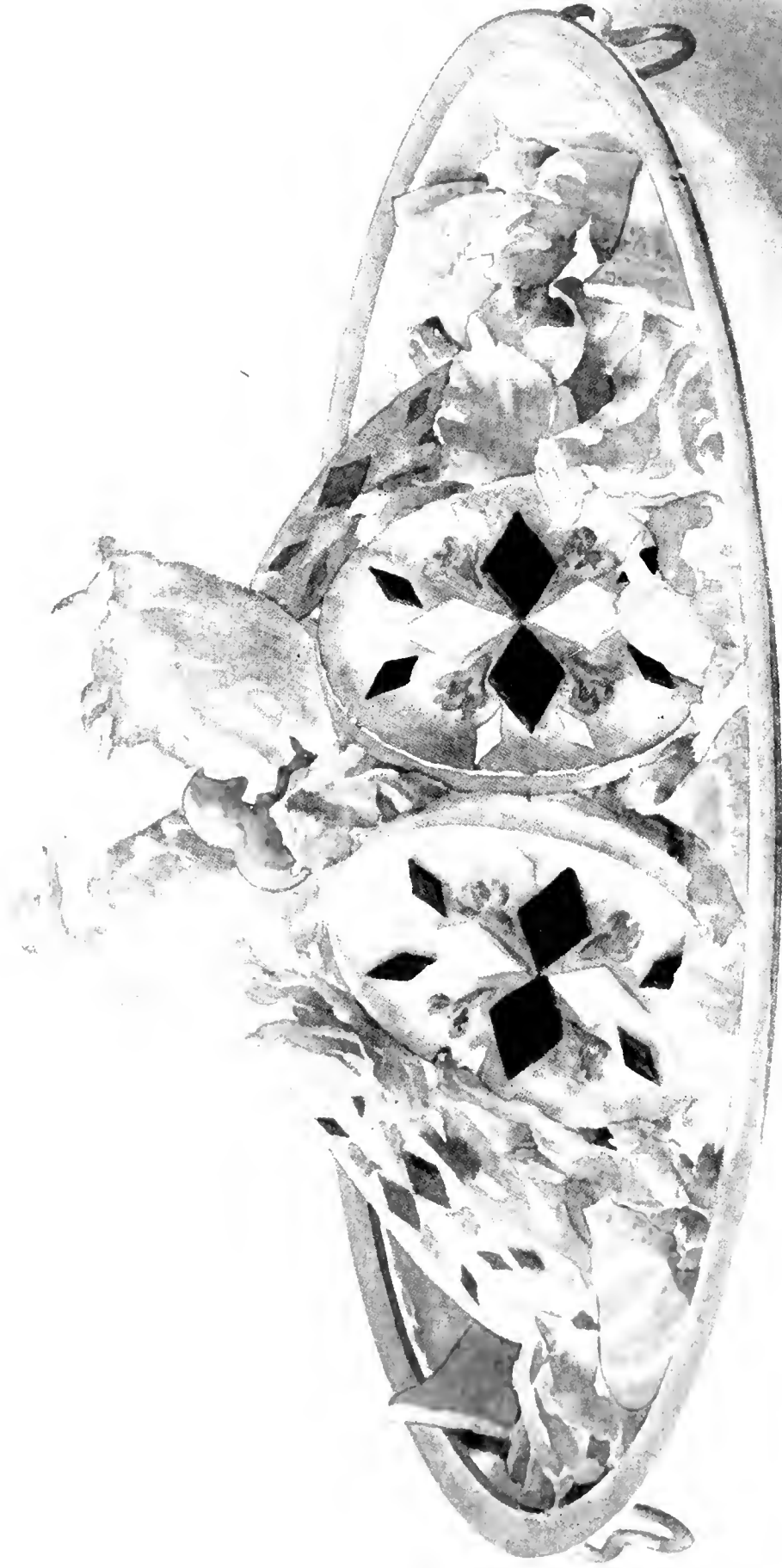
Average cost, 1s. 3d. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 persons.

1,909. ŒUFS CHAUDFROID COLINETTE (COLD EGGS, COLINETTE STYLE).

6 eggs. | hard-boiled white of egg. | lettuces. | vinegar.
truffle. | aspic jelly. | oil. | salt.

Poach the eggs in salted acidulated water. When done, drain, and trim with a cutter into an oval shape, let them get quite cold. Line some small oval moulds with a thin coating of aspic jelly; put on ice to set. Cut the truffle in slices, and then into fancy shapes. The white of the hard-boiled egg is treated in the same way. Fix these into the moulds in a pretty pattern, use a little parsley also in the decoration, set these pieces in with a little liquid jelly sprinkled over. When this is set, place a poached egg in each mould, and fill them up with liquid jelly. Put on ice to get quite firm. Make a salad with the lettuces, oil, vinegar, and a little salt. Arrange this in the centre of a dish, dip the little moulds in warm water, turn them out, and place them leaning against the salad. Garnish the dish with chopped aspic jelly, and serve (see coloured plate).

Average cost, 1s. 3d. Time required, 1½ hours. Seasonable all the year. Sufficient for 6 persons.



Medaillons d'Œufs en Chaudfroid.

OMELETTES (OMELETS)

RULES FOR MAKING OMELETS.

1. An omelet-pan should be used for making omelets, kept for that purpose alone, and not used for other things.
2. The omelet-pan should not be washed, but after use rubbed with a cloth or piece of soft paper. If the pan is washed, the next omelet made in it will stick and its appearance be spoilt.
3. The eggs should be well beaten with a fork, but not allowed to get frothy, the whites and yolks being well mixed.
4. The butter used for making the omelet should be clarified and well heated before the eggs are added.
5. The cooking of the omelet should be done quickly over a good fire.

TO SHAPE AN OMELET.

After the eggs are added to the hot butter, stir them with a spoon in the centre for a second or two ; then, as soon as it is lightly set round the edge of the pan, roll it towards the handle of the pan to an oval shape, turn it lightly over, take it off the fire, and transfer at once to a hot dish. Serve quickly.



FIG. 133.—OMELETTE AUX FINES HERBES.

1,910. OMELETTE AUX FINES HERBES (SAVOURY OMELET).

3 eggs.	1 teaspoonful chopped parsley.	salt.
$\frac{1}{2}$ oz. butter.	1 leaf of tarragon.	pepper.

Chop the parsley and tarragon finely. Break the eggs into a basin, beat them with a fork until well mixed, stir in the chopped herbs, season with salt and pepper. Melt the butter in an omelet-pan, make it very hot, and then pour in the eggs ; stir in the centre with a spoon until the mixture begins to set, then roll towards the handle of the pan, shape it to an oval form, turn it lightly over, and remove at once from the fire. Turn it on to a hot dish, and serve quickly.

Average cost, 5d. or 6d. Time required, 10 minutes. Seasonable at all times
Sufficient for 2 persons.

1,911. OMELETTE NATURELLE (PLAIN OMELET).

2 eggs.		$\frac{1}{2}$ oz. butter.		salt.		pepper.
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Beat the eggs in a basin until well mixed ; add a little salt and pepper. Melt the butter in an omelet-pan, pour in the eggs when hot, and cook as directed.

Average cost, 4d. Time required, 5 minutes. Seasonable at all times. Sufficient for 1 person.

1,912. OMELETTE AU PARMESAN (CHEESE OMELET).

3 eggs.		1 oz. Parmesan cheese.		tomato sauce (No. 77).		salt
$\frac{1}{2}$ oz. butter.		1 tablespoonful cream.		cayenne.		pepper.

Beat the eggs in a basin with a fork, grate the cheese, stir it into the eggs, add the cream : season with a tiny pinch of salt, a little white pepper, and a grain or two of cayenne. Melt the butter in an omelet-pan, let it get quite hot, take off the froth, pour in the eggs ; stir it in the centre with a spoon until the eggs begin to set, then quickly roll it towards the handle of the pan, shape into an oval form ; turn it on to a hot dish, pour a little tomato sauce round, and serve quickly.

Average cost, 8d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

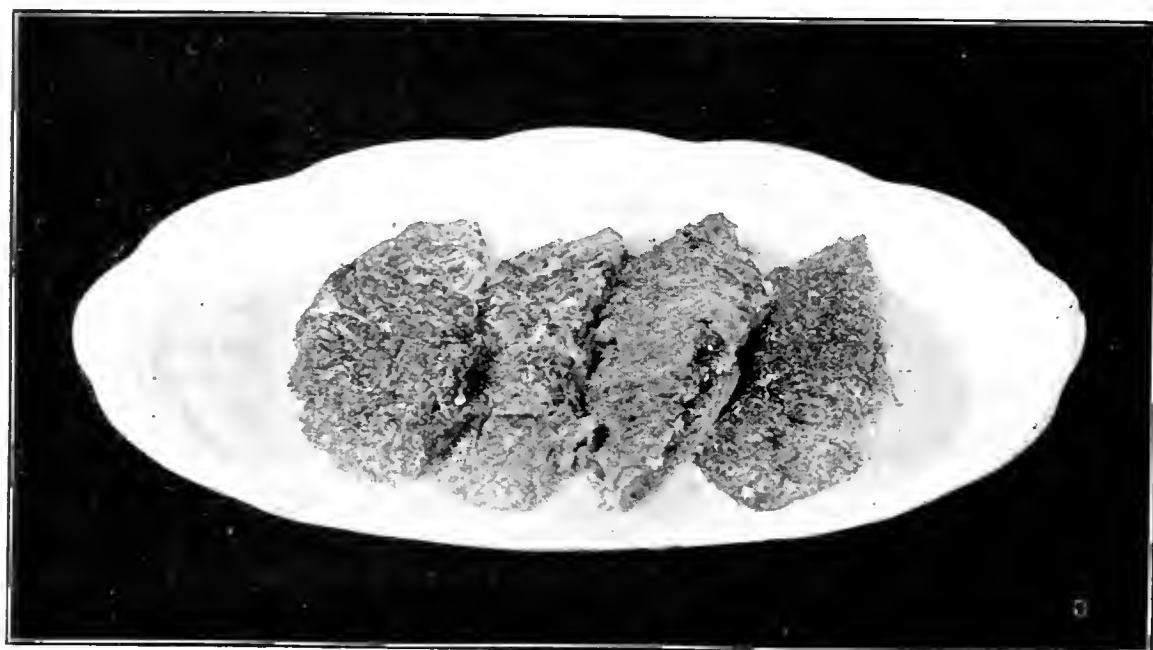


FIG. 134.—PETITES OMELETTES À L'ÉCARLATE.

1,913. PETITES OMELETTES À L'ÉCARLATE (LITTLE OMELETS WITH TONGUE).

4 eggs.		1 teaspoonful chopped parsley.		tomato sauce (No. 77).		salt.
1 oz. butter.		2 teaspoonfuls chopped tongue.		1 tablespoonful cream.		pepper.

Beat the eggs in a basin, add to them the chopped parsley and tongue, season with salt and pepper, and stir in the cream. Divide the butter into four parts. Melt one part in an omelet-pan, make it very hot ; pour in one-quarter of the egg mixture, and make an omelet with it. Continue in this way until the whole of the mixture is used up and four omelets have been made. Arrange them on a hot dish, straight down the centre, overlapping each other ; pour a little tomato sauce round, and serve quickly.

Average cost, 10d. Time required, 15 minutes. Seasonable at all times. Sufficient for 2 persons.

1,914. OMELETTE AUX CHAMPIGNONS (OMELET WITH MUSHROOMS).

3 eggs.	6 fresh mushrooms.	salt.
$\frac{1}{2}$ oz. butter.	demi-glaze sauce (No. 29).	pepper.

Peel, wash, and dry the mushrooms; chop three very finely; place the other three on a buttered baking-sheet and cook in the oven; keep hot until the omelet is ready. Beat the eggs in a basin; season with salt and pepper. Melt the butter in an omelet-pan; when hot, put in the chopped mushrooms and cook them; then add the eggs, stir with a spoon until the eggs begin to set, then roll quickly towards the handle of the pan, shaping it into an oval shape. Turn it on to a hot dish, pour some demi-glaze round, and place the three cooked mushrooms on the omelet. Serve at once.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times. Sufficient for 2 persons.

1,915. OMELETTE À LA PAYSANNE.

4 eggs.	1 tablespoonful potato dice.	pinch of chervil.
1 oz. butter.	$\frac{1}{2}$ teaspoonful chopped parsley.	salt.
1 oz. bacon.	tomato sauce (No. 77).	pepper.

Cut the bacon into small dice. Boil a potato, cut it into squares the same size as the bacon. Beat the eggs in a basin, add the chopped parsley and chervil to them, season to taste with salt and pepper. Melt the butter in an omelet-pan; as soon as it is hot, put in the bacon and fry it until cooked, add the potato, cook a little longer, then pour in the eggs; stir with a spoon over the fire until the eggs begin to set, then roll towards the handle of the pan into an oval shape, turn it quickly over, take it off the fire, and turn the omelet on to a hot dish. Pour a little tomato sauce round the omelet, and serve quickly.

Average cost, 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,916. OMELETTE À LA PROVENÇALE.

4 eggs.	$\frac{1}{2}$ teaspoonful chopped parsley.	2 tablespoonfuls salad-oil or	salt.
1 tomato.	clove of garlic.	1 oz. butter.	pepper.

Soak the tomato in boiling water for a minute or two, then peel it, cut it in half, press out the seeds, and cut the tomato in dice. Beat the eggs in a basin, season with salt and pepper, add the chopped parsley. Rub the bottom of an omelet-pan with the clove of garlic, put in the oil, and make it hot. As soon as it smokes, put in the tomato dice, cook quickly over the fire, stirring it meanwhile; add the egg mixture, stir it until the eggs begin to set, then roll towards the handle of the pan into an oval shape; toss it over quickly, and turn on to a hot dish. Serve at once.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,917. OMELETTE AUX ROGNONS (KIDNEY OMELET).

4 eggs.	2 small sheep's kidneys.	1 shallot.
1 oz. butter.	$\frac{1}{2}$ gill brown sauce (No. 6).	salt and pepper.

Skin the kidneys, slice them finely, season them with salt and pepper. Melt $\frac{1}{2}$ oz. of butter in a small stewpan, add the sliced kidneys and the chopped shallot, fry quickly over a brisk fire for a few minutes; then add the brown sauce and cook a little longer; season to taste. Melt $\frac{1}{2}$ oz. of butter in an omelet-pan; beat the eggs, season with salt and pepper, add them to the hot butter, and stir until just beginning to set; then put the kidney stew in the centre of the omelet, roll into an oval shape, turn it quickly, place on a dish, and serve at once.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,918. OMELETTE AUX HUITRES (OYSTER OMELET).

4 eggs.	6 oysters.	salt.
1 oz. butter.	1 tablespoonful milk or cream.	pepper.

Put the oysters in a small stewpan with their own liquor, bring them to the boil; then remove from the fire, drain, and take off the beards; cut the oysters in dice. Beat the eggs in a basin just sufficiently to mix the whites and yolks, season with salt and pepper, add the oysters, and stir in the milk or cream. Melt the butter in an omelet-pan; as soon as it is hot, pour in the egg mixture, stir until it begins to set round the edge of the pan. Roll up quickly to the shape of an oval, colour lightly, turn on to a hot dish, and serve at once.

Average cost, 1s. 4d. Time required, 15 minutes. Seasonable, September to April. Sufficient for 3 persons.

1,919. OMELETTE AUX SARDINES (SARDINE OMELET).

4 eggs.	1 teaspoonful anchovy essence.	salt.
4 sardines.	1 oz. butter.	pepper.

Scrape the sardines so as to remove the scales, slit them down lengthways, and remove the backbone; cut the sardines into small dice. Beat the eggs in a basin, season with salt and pepper, and add to them the dice of sardines and the anchovy essence; mix all together. Melt the butter in an omelet-pan; when hot, pour in the egg mixture, stir with a spoon until the eggs begin to set, then roll quickly into an oval shape, colour lightly, turn out on to a hot dish, and serve at once.

Average cost, 1s. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,920. OMELETTE AU JAMBON (HAM OMELET).

4 eggs. | 1 oz. butter. | 1 tablespoonful milk or cream. | 1½ ozs. lean cooked ham. | pepper.

Cut the ham into small dice. Beat the eggs in a basin, season with a pinch of pepper, add the dice of ham and the milk or cream; mix all well together. Melt the butter in an omelet-pan; as soon as it is hot, pour in the egg mixture. When it begins to set, roll quickly towards the handle of the pan into an oval shape, let it colour lightly, turn on to a hot dish, and serve at once.

Average cost, 8d. Time required, 10 minutes. Seasonable at all times. Sufficient for 3 persons.

1,921. OMELETTE À LA BORDELAISE.

4 eggs.	beef marrow.	chopped parsley.
1 oz. butter.	Madère sauce (No. 50).	pepper and salt.

Take out the marrow from half a marrow bone, cut it in slices, and blanch it; put it in a stewpan, and just cover with Madeira sauce; keep hot. Beat the eggs in a basin, season with salt and pepper, add a little chopped parsley. Melt 1 oz. of butter in an omelet-pan, pour in the eggs as soon as the butter is hot. When the eggs begin to set, put the marrow in the centre, fold over, and roll the mixture quickly to an oval shape. Turn on to a hot dish, pour a little Madeira sauce round the dish, and serve at once.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,922. OMELETTE À L'INDIENNE (CURRY OMELET).

4 eggs.	½ dessertspoonful curry-powder.	1 tablespoonful melted-butter
1 small onion.	salt.	sauce (No. 43).
2 ozs. butter.	½ gill curry sauce (No. 23).	boiled rice (No. 1,039).

Peel the onion, chop it finely; melt 1 oz. of butter in a stewpan, put in the onion, and fry it a golden brown; add the curry-powder, stir over the fire for a

minute or two, then add the melted butter sauce ; cook for a few minutes. Beat the eggs in a basin, season them with salt and pepper. Melt the remaining 1 oz. of butter in an omelet-pan, and, when hot, pour in the eggs. As soon as they begin to set, put the curry mixture in the centre, fold over, and roll into an oval shape. Let it lightly colour. Have ready some boiled rice, make a bed of it on a hot dish ; turn the omelet out on the top of the rice, pour some curry sauce round, and serve quickly.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,923. OMELETTE À LA FERMIÈRE.

3 eggs. | 1 oz. ham. | chopped parsley. | pepper. | $\frac{3}{4}$ oz. butter.

Cut the ham, which should be cooked and lean, into dice. Beat the eggs in a basin with a fork until the yolks and whites are well mixed, stir in the ham, add a little pepper. Melt the butter in an omelet-pan and, as soon as it is very hot, pour in the eggs ; stir in the centre with a spoon until the omelet begins to set, then roll quickly towards the handle of the pan to an oval shape ; turn it over quickly, dish it, and sprinkle a little chopped parsley over. Serve at once.

Average cost, 6d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

1,924. OMELETTE AUX POIREAUX (LEEK OMELET).

3 eggs. | $\frac{3}{4}$ oz. butter. | $\frac{1}{2}$ tablespoonful milk.
1 leek. | brown sauce (No. 6). | pepper and salt.

Well wash the leek, and boil it in salted boiling water until tender ; drain, and cut it in small pieces, using the white part only. Put the pieces of leek into a stewpan, add sufficient sauce to moisten it, and keep hot. Beat the eggs in a basin with a fork, add the milk, salt, and pepper. Put the butter into an omelet-pan, and, when melted and hot, add the eggs ; stir in the centre with a spoon until the eggs begin to set. Place the stewed leeks in the centre, roll up quickly to an oval shape. Let the omelet lightly brown, turn on to a hot dish, and serve at once.

Average cost, 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 2 or 3 persons.

1,925. OMELETTE À LA GRUYÈRE (GRUYÈRE CHEESE OMELET).

3 eggs. | 1 oz. Gruyère cheese. | 1 shallot. | $\frac{3}{4}$ oz. butter. | salt. | pepper.

Chop the shallot finely ; cut the cheese into small dice. Melt the butter in an omelet-pan ; as soon as it is hot, put in the chopped shallot, and fry without browning. Beat the eggs in a basin with a fork until the whites and yolks are well mixed, then add the cheese, salt, and pepper ; pour this on to the shallot, stir in the centre with a spoon until the eggs begin to set, then roll quickly towards the handle of the pan, toss it over, and then turn on to a hot dish. Serve at once.

Average cost, 6d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

1,926. OMELETTE À LA CLAMART.

3 eggs. | 2 tablespoonfuls fresh | salt.
2 ozs. butter. | peas. | pepper.

Cook the peas, drain well ; melt 1 oz. of butter in a stewpan ; put in the peas, and toss them over the fire ; keep warm. Beat the eggs in a basin, season with salt and pepper. Put the remaining 1 oz. of butter in an omelet-pan ; as soon as it is hot, pour in the eggs ; stir them in the centre with a spoon until they just begin

to set, then place the peas in the centre, roll quickly towards the handle of the pan, turn it over as soon as it is brown; remove the pan from the fire, and turn it out on to a hot dish. Serve at once.

Average cost, 7d. Time required to make omelet, 5 minutes. Seasonable, June to September. Sufficient for 2 persons.

1,927. OMELETTE AUX ÉPINARDS (SPINACH OMELET).

4 eggs.	2 tablespoonfuls cooked spinach.	½ gill velouté sauce (No. 82).
2 ozs. butter.	1 tablespoonful cream.	pepper and salt.

Cook the spinach, drain well, press out all the water, and then rub through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the purée of spinach, season to taste, add the cream, and make thoroughly hot. Beat the eggs in a basin, season them with salt and pepper. Put the remaining 1 oz. of butter in an omelet-pan; as soon as it is hot, pour in the eggs, stir in the centre with a spoon until they begin to set; place the spinach in the centre, roll into an oval shape; let it colour lightly, toss over; take the pan off the fire, and turn the omelet on to a hot dish. Surround with the velouté sauce, and serve at once.

Average cost, 1s. Time required, after spinach is cooked, 10 minutes. Seasonable, March to December. Sufficient for 2 persons.

1,928. OMELETTE À LA PARMENTIER (OMELET WITH POTATOES).

4 eggs.	½ teaspoonful chopped parsley.	tomato sauce (No. 77).
2 ozs. butter.	2 tablespoonfuls potato.	pepper and salt.

Cut a potato into small dice, take two tablespoonfuls. Melt 1 oz. of butter in a stewpan, put in the potato dice, and stew them in the butter. When cooked, keep hot until required. Beat the eggs in a basin, season them with salt and pepper, add a pinch of chopped parsley. Melt the remaining 1 oz. of butter in an omelet-pan; as soon as it is hot, pour in the egg mixture, stir it in the centre with a spoon until the eggs begin to set round the edge of the pan; then put the potato dice, which should be very hot and nicely seasoned, in the centre, fold over, and roll quickly to an oval shape. Let it colour lightly, turn it over then tip it carefully on to a hot dish. Surround the omelet with a little tomato sauce, and serve at once.

Average cost, 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,929. OMELETTE AUX OIGNONS (ONION OMELET).

4 eggs.	2 ozs. butter.	salt.
1 small onion.	1 gill Bechamel sauce (No. 4).	pepper.

Chop the onion finely. Melt 1 oz. of butter in a small stewpan; when hot, put in the onion, and fry it without browning; then add ½ gill of the sauce, and cook on a moderate fire until the onion is tender. Beat the eggs in a basin with a fork until the whites and yolks are thoroughly mixed, but they should not be frothy; season them with salt and pepper. Put the remaining 1 oz. of butter in an omelet-pan; as soon as it is hot, pour in the eggs, stir in the centre with a spoon until the eggs begin to set round the edge; then place the onion stew in the centre, fold over quickly into an oval shape in the form of a crescent, brown lightly, turn over; then tip it carefully into the centre of a hot dish, pour the remainder of the sauce round, and serve at once.

Average cost, 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,930. OMELETTE AUX CONCOMBRES (CUCUMBER OMELET).

4 eggs.		2 ozs. butter.		salt.
$\frac{1}{2}$ cucumber.		1 gill Bechamel sauce (No. 4).		pepper.

Peel the cucumber, cut it in quarters lengthways, take out the seeds, and slice it into small pieces. Melt 1 oz. of butter in a stewpan; as soon as hot, put in the pieces of cucumber and toss over the fire until half cooked; then add about $\frac{1}{2}$ gill of sauce, season to taste with salt and pepper; continue to cook until the cucumber is tender. Beat the eggs in a basin with a fork until the yolks and whites are well mixed, season them with salt and pepper. Melt the remaining 1 oz. of butter in an omelet-pan, and, when hot, pour in the eggs; stir with a spoon in the centre until they begin to set round the edge of the pan; put the cucumber stew in the centre, roll quickly into an oval, crescent shape, turn it over; tip it carefully into the centre of a hot dish, pour the remainder of the sauce round, and serve at once.

Average cost, 1s. Time required, 20 minutes. Seasonable, March to August. Sufficient for 3 persons.

1,931. OMELETTE AUX ASPERGES (ASPARAGUS OMELET).

4 eggs.		1 small bundle asparagus.		salt.		2 ozs. butter.		pepper.
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Wash and scrape the stalks of the asparagus, tie them with string and cut the stems all the same length; put them into a stewpan of salted, boiling water, and cook until tender; drain, untie, and let the asparagus cool. Then cut off one tablespoonful of the asparagus-tops, and cut the remainder, leaving only the green part; tie the latter into a bundle again, and put it back in the water to keep hot until required. Beat the eggs in a basin with a fork until the whites and yolks are well mixed, but not frothy. Melt 1 oz. of butter in a stewpan, put in the tablespoonful of asparagus-heads, and keep hot. Put the remaining 1 oz. of butter in an omelet-pan; as soon as it is hot, pour in the eggs, stir in the centre with a spoon until the mixture begins to set round the edge of the pan; then place the stew of asparagus-heads in the centre, roll up quickly into an oval, crescent shape, turn it; then tip it carefully on to a hot dish. Take up the little bundle of asparagus, untie it, toss the asparagus quickly in butter, taking care not to break the heads, arrange them neatly round the omelet, and serve quickly.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable, February to July. Sufficient for 3 persons.

1,932. OMELETTE AUX FONDS D'ARTICHAUTS (OMELET WITH ARTICHOKE-BOTTOMS).

4 eggs.		2 artichoke-bottoms.		$1\frac{1}{2}$ ozs. butter.		salt.		pepper.
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Cook the artichoke-bottoms, drain, and cut them in small dice. Melt $\frac{1}{2}$ oz. of butter in a stewpan, toss the artichoke dice in it until thoroughly hot, season with salt and pepper. Keep warm at the side of the fire until wanted. Beat the eggs with a fork until the yolks and whites are well mixed; add seasoning to taste. Melt 1 oz. of butter in an omelet-pan; when hot, pour in the egg mixture, stir until it begins to set round the edge of the pan; put the artichokes in the centre, roll quickly into an oval shape, turn over; then tip it carefully on to a hot dish. Serve at once.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times, if preserved artichokes are used. Sufficient for 3 persons.

1,933. OMELETTE AU HOMARD (LOBSTER OMELET).

4 eggs.		$1\frac{1}{2}$ tablespoonfuls lobster.		salt.
$1\frac{1}{2}$ ozs. butter.		1 gill Bechamel sauce (No. 4).		pepper.

Take enough lobster meat to make the required quantity, cut it up into dice, or it can be minced. Put $\frac{1}{2}$ oz. of butter into a stewpan, add the lobster to it as soon as it is hot, stir in about $\frac{1}{2}$ gill of Bechamel sauce, season with salt and a tiny pinch

of cayenne. Keep hot by the side of the fire until required. Beat the eggs well, so as to mix the yolks and whites ; season to taste. Melt the remaining 1 oz. of butter in an omelet-pan ; as soon as it is hot, pour in the egg mixture ; stir over the fire until it begins to set round the edge of the pan, then place the prepared lobster in the centre, roll up quickly to an oval shape, let it colour lightly, turn it over dish it on a hot dish, pour the remainder of the sauce round, and serve at once.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable, May to September. Sufficient for 3 persons.

1,934. OMELETTE AUX ANCHOIS (ANCHOVY OMELET).

4 eggs.		1 teaspoonful anchovy		4 anchovy fillets.
1 oz. butter.		essence.		pepper.

Cut the anchovy fillets into small dice. Beat the eggs in a basin with a fork, add the anchovy essence and the dice to them, season with a pinch of pepper. Melt the butter in an omelet-pan ; when hot, pour in the egg mixture ; as soon as it sets round the edge, roll up quickly to an oval shape. Turn on to a hot dish, and serve at once.

Average cost, 9d. Time required, 15 minutes. Sufficient for 3 persons.

1,935. OMELETTE À LA CERVELLE (BRAIN OMELET).

4 eggs.		1 tablespoonful cooked calf's		1 gill Bechamel sauce.
1½ ozs. butter.		brains.		pepper and salt.

Cut the cooked brains in small pieces. Melt ½ oz. of butter in a small stewpan, put in the dice of brains, and toss them in the butter for a few minutes ; then add ½ gill of Bechamel sauce, season with salt and pepper, and keep hot. Beat the eggs in a basin, season to taste. Melt the remaining 1 oz. of butter in an omelet-pan ; as soon as it is hot, pour in the eggs, stir in the centre with a spoon until it begins to set round the edge ; then place the brain stew in the centre, roll up quickly into an oval shape ; turn out on to a hot dish, pour the remainder of the sauce round, and serve at once.

Average cost, 1s. 2d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,936. OMELETTE AUX LENTILLES (LENTIL OMELET).

4 eggs.		1½ ozs. butter.		salt.		½ teaspoonful parsley.
½ small onion.		½ gill cooked lentils.		pepper.		¾ gill brown sauce.

Peel the onion, mince it finely. Put ½ oz. of butter into a small stewpan and melt it ; as soon as it is hot, fry the onion. When done, put in the cooked lentils, stir over the fire ; then add ¼ gill of brown sauce, season to taste with salt and pepper. Keep hot in the stewpan by the side of the fire until required. Beat the eggs in a basin with a fork until the whites and yolks are well mixed, but not frothy ; add the parsley, salt, and pepper to them ; mix all together. Melt 1 oz. of butter in an omelet-pan ; as soon as it is hot, pour in the eggs, stir in the centre until the mixture commences to set round the edge of the pan ; then place the lentil stew in the centre, fold over, roll quickly to an oval shape, turn over, slide it on to a hot dish, pour the remaining ½ gill of sauce round, and serve at once.

Average cost, 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,937. OMELETTE AUX CROÛTONS (OMELET WITH CROÛTONS).

4 eggs.		2 tablespoonfuls dice of bread.		salt.
2 ozs. butter.		1 teaspoonful chopped parsley.		pepper.

Cut some bread in small dice. Make 1 oz. of butter very hot in a stewpan, put in the croûtons, and fry them a golden brown. Keep hot in the pan by the side of

the fire. Beat the eggs in a basin until yolks and whites are well mixed, add the parsley, salt, and pepper; stir all well together. Put 1 oz. of butter into an omelet-pan; when hot, pour in the eggs, stir in the centre with a spoon until the mixture begins to set round the edge of the pan; then place the fried dice of bread in the centre, roll up quickly, let it colour lightly; then tip it carefully on to a hot dish. Serve at once.

Average cost, 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 3 persons.

1,938. OMELETTE À LA CRÈME.

4 eggs.	1 shallot.	2 ozs. dried haddock.	1 teaspoonful grated	1 tablespoonful cream.
1½ ozs. butter.	cayenne.	3 fresh mushrooms.	Parmesan cheese.	pepper and salt.

Cook the haddock, remove skin and bones, and shred it finely. Melt ½ oz. of butter in a stewpan, chop the shallot small, put it into the butter as soon as it is hot, and fry it a light colour. Wash, peel, and chop the mushrooms, put them to the shallots, and cook until done; then add the fish, cream, cheese, pepper, and a tiny pinch of cayenne; mix all together over the fire until quite hot. Beat the eggs in a basin, add salt and pepper to taste. Put the remaining 1 oz. of butter in an omelet-pan; as soon as it is hot, pour in the eggs, stir in the centre until they begin to set; then put the prepared mixture in the middle of the omelet, roll up quickly to an oval shape, turn it over, then slide on to a hot dish. Serve at once.

Average cost, 1s. Time required. 20 minutes. Seasonable at all times. Sufficient for 3 persons.

CHAPTER XXIII

SALADES (SALADS)

A WELL-MADE salad is a delight ; one badly prepared is an abomination. Lettuces are generally considered the best foundation for most salads, but nearly all vegetables can be used for the purpose. A few rules are necessary for the successful making of salads, and are here given :

The vegetables used for the salad should be quite fresh and in season, as far as possible.

The vegetables, if fresh, should not be allowed to remain long in water, but quickly washed and drained. This is best done by putting the salad vegetables into a salad basket, and letting them remain there for some time ; then turn into a clean cloth, and toss them about in it. Care must be taken not to bruise the leaves of lettuces. If the salad vegetables are withered, they may be allowed to soak in water for about half an hour, in order that they may get back some of their crispness.

Lettuce-leaves should not be cut, but torn in shreds with the fingers.

Salad should not be prepared until just before it is wanted, and the salad-dressing should only be added at the last moment. A wooden spoon and fork are the most suitable for mixing salads.

Raw onion, except in very small quantities, should not be used for flavouring salads, as the taste of it is objectionable to many.

An old proverb says that four people are needed for the making of a good salad—"A spendthrift to put in the oil, a miser to add the vinegar, a wise man to administer the salt, and a madman to do the mixing."

SALAD DRESSINGS

1,939. MAYONNAISE SAUCE.

2 yolks of raw eggs.	1 tablespoonful boiling water.	½ pint vinegar.
¾ pint salad oil.	juice of 1 lemon.	cayenne, pepper, and salt.

Separate the yolks and whites of two eggs ; put the yolks into a basin, and stir them with a wooden spoon until smooth. Add the salad oil by degrees, stirring quickly during the process ; the oil should be put in very gradually. Add the vinegar and the seasoning ; lastly, the lemon-juice and the boiling water. The latter, added slowly, will prevent the sauce turning, and will ensure its keeping for some time.

Sometimes it happens that the mayonnaise separates. This is due to one of the following causes :

1. Adding the oil too quickly at the beginning.
2. Too much oil for the number of yolks, one yolk only being able to absorb a certain amount of oil.
3. The use of oil that is too cold or congealed. Oil should be kept in a moderately warm place.

To bring back mayonnaise to its original state after being turned, take another yolk, put it into a basin with a few drops of vinegar, and then stir into it the turned mayonnaise, drop by drop, until it has all been mixed in.

1,940. VINAIGRETTE SAUCE.

This sauce may be used for all salads, and is composed of three parts of salad oil to one part of vinegar. Salt and pepper, chopped capers, gherkins, parsley, tarragon, and chervil can be added if liked.

1,941. SALAD DRESSING.

3 eggs.	1 teaspoonful dry mustard.	$\frac{1}{2}$ teaspoonful salt.
$\frac{1}{2}$ gill cream.	1 small dessertspoonful	$\frac{1}{2}$ gill oil.
cayenne.	castor sugar.	$\frac{1}{2}$ gill vinegar.

Boil the eggs hard ; when done, take them up and place in a basin of cold water. Shell and cut them in halves, take out the yolks, and pass them through a wire sieve ; put these into a basin, mix in the cream, then the oil ; add the salt, sugar, mustard, and a very small pinch of cayenne. Mix all these together thoroughly, then add the vinegar by degrees ; stir until quite smooth. Mix it with the vegetables just as it is wanted. The whites of the eggs are cut in slices and placed on the top or round the salad.

Average cost, 1s. Time required, 25 minutes. Seasonable at all times.

1,942. BOILED SALAD DRESSING.

4 yolks of eggs.	1 teaspoonful of made mustard.	sugar.
$1\frac{1}{2}$ gills milk or cream.	pepper and salt.	2 tablespoonfuls of vinegar.

Put the milk into a saucepan, place it on the fire, and bring to the boil. Beat the yolks of the eggs in a basin ; let the milk cool a little, and then stir it on to the eggs. Return to the saucepan, and cook over a very slow fire until the eggs thicken. It must not be allowed to boil on any account, or it will curdle. This dressing must be very thick ; if it is not sufficiently so, another yolk of egg must be added. When the eggs have thickened, pour the mixture into a basin, add a good pinch of sugar, also of salt and pepper. Lastly, stir in the made mustard and the vinegar. Use when cold. This dressing is much improved by using cream instead of milk, although the latter is quite satisfactory. It can be bottled and kept for some time.

Average cost, 7d., if milk is used. Time required, 20 minutes. Seasonable all the year.

VEGETABLE SALADS

1,943. SALADE D'ASPERGES (ASPARAGUS SALAD).

1 bundle green asparagus.	salt.	1 teaspoonful mustard.
3 tablespoonfuls salad oil.	pepper.	1 teaspoonful chopped
1 tablespoonful vinegar.	lettuce.	parsley.

Cook the asparagus in salted, boiling water ; when done, drain, untie, and spread out on a dish to cool. When the asparagus is quite cold, cut away all the hard stalk, leaving the soft green part only. Wash the lettuce, take all the best leaves, and make a bed with them at the bottom of a salad-bowl ; arrange the asparagus on this. Mix together in a basin the oil, vinegar, mustard, salt, and pepper ; stir well with a wooden spoon, add the chopped parsley, and pour this dressing over the salad just as it is wanted. Serve at once.

Average cost, 2s. 6d. Time required, 45 minutes. Seasonable, February to July. Sufficient for 4 or 5 persons.

1,944. SALADE DE BETTERAVE (BEETROOT SALAD).

1 beetroot.	1 gill thin cream.	1 teaspoonful chopped parsley.	salt.
1 shallot.	1 lemon.	1 dessertspoonful mustard.	pepper.

Cut the cooked beetroot into thin slices. Chop the shallot finely, mix it with the parsley. Put the mustard into a basin, and mix the cream to it by degrees; season with salt and pepper, and add the juice of the lemon. Arrange the slices of beetroot in layers in a salad-bowl; between each layer sprinkle a little of the mixed parsley and shallot. Continue in this way until the beetroot slices have been used up. Just before serving pour the prepared dressing over.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

1,945. SALADE DE CONCOMBRES (CUCUMBER SALAD).

1 large cucumber.	1 tablespoonful vinegar.	$\frac{1}{2}$ teaspoonful chopped parsley
3 tablespoonfuls salad oil.	pepper and salt.	and chervil.

Peel the cucumber, cut it in very thin slices, place these on a plate, and sprinkle with table-salt and let stand for about two hours. Then drain away the water that has been abstracted; dry the cucumber, and arrange the slices in a salad-bowl or on a dish. Mix the salad oil and vinegar together; add a little salt and pepper and the chopped herbs; mix well, and then pour it over the prepared cucumber.

Average cost, 8d. Time required, 2 hours. Seasonable, March to August. Sufficient for 4 or 5 persons.



FIG. 135.—SALADE DE CHOUXFLEURS.

1,946. SALADE DE CHOUXFLEURS (CAULIFLOWER SALAD).

2 small cauliflowers.	1 tablespoonful vinegar.	salt.
3 tablespoonfuls oil.	2 hard-boiled eggs.	pepper.

Boil the cauliflower in salted water until tender, but they should be somewhat firm; drain well, and allow them to get cold. Separate the flower into sprigs, remove the stalk. Pile these up in a salad-bowl. Mix together the oil, vinegar, salt and pepper, and pour over the cauliflower. Shell the hard-boiled eggs, cut them in slices, arrange these round the salad, sprinkle some chervil or parsley over the cauliflower, and serve.

Average cost, 8d. Time required, 45 minutes. Seasonable, March to November. Sufficient for 5 or 6 persons.

1,947. SALADE DE CHICORÉE (ENDIVE SALAD).

2 endives.	1 bunch watercress.	2 tablespoonfuls vinegar
pepper and salt.	4 tablespoonfuls salad oil.	1 hard-boiled egg.

Cut the stalks off the endives, wash them well in salted water, divide them into strips, drain, and dry them in a cloth. Arrange the endive in a salad-bowl. Mix the oil and vinegar together, add salt and pepper to taste, pour it over the endive, and mix well. Garnish round with sprigs of watercress and slices of hard-boiled egg.

Average cost, 10d. Time required, 20 minutes. Seasonable, November to March. Sufficient for 6 persons.

1,948. SALADE D'ŒUFS ET BETTERAVE (EGG AND BEETROOT SALAD).

1 beetroot.	vinegar.	4 eggs.	chopped parsley.
oil.	salt.	1 lettuce.	pepper.

Boil the eggs for twelve to fifteen minutes, then put them into a basin of cold water. When cold, shell and cut in slices crossways. Cut the cooked beetroot in slices, arrange a layer of beetroot in a salad-bowl, season with salt, pepper, vinegar, chopped parsley, and salad oil. On this place a layer of egg-slices, season in the same way, then another layer of beetroot, seasoning, and egg. Continue in this way until the beetroot and eggs are used up. Wash the lettuce well, take away the outside leaves, drain, and dry in a clean cloth. Shred it finely, and arrange round the salad in a border. Pour over a little vinegar and oil, and serve the salad as soon as dressed.

Average cost, 1s. Time required, 25 minutes. Seasonable at all times. Sufficient for 4 persons.

1,949. SALADE À LA CRÉCY (CARROT SALAD).

1 bunch young carrots.	1 lettuce.	1 tablespoonful capers.
salad dressing (No. 1,941).	6 olives.	chopped parsley.
2 hard-boiled eggs.	salt.	pepper.

Boil the carrots ; when cooked, drain and cool ; then slice and arrange them in a salad-bowl in a pile ; season each layer with salt, pepper, chopped parsley, and salad dressing ; pile it up in the centre of the bowl. Arrange round the salad the stoned olives, the heart of the lettuce, washed and dried, the capers and slices of hard-boiled eggs. Arrange tastefully, and serve at once.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable in the spring. Sufficient for 4 persons.

1,950. SALADE DE LÉGUMES (VEGETABLE SALAD).

1 head celery.	3 tomatoes.	1 large carrot.	oil.	chervil.	parsley.	salt.
4 potatoes.	1 cauliflower.	1 turnip.	vinegar.	tarragon.	1 lettuce.	pepper.

Scrape the carrot and peel the turnip, scoop them out with a round vegetable-cutter the size of peas, cook these separately in salted water. Cook the potatoes and the cauliflower ; scald the tomatoes and skin them carefully. Cut the potatoes and tomatoes into dice. Arrange the different vegetables in layers in a salad-bowl ; the celery, washed and sliced in small pieces, and the cauliflower, divided into sprigs, are also added ; sprinkle over each layer some salt, pepper, and chopped herbs ; pour over first vinegar and then oil. Wash the lettuce, place the heart in the centre of the salad, and serve at once.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 or 5 persons.

1,951. SALADE À LA LORETTE.

1 head of celery.	2 lettuces.	salt.	1 tablespoonful vinegar.
pineapple.	3 tablespoonfuls oil.	pepper.	beetroot.

Wash and trim the celery, cut the heart and white sticks into strips, put these into a basin. Cut an equal quantity of pineapple into the same size and shape, put this to the celery, season with salt and pepper, add the oil and vinegar, mix all well together. Wash the lettuces, shred them into good-sized pieces, make a bed of these in a salad-bowl, place the salad of celery and pineapple on it; garnish round the dish with slices of beetroot, cut out with a fancy cutter. Serve at once.

Average cost, 2s. Time required, 15 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,952. SALADE DE POMMES ET NOIX.

6 russet apples.	pepper and salt.	mayonnaise sauce (No. 134).
1 head of celery.	$\frac{1}{2}$ lb. shelled walnuts.	watercress.

Trim the celery, wash it thoroughly, cut all the white sticks and the heart into dice. Put the walnuts into boiling water in a stewpan, let them boil for one minute, then strain and peel; place them in cold water, and let them soak for ten minutes. Peel and core the apples, cut these into dice, put them into a salad-bowl with the celery. Drain the walnuts, and stir them in with the other ingredients; season with salt and pepper; add sufficient mayonnaise to bind the ingredients. Mix all well together, garnish with watercress, and serve.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,953. SALADE JOCKEY CLUB (JOCKEY-CLUB SALAD).

1 gill cooked asparagus-heads.	1 gill cooked French beans.	2 or 3 cold potatoes.
2 lettuces.	mayonnaise sauce (No. 134).	salt.
1 gill celery.	2 hard-boiled eggs.	pepper.

Wash the celery, cut sufficient of the white part into dice to make the required quantity. Cut the beans, before cooking, into diamond-shapes. When cooked, drain well and put them with the asparagus-heads and celery into a basin. Slice the potatoes, then cut in dice, add to the rest of the ingredients, season with salt and pepper; add sufficient mayonnaise sauce to bind all together. Dress the salad in the centre of a salad-bowl. Wash the lettuces, cut the hearts in convenient pieces; garnish round the dish with them. Shell the hard-boiled eggs, cut them in quarters, and place them alternately with the lettuce. Serve the salad as soon as it is mixed.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable, January to March. Sufficient for 5 or 6 persons.

1,954. TOMATES À L'AMÉRICAINNE.

6 tomatoes.	mayonnaise sauce (No. 134).	4 tablespoonfuls chopped	2 lettuces.
pepper and salt.	4 tablespoonfuls chopped celery.	pineapple.	watercress.

Select tomatoes all the same size, not too ripe. Cut a circular slice off the top of each, and with a small spoon remove the pulp; this must be done carefully, so as not to break the sides of the tomatoes. Rub the pulp through a sieve into a basin, chop the celery into dice, not too small, cut the pineapple in the same way mix these with the tomato-pulp, season with salt and pepper, and add sufficient stiff mayonnaise to mix the ingredients. Fill the tomatoes with this preparation. Wash the lettuces, divide the leaves, arrange the best leaves on a cold entrée-dish, dress the tomatoes on them, garnish with watercress round the dish, and serve. (See coloured plate.)

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable, September to February. Sufficient for 6 persons.



Tomates à l' Américaine.

1,955. SALADE DE LAITUE (LETTUCE SALAD).

2 cos lettuces.		3 tablespoonfuls salad oil.		salt.
2 hard-boiled eggs.		1 tablespoonful vinegar.		pepper.

Cut off the stalks of the lettuces, take away the outside leaves, cut each lettuce in quarters ; keep the hearts for garnish ; break the rest of the leaves in small pieces. Wash in plenty of cold water, then take them out of the water, drain, and put them into a cloth. Shake the cloth well, in order to remove as much of the moisture as possible. When the lettuce is ready, put it into a salad-bowl with a little chopped parsley and tarragon, if liked. Dissolve a little salt and pepper in the vinegar, sprinkle this over the lettuce in the bowl, then add the oil ; mix all well together. Shell the hard-boiled eggs, cut them in slices or quarters, and garnish round the salad with them. Serve at once.

Average cost, 10d. Time required, 20 minutes. Seasonable, April to September. Sufficient for 4 or 5 persons.

1,956. SALADE DE CÉLERI ET NOIX (SALAD OF CELERY AND WALNUTS).

1 head of celery.		1 gill mayonnaise sauce		watercress.
$\frac{1}{4}$ lb. shelled walnuts.		(No. 134).		salt.
1 tablespoonful cream.		radishes.		pepper.

Cut the root of the celery, take away the outside stalks, and wash the white part of the celery thoroughly ; drain and dry it. Procure the walnuts ready shelled, put them into boiling water for a minute or two to loosen the skin, then peel them. Cut the celery and the walnuts into strips, put them into a basin together ; mix the cream into the mayonnaise. Season the celery and walnuts with salt and pepper, add the mayonnaise, and mix all well together. Pile the mixture in a salad-bowl or round dish in pyramid form, garnish the dish with a wreath of watercress and some radishes cut to represent flowers. Serve at once. (See coloured plate.)

Average cost, 1s. Time required, $\frac{1}{2}$ hour. Seasonable, September to February. Sufficient for 4 persons.

1,957. SALADE DE POMMES DE TERRE (POTATO SALAD).

1 lb. kidney or new potatoes.		salt.		parsley.
3 tablespoonfuls oil.		pepper.		tarragon.
1 tablespoonful vinegar.		chervil.		chives.

Wash and peel the potatoes, boil them in salted water till tender ; when done, strain and dry them, cut them in slices, and arrange in a salad-bowl before they are quite cold. Mix together equal quantities of chervil, parsley, tarragon, and chives, add to them some pepper and salt ; sprinkle this over the potatoes, and pour the vinegar and oil over. Mix all together carefully, so as not to break the potatoes, and serve immediately.

Average cost, 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,958. SALADE DE POMMES DE TERRE À LA PARISIENNE (POTATO SALAD, PARISIAN STYLE).

1 lb. kidney potatoes.		3 tablespoonfuls salad oil.		salt.		chervil.
1 gill white wine.		1 tablespoonful vinegar.		pepper.		parsley.

Wash and peel the potatoes, boil them in salted water until tender, then drain and dry. Cut the potatoes while still warm into thin slices. Arrange them in a salad bowl ; sprinkle the wine over them ; season with salt, pepper, oil, and vinegar ; add some parsley and chervil, finely chopped. Mix all together carefully, so as not to break the potatoes. Serve at once.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 persons.

1,959. SALADE À LA FRANÇAISE (FRENCH SALAD).

1 lettuce.	$\frac{1}{2}$ gill salad oil.	chopped parsley.
pepper.	1 tablespoonful tarragon-	tarragon.
salt.	vinegar.	chervil and chives.

Split the lettuce down the stalk, divide the leaves into pieces, wash in cold water—but they must not be allowed to soak in it—drain well, and dry in a cloth. Place the pieces of lettuce in a salad-bowl, sprinkle over some salt and pepper and a seasoning of coarsely-chopped parsley, tarragon, chervil, and chives; instead of the latter a little spring onion may be used. Put the oil and vinegar into a basin and mix, then pour over the salad in the bowl; stir with a wooden spoon and fork until thoroughly mixed. Serve at once. Average cost, 6d. Time required, 15 minutes. Seasonable always. Sufficient for 3 or 4 persons.

French salads are made of one kind of vegetable only—*i.e.*, lettuce, endive, dandelion, etc., with the addition of herbs and a dressing of oil and vinegar: A French cook would not mix two salad vegetables together, as they maintain that the delicate flavour of one is destroyed by the other.

1,960. SALADE ITALIENNE (ITALIAN SALAD).

2 carrots.	2 tomatoes.	1 tablespoonful capers.	salt.	tarragon and chervil.
1 turnip.	1 gill cooked peas.	6 anchovy fillets.	pepper.	2 hard-boiled eggs.
3 olives.	1 gill cooked beans.	chopped parsley.	$\frac{1}{2}$ lb. potatoes.	mayonnaise sauce (No. 134).

Cut the cooked, cold potatoes into dice; cook the rest of the vegetables; cut the carrots, turnip, and beans into the same sized pieces as the potato; scald and peel the tomatoes, press out the seeds, and prepare them in the same way as the rest of the vegetables. Mix all these vegetables together in a basin; add the peas, the capers, and a little chopped parsley, tarragon, and chervil; season with salt and pepper. Stir in some mayonnaise sauce, and when thoroughly mixed, pile up in the middle of a salad-bowl; garnish with the anchovy fillets, stoned olives, and hard-boiled eggs, cut in slices or quarters. Serve as soon as the salad is mixed.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable in the summer months. Sufficient for 4 or 5 persons.

1,961. SALADE À L'ANGLAISE (ENGLISH SALAD).

2 cos lettuces.	a little mustard and cress.	2 hard-boiled eggs.
1 bunch watercress.	beetroot.	salad dressing (No. 1,941).

Cut the lettuces in halves, wash them well, drain and dry in a cloth, cut or break the leaves into small pieces; put these into a salad-bowl. Wash the watercress thoroughly, remove the stalks, add them to the lettuces, also the mustard and cress after washing. Mix all well together. Just before serving pour the salad dressing over, and stir all well together. Cut the beetroot in slices, stamp them out with a fancy cutter into rounds or crescents, or according to taste. Shell the hard-boiled eggs, cut them in quarters or slices, and garnish the salad with them and with the beetroot. Serve as soon as the salad is ready.

Average cost, 1s. Time required, 15 minutes. Seasonable, April to September. Sufficient for 4 or 5 persons.

1,962. SALADE DE TOMATES (TOMATO SALAD).

6 tomatoes.	salt.	2 hard-boiled eggs.	vinegar.
1 lb. new potatoes.	pepper.	oil.	watercress.

Scrape and wash the potatoes, boil them in salted water until done, drain and let them cool. While still lukewarm, slice them, and the tomatoes; arrange these vegetables in layers in a salad-bowl, piling them up as high as possible; season with salt and pepper and chopped parsley, tarragon and chervil; pour the vinegar and oil over. Cut the hard-boiled eggs in slices, and garnish round the salad with these, and also with the watercress. Serve at once. (See coloured plate.)

Average cost, 1s. Time required, 30 minutes. Seasonable, March to July. Sufficient for 4 persons.

1,963. SALADE A LA JARDINIÈRE (SALAD OF MIXED VEGETABLES).

1 small cauliflower.	$\frac{1}{2}$ gill cooked carrot.	$\frac{1}{2}$ gill turnip.
1 gill cooked peas.	1 lettuce.	1 hard-boiled egg.
1 gill cooked beans.	pepper and salt.	mayonnaise sauce (No. 134).

Boil the cauliflower in salted, boiling water; do not cook it too much, as it should be somewhat firm; drain, and let it cool. Cut the carrot and turnip, before cooking, into dice, and the beans into diamond shapes. Divide the cauliflower into sprigs. Arrange these respective vegetables in layers in a salad-bowl, season each layer with salt, pepper, and mayonnaise. Wash the lettuce, drain, and break it up into small pieces. Make a border round the salad with the lettuce, garnish with the hard-boiled egg, and serve as soon as the salad is mixed.

Average cost, 9d. Time required for mixing, 10 minutes. Seasonable, spring and summer months. Sufficient for 4 or 5 persons.



FIG. 136.—SALADE A LA JARDINIÈRE.

1,964. SALADE CRESSONNIÈRE (WATERCRESS SALAD).

1 lb. kidney potatoes.	3 tablespoonfuls salad oil.	parsley.
2 bunches watercress.	1 tablespoonful vinegar.	1 hard-boiled egg.
1 gill white wine.	chervil.	pepper and salt.

Wash and peel the potatoes, boil them until tender in salted water, then drain and dry. Cut the potatoes, while still warm, in thin slices. Wash the watercress, pick all the leaves from the stalks, mix these with the potatoes, sprinkle with salt, pepper, chopped chervil, and parsley; mix all well together. Arrange in a pile in a salad-bowl, pour the white wine over, season with oil and vinegar mixed together. Garnish the dish with sliced hard-boiled egg and sprigs of watercress. Serve as soon as the salad is mixed.

Average cost, 8d. Time required, 30 minutes. Seasonable in the spring. Sufficient for 4 persons.

1,965. SALADE AUX ŒUFS (EGG SALAD).

6 eggs.	2 lettuces.	vinegar.
salt.	celery.	beetroot.
pepper.	oil.	chopped parsley.

Boil the eggs for fifteen minutes until quite hard, lift them out of the boiling water, and put them into a basin of cold water. Wash the lettuces, shred them

finely ; trim and wash the celery, cut it into strips, mix with the lettuce in a basin ; add a little chopped parsley, salt, and pepper ; pour over some vinegar and oil, stir well together, and turn into a salad-bowl. Slice the hard-boiled eggs in halves lengthways, arrange them round the salad, leaning against it. Mix a little oil and vinegar together, sprinkle a pinch of salt and pepper on each egg, and a few drops of oil and vinegar. Cut out some slices of beetroot with a fancy cutter, garnish round the salad with these, and serve at once.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,966. SALADE DE CÉLERIAC (CELERIAC SALAD).

1 root celeriac.	1 gill thin cream.	salt.
$\frac{1}{2}$ tablespoonful mustard.	1 lemon.	pepper.

Wash the celeriac, peel it, cut in slices, and then into fine julienne strips. Mix the mustard with the cream, add salt and pepper and the juice of the lemon. Put the strips of celeriac in a bowl, pour the dressing over, and serve.

Average cost, 9d. Time required, 10 minutes. Seasonable, October to March. Sufficient for 4 or 5 persons.

1,967. SALADE D'ARTICHAUTS ET TOMATES (ARTICHOKE AND TOMATO SALAD).

8 cooked artichoke-bottoms.	4 tomatoes.	pepper.	vinegar.
2 hard-boiled eggs.	salad dressing (No. 1,941).	watercress.	chopped parsley.
	salt.	oil.	tarragon and chervil.

Mix some oil and vinegar (about one tablespoonful of each) in a plate, add some salt, pepper, and a teaspoonful of the mixed herbs. Cut the tomatoes in slices, put them and the artichokes into the above preparation ; let them remain in it for ten minutes. Arrange the artichokes and tomatoes in layers in a salad-bowl, and pour the dressing over. Shell the eggs, cut them in slices, arrange them round the salad ; garnish the dish with sprigs of watercress, and serve quickly.

Average cost, 2s. Time required, 20 minutes. Seasonable all the year if preserved artichokes are used ; if fresh, January to April. Sufficient for 4 persons.

1,968. SALADE SUÉDOISE (SWEDISH SALAD).

3 ozs. ox-tongue.	$\frac{1}{2}$ beetroot.	pepper and salt.	1 dessertspoonful capers.
2 cooked potatoes.	$\frac{1}{2}$ cooked carrot.	2 hard-boiled eggs.	3 tablespoonfuls salad oil.
1 apple.	3 anchovies.	chopped parsley.	1 tablespoonful vinegar.

Cut the tongue into small pieces, slice the potatoes, beetroot, and carrot ; peel and core the apple, and cut in pieces. Wash, scrape, and fillet the anchovies ; cut them up. Place these ingredients in a basin, add the capers, and mix all together. Season with salt, pepper, vinegar, and oil ; stir until well mixed. Dish up in a salad-bowl, sprinkle over a little chopped parsley, and garnish with the hard-boiled eggs cut in slices. Serve as soon as ready.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

1,969. SALADE RUSSE.

$\frac{1}{2}$ gill cooked green peas.	salt.	3 new potatoes.	6 anchovy fillets.	2 gherkins.
$\frac{1}{2}$ gill cooked carrot.	pepper.	4 cooked mushrooms.	1 hard-boiled egg.	$\frac{1}{2}$ beetroot.
$\frac{1}{2}$ gill cooked French beans.	1 truffle.	2 ozs. lean ham.	$\frac{1}{2}$ pint mayonnaise.	caviare.

Cut the carrot and French beans into dice ; cook them separately in boiling, salted water ; boil the potatoes and the peas ; slice the potatoes, then cut them into strips ; put the mushrooms on a buttered tin in the oven, and, when done, take them up and let cool. Cut the fillets of anchovy, the ham, truffle, and the gherkins into julienne strips ; put them into a salad-bowl ; add the peas, beans, potatoes,

and carrot, all well drained after cooking ; season with pepper and salt. Arrange these ingredients in the salad-bowl in layers ; season each layer with a little mayonnaise sauce ; pile up into the shape of a pyramid, pour the remainder of the sauce over, and garnish with caviare, chopped beetroot, and chopped hard-boiled white of egg. Serve as soon as the salad is prepared.

Average cost, 4s. 6d. Time required, 30 minutes. Seasonable, June to September. Sufficient for 6 persons.

1,970. SALADE À LA POLONAISE (POLISH SALAD).

$\frac{1}{2}$ lb. cooked chicken or game.	2 small lettuces.	$\frac{1}{4}$ cucumber.
2 apples.	salad dressing (No. 1,941).	salt.
2 tomatoes.	2 hard-boiled eggs.	pepper.

Free the chicken or game from skin and bone, cut it up into strips or dice ; trim the lettuces, take away the outside leaves, and wash and dry them, and cut or break them into shreds. Slice half the cucumber, after peeling ; peel and core the apples, cut them both into slices. Mix all these ingredients together in a salad-bowl ; peel and slice the tomatoes, and then cut them into dice ; mix into the salad. Season with salt, pepper, and salad-dressing ; stir all together until well mixed. Pile it up in the shape of a pyramid. Sieve the yolks of the eggs and sprinkle them over the salad, garnish the salad with the remainder of the cucumber, cut in slices, and the whites of the eggs cut in rings. Serve as soon as mixed.

Average cost, 10d., exclusive of chicken or game. Time required, 20 minutes. Seasonable at all times if chicken is used. Sufficient for 4 persons.

1,971. SALADE À LA FLAMANDE (FLEMISH SALAD).

1 endive.	3 potatoes.	2 small apples.	chopped parsley.	3 tablespoonfuls salad oil.
4 Dutch herring fillets.	little celery.	1 small onion.	pepper and salt.	1 tablespoonful vinegar.

Bake the onion in its skin ; when cooked, let it cool, then peel and chop it. Cut the fillets of herring into dice ; peel and shred the apples and celery ; cut the cooked potatoes into strips or dice. Shred the endive into julienne strips. Mix all these ingredients together in a salad-bowl ; season with salt, pepper, the vinegar, and oil. Stir all together until thoroughly mixed. Dress in a salad-bowl, sprinkle a little chopped parsley over, and serve as soon as the salad is mixed.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable, October to February. Sufficient for 4 persons.

1,972. SALADE D'ESPAGNOLE (SPANISH SALAD).

6 tomatoes.	$\frac{1}{2}$ beetroot.	salad dressing (No. 1,941).
4 cooked potatoes.	2 hard-boiled eggs.	$\frac{1}{2}$ pint preserved peas or French
1 endive.	pepper and salt.	beans.

Peel the tomatoes by soaking them in boiling water for one minute or so, cut them in slices, wash the endive well, trim the root, and use only the best part. Slice the potatoes and beetroot. If the preserved French beans are used, they should be cut in short lengths. Shell the eggs, cut them in halves, take out the yolks and rub them through a wire sieve, cut the whites in rings. Put a layer of tomato into a salad-bowl, sprinkle over some salt and pepper, season with salad-dressing, then a layer of potato seasoned in the same way ; next beetroot, seasoning again, then the beans. Continue in this way until the ingredients are used up, piling the salad as high as possible in the centre of the bowl. Pour over some more dressing, sprinkle the sieved yolks of egg all over, and garnish with the rings of white of egg. Arrange a border of endive round the base of the salad, and serve.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable, November to March. Sufficient for 5 or 6 persons.

1,973. SALADE À LA RUSSE (RUSSIAN SALAD).

1 quart aspic jelly.	1 pint mixed vegetables.	1 truffle.	3 ozs. lean cooked ham.
6 anchovies.	2 tablespoonfuls caviare.	capers.	vinegar and oil.
6 olives.	1 gill mayonnaise sauce	2 gherkins.	chopped parsley and tarragon.
lobster meat.	(No. 134).	12 prawns.	pepper and salt.

Scoop out some carrots and turnips with a round vegetable scoop ; cut some French beans into lozenge shape. Cook these vegetables separately in salted, boiling water ; also cook 1 gill of green peas ; have sufficient of these vegetables mixed to make a pint. When the vegetables are cold, put them into a basin ; season them with salt, pepper, oil, and vinegar. Wash the anchovies, scrape and fillet them, cut in dice or fine strips ; slice the ham and the lobster meat, and cut them in dice. Mix all these together with the vegetables ; add a few capers, a little chopped parsley and tarragon, two gherkins cut in small pieces, and the caviare. Mix in the mayonnaise sauce and sufficient aspic jelly to bind. Line a border-mould with jelly. When this is set, decorate it with pieces of truffle, cut out in fancy shapes ; the prawns, the lobster claws, and gherkin ; sprinkle a few drops of aspic jelly over the decoration to set it. When this is done, pour in some more aspic to well cover them. Put on ice, and when set, fill up the centre of the mould with the prepared mixture ; put a layer of aspic over the top, and place on ice. When ready to serve, dip the mould in warm water and turn out quickly on to a dish. The centre can be filled with a nicely prepared salad, and the dish garnished with chopped aspic.

Average cost, 4s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 6 persons.

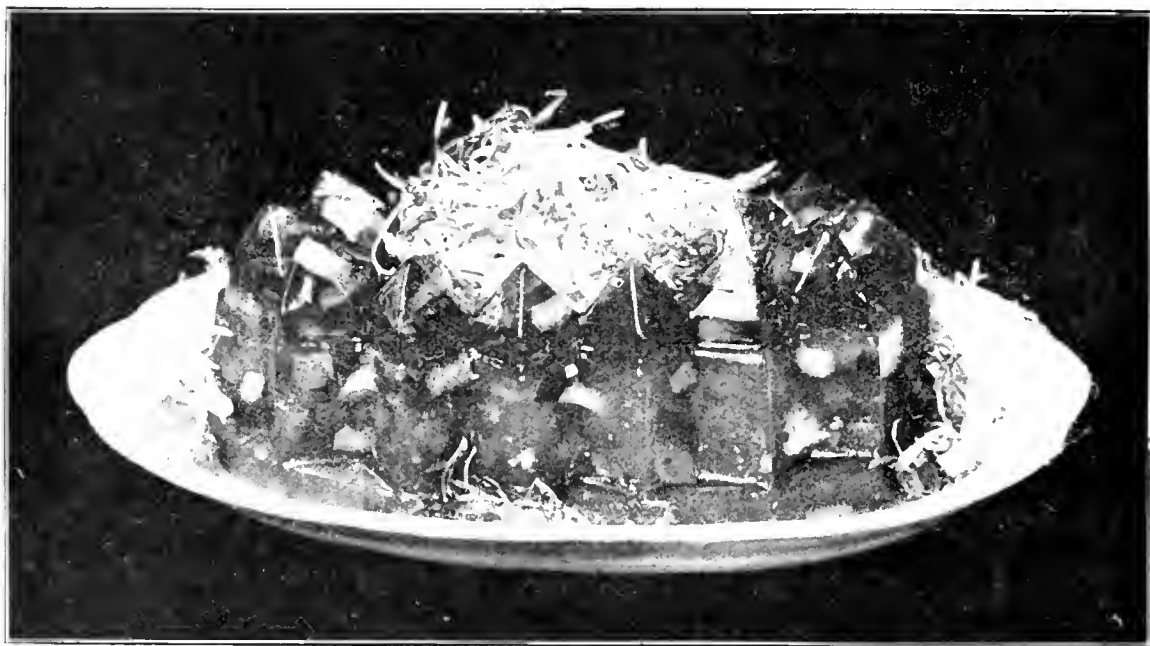


FIG. 137.—SALADE À LA RUSSE.

1,974. SALADE DE TOMATE À LA CRÈME.

6 tomatoes.	½ gill mayonnaise sauce	salt.	chopped tarragon.
½ gill cream.	(No. 134).	pepper.	1 lettuce.

Put the tomatoes in boiling water, and let them stay in it for a few seconds ; then take them out, wipe and skin them carefully, cut each in quarters, press out some of the seeds, arrange them in a salad-bowl, sprinkle over salt and pepper. Whip the cream and stir it into the mayonnaise, pour this over the tomatoes, sprinkle with a little chopped tarragon. Trim the lettuce, take off the outside leaves, cut the lettuce in pieces and garnish the salad with it. Serve as soon as the salad is mixed.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable always. Sufficient for 4 persons.

1,975. SALADE DE POMMES DE TERRE NOUVELLES (SALAD OF NEW POTATOES).

1 lb. new potatoes.	1 tablespoonful vinegar.	1 teaspoonful chopped mint.
2 tablespoonfuls salad oil.	pepper and salt.	a few slices of beetroot.

Scrape the potatoes, boil them in salted water until cooked, drain and let them cool. While still warm, slice them. Arrange a layer of potato slices in a salad-bowl, sprinkle over salt, pepper, and a little chopped mint; mix the vinegar and oil together, and season the potatoes with it. On this put another layer, and repeat the process until the potatoes have all been used up. Garnish round the salad with slices of beetroot cut with a fancy cutter. Serve the salad as soon as mixed.

Average cost, 6d. Time required, 25 minutes. Seasonable, April to July. Sufficient for 3 persons.

1,976. RADISH AND WATERCRESS SALAD.

1 large bunch of radishes.	pepper and salt.	2 tablespoonfuls oil.
2 bunches watercress.	chopped parsley.	1 tablespoonful vinegar.

Cut off the leaves and roots of the radishes, wash them well in several waters, drain and cut the radishes into slices; wash the watercress thoroughly, pick the leaves from the stalks, put the slices of radishes and the watercress-leaves into a salad-bowl, season with salt and pepper, pour over the vinegar and oil. Mix all well together, sprinkle with chopped tarragon, and serve at once.

Average cost, 6d. Time required, 15 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

1,977. LENTIL SALAD.

$\frac{1}{2}$ pint lentils.	pepper and salt.	oil.
1 onion.	chopped parsley.	vinegar.

Put the lentils in a basin, cover with cold water, and let them soak for twelve hours. This can be done overnight. Boil them in salted water with the peeled onion until tender. When they are soft, drain them, season with salt, pepper, oil, and vinegar. Dress them in a china dish, sprinkle chopped parsley over them, and serve.

Average cost, 4d. Time required, 2 hours. Seasonable at all times. Sufficient for 3 persons.

1,978. SALADE DE MARRONS (CHESTNUT SALAD).

24 chestnuts.	stock.	salt.	mayonnaise sauce
1 head celery.	1 onion.	2 hard-boiled eggs.	(No. 134.)
1 lettuce.	1 clove.	pepper.	parsley.

Slit the chestnuts, put them on a baking-sheet, and place in the oven for ten minutes, or until the shells and underskin can be easily removed; then put them into a stewpan, cover with stock, peel the onion, stick it with the clove; add this to the stock, put the pan on the fire, and boil until the nuts are tender. When cooked, drain and let them get cold. Wash and trim the celery, cut the heart and the white sticks into strips; slice the chestnuts, mix the celery and nuts together in a salad-bowl, season with salt and pepper, and add sufficient mayonnaise to bind the salad. Wash the lettuce and trim it; shred the leaves and heart into fine strips, arrange this round the base of the salad; sprinkle some chopped parsley over the salad. Shell the eggs, cut them in slices, and garnish the dish with them. Serve as soon as the salad is mixed.

Average cost, 1s. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 persons.

1,979. SALADE JAPONAISE (JAPANESE SALAD).

1 pint aspic jelly.	1 truffle.	1½ gills mayonnaise sauce.	½ gill cream.
2 hard-boiled eggs.	1 lettuce.	1 gill green peas.	beetroot.

Line a border-mould with a thin layer of aspic jelly ; cut out some fancy patterns of truffle and the white of a hard-boiled egg ; decorate the mould tastefully with these. Sprinkle a few drops of aspic jelly over the decoration to set it. Wash the lettuce and cut it into fine shreds. Mix 1 gill of aspic jelly with the same quantity of mayonnaise sauce, add half the cream and the sieved yolks of the eggs. Coat the mould over the decoration with this mixture. Mix the shredded lettuce in a basin with any of the aspic mayonnaise that remains after the mould has been coated, stir in sufficient aspic to fill the mould ; put the lettuce preparation into the centre of the decorated mould, cover over the top with a layer of aspic jelly, and put on ice to set. Stir the remaining half of the cream into ½ gill of mayonnaise, mix this with the cooked peas ; season to taste. When the border is set, dip it into warm water, turn out on to a round dish, fill the centre with the prepared garnish, and decorate round the base of the dish with chopped aspic and fancy slices of beetroot. Serve at once.

Average cost, 2s. Time required, 1½ hours. Seasonable, June to August. Sufficient for 5 persons.

1,980. SALADE AMÉRICAINE (AMERICAN SALAD).

6 tomatoes.	4 small potatoes.	pepper.
1 head of celery.	2 hard-boiled eggs.	3 tablespoonfuls salad oil.
1 onion.	salt.	1 tablespoonful vinegar.

Soak the tomatoes in boiling water for one or two minutes, dry and skin them, cut in thin slices, removing the seeds. Boil the potatoes, drain and dry, and, while still warm, slice them. Trim the celery, take the white part, wash it thoroughly, and cut into strips. Peel the onion, and cut it also in slices, separating it so as to divide it into rings. Arrange these vegetables in layers alternately in a salad-bowl—first a layer of tomato, then potato, then celery. Repeat in this order until the vegetables are used up. Season each layer with salt and pepper. Mix the oil and vinegar together in a basin, pour it over the salad. Shell the eggs, cut them in slices, decorate the salad with these and with the onion-rings. Serve as soon as the salad is mixed.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable, September to February. Sufficient for 6 persons.

1,981. SALADE D'HIVER (WINTER SALAD).

1 endive.	1 head of celery.	salt.	salad dressing (No. 1,941).
½ beetroot.	2 or 3 cold potatoes.	pepper.	1 tablespoonful vinegar.

Wash the endive, trim and drain well. Cut the outside sticks from the celery, and shred the white part into strips. Slice the potatoes (not too thinly), cut the beetroot in slices, put it on a dish or plate, sprinkle with salt and pepper, and pour the vinegar over. Let it remain in the vinegar for ten minutes. Arrange these ingredients alternately in a salad-bowl, season each layer with salt and pepper. As soon as it is ready to serve, pour the salad dressing over, and send to table at once.

Average cost, 8d. Time required, 20 minutes. Seasonable in the winter. Sufficient for 3 or 4 persons.

1,982. SALADE À LA RACHEL.

1 head of celery.	1 gill asparagus-heads.	½ gill mayonnaise sauce
2 truffles.	4 artichoke-bottoms.	(No 134).
3 potatoes.	2 hard-boiled eggs.	pepper and salt.

Wash the celery, trim away all the outside sticks, cut the white part into fine strips, julienne fashion. Cut the truffles, artichoke-bottoms, and cold potatoes in

the same way. Mix all these vegetables together, add to them the cooked asparagus-heads, mix in the mayonnaise sauce, season with salt and pepper. Dress the salad in a salad-bowl. Shell the eggs, cut them in slices, and arrange round the base of the salad, and serve.

Average cost, 2s. 6d. Time required, $\frac{1}{2}$ hour. Seasonable, January and February. Sufficient for 4 or 5 persons.

1,983. SALADE SICILIENNE.

1 head of celery.	3 tomatoes.	salt.	2 tablespoonfuls salad oil.
3 russet apples.	4 artichoke-bottoms.	pepper.	$\frac{1}{2}$ lemon.

Wash and trim the celery, cut it into dice; peel the apples and tomatoes; cut these also into dice, and the artichokes in the same way. Put them all together into a salad-bowl, season with salt and pepper; stir well, so that the ingredients are all evenly mixed. Add the lemon-juice and the salad-oil, mix thoroughly, and serve.

Average cost, 1s. 6d. Time required, 15 minutes. Seasonable, September to February. Sufficient for 3 persons.

1,984. SALADE À L'ALLEMANDE (GERMAN SALAD).

$\frac{1}{2}$ potatoes.	6 anchovies.	2 tablespoonfuls salad	$\frac{1}{2}$ gill cream.
4 apples.	2 gherkins.	oil.	salt.
$\frac{1}{2}$ beetroot.	a few capers.	1 tablespoonful vine-	pepper.
1 head of celery.	2 hard-boiled eggs.	gar.	1 teaspoonful castor sugar.

Boil the potatoes, drain, and, while still warm, slice them coarsely. Wash and trim the celery, cut it into strips. Peel and core the apples, cut them in dice, and put them into a basin of cold water until wanted. Scrape the anchovies, wash, and split them open. Take out the bones, and cut the fillets into dice; also the gherkins. Place all these ingredients in a salad-bowl, add the capers, season to taste with salt and pepper, and mix all well together. Shell the eggs, take out the yolks, and rub them through a wire sieve. Put it into a basin, add salt and pepper, add the salad-oil to the yolks by degrees, stirring all the time with a wooden spoon. When quite smooth, stir in the vinegar slowly, add the sugar, mix well; then add the cream. Just before adding the dressing, take the dice of apple out of the water and dry them in a cloth. Mix these with the other ingredients, pour the dressing over the salad, stir until thoroughly well mixed. Cut the whites of the eggs in rings and garnish the salad with them. Sprinkle over some chopped parsley, and serve at once.

Average cost, 2s. Time required, 30 minutes. Seasonable, October to February. Sufficient for 4 or 5 persons.

1,985. SALADE DE POIREAUX (LEEK SALAD).

3 leeks.	1 lettuce.	3 tablespoonfuls salad oil.	tarragon.	1 hard-boiled egg.
2 tomatoes.	pepper and salt.	1 tablespoonful vinegar.	parsley.	watercress.

Wash the leeks thoroughly in several waters, trim away the roots and reserve only the white part. Cut these up into small pieces. Put the tomatoes into boiling water for one minute, then dry and peel them carefully, cut into slices, press out some of the seeds. Wash the lettuce, break up the leaves, and place them in a salad-bowl; season with salt and pepper. Arrange on this the sliced tomato and then the leeks. Chop a few leaves of tarragon, and mix with a little chopped parsley. Mix the oil and vinegar together, sprinkle over some salt and pepper, add the parsley and tarragon, and pour this dressing over the salad. Shell the egg, and cut it in slices or quarters. Wash the watercress, garnish round the salad with these, sprinkle the chopped tarragon and parsley over, and serve at once.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 persons.

1,986. SALADE À LA GOURMET.

1 lb. chestnuts.	1 onion.	1 tomato.	mayonnaise sauce (No.
1 head of celery.	stock.	parsley.	134).
1 lettuce.	1 clove.	bouquet garni (No. 194).	1 hard-boiled egg.

Slit the chestnuts, place them on a baking-sheet, and put in the oven for a few minutes until the shell and inner skin can be easily removed ; then put them in a stewpan, cover with stock, add the onion stuck with the clove, the bouquet garni, and a pinch of salt. Boil until the chestnuts are tender. When done, drain and cool. Wash and trim the celery, and cut the white part into thin strips. Wash and trim the lettuce and shred it. Slice the chestnuts, put them with the celery into a basin, season with salt and pepper, and mix in some mayonnaise sauce. Pile the mixture in a salad-bowl and surround it with the shredded lettuce. Cut the tomato into slices, shell and slice the egg, garnish the salad with these. Sprinkle a little chopped parsley over, and serve at once.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable, October to February. Sufficient for 6 persons.

1,987. SALADE À LA MOSCOVITE (MOSCOVITE SALAD).

1½ gills mayonnaise sauce (No. 134).	½ cauliflower.	4 new potatoes.	1 hard-boiled egg.
2 gills mixed vegetables (i.e.,	2 gherkins.	1 truffle.	6 anchovy fillets.
carrots, turnips, peas, beans).	3 tomatoes.	½ beetroot.	1 dessertspoonful capers.

Cut the carrots and turnip into dice, or scoop them out to the shape of peas with a round vegetable-scoop ; slice the beans into lozenge shapes. Cook these vegetables separately in salted water, drain well. Boil the cauliflower, and after it has been drained divide it into sprigs. Cut the tomatoes in slices, and the cooked new potatoes into dice. Arrange these different vegetables in layers in a salad-bowl, over each layer sprinkle salt and pepper, and season with mayonnaise sauce. When all the vegetables have been dressed in the bowl in the form of a pyramid, cover with the remainder of the mayonnaise. Cut the truffle, gherkins, and beetroot into strips, roll the anchovy fillets, chop the white of the hard-boiled egg, and pass the yolk through a sieve. Garnish the salad with these respective ingredients, using the capers also for the purpose. Serve as soon as the salad is prepared.

Average cost, 2s. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

SALADS OF MEAT, POULTRY, AND GAME

1,988. SALADE DE VOLAILLE (CHICKEN SALAD).

1 cooked chicken.	2 hard-boiled eggs.	pepper and salt.
2 lettuces.	1½ gills mayonnaise sauce.	½ cucumber.

Cut the meat from the bones, take away the skin and sinews, slice the meat into nice-sized pieces. Peel the cucumber, divide in half, take out the seeds, and cut in large dice. Put these in a basin, sprinkle over some salt, and let it stand for about one hour, then drain. Put into a saucepan, cover with cold water, and bring to the boil ; drain well. Mix the chicken slices and cubes of cucumber together, season with salt and pepper, add the mayonnaise, and mix all thoroughly. Dress the salad in a pile in a salad-bowl, arranging it alternately with lettuce-leaves broken into small pieces ; season each layer with salt, pepper, and mayonnaise. Pour the remainder of the sauce over the salad, garnish round the dish with the hearts of the lettuces, cut in suitable pieces, the eggs cut in quarters, and arranged alternately. Serve as soon as the salad is mixed.

Average cost, 4s. Time required, 1½ hours. Seasonable, March to November. Sufficient for 6 persons.

1,989. SALADE DE VOLAILLE ET JAMBON (CHICKEN AND HAM SALAD).

4 ozs. cooked chicken.	pepper and salt.	2 hard-boiled eggs.
1 head of celery.	3 potatoes.	3 tomatoes.
4 ozs. cooked ham.	2 lettuces.	mayonnaise sauce (No. 134).

Wash the celery, take away the outside leaves, and cut the white part into shreds. Cut the ham, chicken, and potatoes into strips, not too fine. Put these ingredients into a basin, season them with salt and pepper, and add sufficient mayonnaise sauce to bind. Wash the lettuces, divide the leaves, arrange the best of these over the bottom of a salad-bowl. Mix the salad well, and dress it on the lettuce-leaves. Dip the tomatoes in boiling water, skin them carefully, cut them in quarters, press out some of the seeds. Shell the eggs, and chop them rather coarsely. Garnish the salad with the quartered tomatoes and groups of chopped eggs arranged alternately round the base of the salad. The garnish should be ready prepared before the salad is mixed, so that there may be no delay. It should be served as soon as it is prepared.

Average cost, 2s. Time required, 30 minutes. Seasonable, October to March. Sufficient for 5 persons.

1,990. SALADE DE GIBIER (GAME SALAD).

cold game.	$\frac{1}{2}$ beetroot.	mayonnaise sauce.	pepper.
2 lettuces.	2 hard-boiled eggs.	salt.	chopped parsley.

Remove the skin and bones from the remains of any kind of cold game; cut the meat into dice. Wash the lettuces, remove the outside leaves, cut up the lettuces or break them into small pieces. Peel the beetroot, cut some slices, and then with a fancy cutter stamp out some stars or crescents for decoration. Now arrange the lettuce and game in alternate layers in a salad-bowl, seasoning each layer with salt, pepper, and mayonnaise. Arrange in a pyramid form, pour the remainder of the mayonnaise over, and garnish round the dish with the beetroot stars and the hard-boiled eggs cut in slices. Sprinkle over a little chopped parsley, and serve.

Average cost, 1s., exclusive of game. Time required, 30 minutes. Seasonable, August to February. Sufficient for 4 or 5 persons.

1,991. SALADE DE BŒUF (BEEF SALAD).

a few slices of cold	salt.	2 lettuces.	horseradish.	1 hard-boiled egg.
roast beef.	pepper.	$\frac{1}{2}$ beetroot.	salad dressing (No. 1,941).	chopped parsley.

Cut the slices of cold beef into strips. Trim the lettuces, and break them into pieces, or cut in small shreds. Wash well, and drain. Put the lettuce into a cloth, and dry thoroughly. Mix the strips of beef and lettuce in a salad-bowl with the salad dressing, season to taste with salt and pepper. Cut the beetroot in slices, stamp out some stars or crescents with an ornamental cutter. Shell the hard-boiled egg, cut it in slices. Wash and scrape the horseradish, arrange the garnish in alternate groups round the salad, and sprinkle over some chopped parsley. Serve as soon as the salad is mixed.

Average cost, 10d., exclusive of meat. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

1,992. SALADE DE JAMBON (HAM SALAD).

a few slices of cooked	2 lettuces.	2 hard-boiled eggs.	$\frac{1}{2}$ beetroot.
ham.	salad dressing (No. 1,941).	1 bunch watercress.	seasoning.

Cut the ham into small dice (this is a good way of using up scraps of ham when there is not sufficient left to cut nice slices); trim the lettuces, cut the leaves small, wash and drain, dry in a cloth. Mix the ham and shredded lettuces together in a basin, season to taste, add the salad-dressing, and mix all well together. Dress the salad in a salad-bowl, piling it in the centre. Shell the eggs, cut them in quarters,

wash the watercress and slice the beetroot. Stamp out the latter with a fancy cutter, arrange this garnish round the salad in alternate groups. Serve at once.

Average cost without the ham, 10d. Time required, 20 minutes. Seasonable, March to October. Sufficient for 4 persons.

1,993. SALADE DE GIBIER ET CÉLERI (SALAD OF GAME AND CELERY).

1 roasted partridge.	$\frac{3}{4}$ gill mayonnaise sauce	salt.	1 tablespoonful cream.
1 stick of celery.	(No. 134).	pepper.	$\frac{1}{2}$ beetroot.

Roast the partridge for twenty minutes (it must on no account be overdone); let it get cold, then take the meat off the bones, using only the breast and wings. Remove the skin, and cut the meat into fine strips. Trim the root of the celery, take away the outside leaves, wash the white part thoroughly, then cut it into strips the same size as the strips of partridge. Mix these together in a salad-bowl, and season to taste with salt and pepper. Mix the cream into the mayonnaise sauce, pour this over the salad, stir all carefully together until thoroughly mixed. Garnish with beetroot, and serve as soon as it is mixed.

Average cost, 3s. 3d. Time required, 45 minutes. Seasonable, September to February. Sufficient for 4 or 5 persons.

1,994. SALADE DE VOLAILLE EN ASPIC (CHICKEN SALAD IN ASPIC).

cooked chicken.	aspic jelly (No. 251).	1 lettuce.	1 gill French beans.
1 truffle.	$\frac{1}{4}$ lb. red ox-tongue.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ gill mayonnaise sauce (No. 134).
2 hard-boiled eggs.	6 olives.	$\frac{1}{2}$ cucumber.	1 oz. butter.

Mince 2 ozs. of the tongue, which should be very red, pound it in a mortar with 1 oz. of butter, add a little cream and seasoning. Rub this through a fine sieve. Stone six Spanish olives, fill them with the tongue mixture (this is best done with a forcing-bag and pipe). Line a plain border-mould with a thin coating of aspic jelly; let this set. Cut out some small rounds of truffle with a plain cutter; also of hard-boiled white of egg and tongue. Decorate the bottom of the mould in the following way: Cut the stuffed olives into slices, place one of these slices on the bottom of the mould, round it arrange a ring of truffle-rounds, touching the olive and joining each other. Next arrange in the same way another slice of olive surrounded with rounds of white of egg, the rounds of egg to touch the truffle surrounding the first olive; then a third slice of olive garnished in the same way with rounds of tongue. Continue in this way until the bottom of the mould is covered. Set the decorations in with aspic, then proceed to ornament the sides of the mould in the same way. Put a layer of jelly over, and place the mould on ice to get quite firm. Cut the chicken, the trimmings of truffle, tongue, and egg in julienne strips or dice; peel the cucumber, cook the beans, and let the latter cool. Cut them in strips, put these ingredients into a basin, season with pepper and salt. Add the remainder of the cream to the mayonnaise, stir it into the chicken mixture, add enough aspic to set the salad. Fill the decorated mould with this salad, put on ice, and let set. When ready to serve, dip the mould in hot water, turn on to a cold dish, fill the centre with a nicely prepared lettuce-salad, and serve.

Average cost, 3s. 6d. Time required, 2 hours. Seasonable, March to November. Sufficient for 6 persons.

1,995. SALADE DE BŒUF À LA TOMATE (BEEF SALAD WITH TOMATOES).

6 slices of boiled beef.	salt.	salad dressing (No. 1,941).	watercress.
3 tomatoes.	pepper.	2 hard-boiled eggs.	1 teaspoonful chopped parsley.

Cut the slices of boiled beef into nice pieces, thinly cut; slice the tomatoes, take out the seeds. Put the pieces of beef in a salad-bowl, then the slices of tomato on the top. Season with salt and pepper, pour over some salad dressing, mix all well together. Shell the eggs, cut them in quarters; wash the watercress well;

garnish round the base of the salad with the quartered eggs and the watercress, sprinkle the parsley over the salad, and serve.

Average cost, 10d., exclusive of beef. Time required, 15 minutes. Seasonable all the year. Sufficient for 4 persons.

1,996. SALADE À L'ÉCARLATE (TONGUE SALAD).

1 lb. tongue.	2 hard-boiled eggs.	pepper and salt.
2 lettuces.	mayonnaise sauce (No. 134).	parsley.

Slice three-quarters of the tongue thinly ; out of the remainder cut some rounds with an inch cutter. Take the centre out of the rounds with a smaller cutter, pass the trimmings through a fine mincer. Shell the eggs, take out the yolks carefully, without breaking the whites, rub the yolks through a sieve, and cut the whites in rings. Wash the lettuces, break up the leaves, put a layer of pieces of tongue in a salad-bowl, place the lettuce on the top, pour over some mayonnaise sauce, season with salt and pepper. Mix all well together, pile up in the centre of the bowl. Decorate the salad with alternate rings of tongue and white of egg round the base of the salad. Arrange the sieved yolk of egg and the minced tongue in alternate groups, sprinkle over the yolks a little chopped parsley, and serve at once.

Average cost, 3s. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 persons.

1,997. SALADE DE LAPIN (RABBIT SALAD).

1 rabbit.	1 small onion.	2 large lettuces.	1 gill mayonnaise sauce
3 tablespoonfuls oil.	chopped parsley.	2 hard-boiled eggs.	(No. 134).
1 tablespoonful vinegar.	pepper and salt.	$\frac{1}{2}$ beetroot.	2 anchovies.

Cook the rabbit, and, when cold, cut it into neat, small slices. Mix together in a deep dish the oil, vinegar, the onion sliced, a little chopped parsley, salt, and pepper. Put the pieces of rabbit in this, and let them soak in it for an hour, basting them occasionally during that time. Wash the lettuces well, keep the best of the leaves of one for garnish, and shred the remainder. Arrange half of this at the bottom of a salad-bowl, place the pieces of rabbit on the top. Wash and fillet the anchovies, cut them in dice, also one of the eggs. Sprinkle these over the meat, add a little shredded beetroot, put the rest of the lettuce on the top, pour the mayonnaise over, and garnish the dish with leaves of lettuce, hard-boiled egg cut in slices, and some slices of beetroot. Serve as soon as the mayonnaise is added. The salad could be arranged all but the sauce, and that added just when required.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 6 persons.

1,998. SALADE CHASSEUR.

breast of 1 chicken.	2 tomatoes.	$\frac{1}{2}$ beetroot.	pepper and salt.
3 cold potatoes.	celery.	2 sour apples.	mayonnaise sauce (No. 134).

Take the cooked fillets from the breast of a chicken, cut it in dice. Cut the tomatoes, cold potatoes, and celery in the same way ; also a few slices of beetroot and the peeled and cored apples. Put all these ingredients into a basin, season them with salt and pepper, add the sauce, and mix all well together. Dish in a salad-bowl, garnish with slices of beetroot and curled celery, sprinkle over a little chopped parsley, and serve.

Average cost, exclusive of chicken, 1s. Time required, thirty minutes. Seasonable, September to February. Sufficient for 4 persons.

TO CURL CELERY.

Cut the celery in pieces, cut these into very fine strips without quite separating them at the bottom. Place these pieces in cold water, letting them remain in it for some hours, so that the strips may curl.

1,999. SALADE DE PERDREAU (PARTRIDGE SALAD).

cold roast partridge.	2 gherkins.	oil.
2 cabbage lettuces.	salt.	vinegar.
chopped parsley.	pepper.	2 hard-boiled eggs.

Cut the meat off the bones of the partridge, take away the skin, and slice the meat into nice pieces. Put these pieces into a deep dish, and pour over some oil and vinegar. Let it soak in this for half an hour. Wash the lettuces, pull the leaves apart, and arrange them on a dish. Chop the gherkins finely, mix this and some chopped parsley with the meat, and dress on the lettuce-leaves. Garnish round with quarters of hard-boiled eggs. Serve at once.

Average cost. 3s. 3d. Time required, 45 minutes. Seasonable, September to February. Sufficient for 6 persons.

2,000. SALADE DE CANARD (DUCK SALAD).

$\frac{1}{2}$ cooked duck.	pepper.	6 olives.	1 bunch watercress.
1 lettuce.	rind of 1 sour orange.	2 tablespoonfuls salad oil.	mayonnaise sauce
salt.	2 hard-boiled eggs.	1 tablespoonful vinegar.	(No. 134).

The remains of a cold duck can be used for this dish. Cut the meat from the bones, leaving on the skin. Cut the pieces of duck into strips or dice, put them into a basin, sprinkle with salt and pepper, pour the vinegar over, then the oil, and let it remain for half an hour or longer. Peel the orange very thinly, taking care not to remove any of the white pith. Cut this rind into julienne strips, boil them in salted water for fifteen minutes, drain, and cool. Wash the lettuce and cress, drain, and dry in a cloth. Break the lettuce into small pieces, arrange this and the cress in a salad-bowl. Take the pieces of duck out of the oil and vinegar and drain them in a cloth. Arrange these on the lettuce in the bowl. After making the mayonnaise, stir into it the greater part of the cooked orange-rind, pour this over the salad, so that it is thinly covered, sprinkle over the top the remaining orange-rind. Garnish the dish with the stoned olives and the hard-boiled eggs cut in quarters. Serve at once.

Average cost, exclusive of the duck, 1s. 3d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 persons.

FISH SALADS

2,001. SALADE DE HOMARD EN ASPIC (LOBSTER SALAD WITH ASPIC).

1 lobster.	2 hard-boiled eggs.	mayonnaise sauce (No. 134).
aspic jelly (No. 251).	2 lettuces.	1 truffle.

Line a plain border-mould with aspic jelly. Cut the truffle into slices, and then into fancy patterns. Shell the eggs, and cut them into slices lengthways. Split the lobster down the back, break the claws, and take out the meat (the meat from the claws should be removed whole, if possible). Put the latter aside for future use. Decorate the mould with slices of hard-boiled egg, truffle, and some of the red part of the lobster. Cut the remainder of the lobster into dice. Wash the lettuces, trim and cut one into shreds. Put this into a basin, mix in half the dice of lobster, the trimmings of egg, and truffle. Season with salt and pepper, and mix in just sufficient mayonnaise sauce to bind. Fill up the decorated mould with this nearly to the top, put over a layer of aspic jelly, place on ice, and let set. Cut the remaining lettuce into shreds, mix in with it the rest of the lobster dice, season with salt, pepper, and mayonnaise. When ready to serve, dip the mould into hot water, turn out on to a round dish, fill the centre with the prepared salad, and garnish the latter with the claws cut in nice pieces. Serve at once.

Average cost, 3s. 6d. Time required, 1½ hours. Seasonable, April to October. Sufficient for 6 persons.

2,002. SALADE DE HOMARD (LOBSTER SALAD).

1 lobster. | 3 lettuces. | 2 hard-boiled eggs. | pepper. | salt. | 2 gills mayonnaise sauce (No. 134).

Procure a hen lobster ready cooked, split it down the back, crack the claws, and remove all the meat from the shells. Any coral that there may be put aside for garnish. Cut the lobster-meat in dice, reserving the best parts of the claws for future use. Wash the lettuces, break them up into small pieces, arrange a layer of the lettuce in a salad-bowl, season with salt and pepper; then put a layer of lobster, pour over some mayonnaise. Continue in this way with layers of the different ingredients, piling the salad into the form of a pyramid. When arranged, cover with mayonnaise sauce. Wash, dry, and rub the coral through a sieve. Cut the hard-boiled eggs in slices. Garnish the salad with the heart of one of the lettuces, cut in pieces, the slices of egg, the pieces of lobster-claw, and the coral. Serve at once.

Average cost, 3s. Time required, 30 minutes. Seasonable, May to September. Sufficient for 4 or 5 persons.



FIG. 138.—SALADE DE HOMARD.

2,003. SALADE DE HOMARD AUX POMMES DE TERRE (LOBSTER AND POTATO SALAD).

1 lobster. | salt. | cold potatoes. | salad dressing (No.
2 hard-boiled eggs. | pepper. | 1 lettuce. | 1,941).

Split the cooked lobster down the back, break the claws, and take out the meat. Cut it into dice. Have ready an equal quantity of cold boiled potatoes, also cut in dice. Shell the eggs, cut them in slices, then into small pieces. Mix these in a salad-bowl, season with salt and pepper, pour over some salad-dressing, stir until all is thoroughly mixed. Pile up high, wash and shred the lettuce, arrange this round the salad, and serve at once.

Average cost, 3s. Time required, 30 minutes. Seasonable, April to October. Sufficient for 6 persons.

2,004. SALADE DE CREVETTES.

1 pint picked shrimps. | pepper and salt. | 2 hard-boiled eggs.
2 lettuces. | mayonnaise sauce (No. 134). | watercress.

After the shrimps are picked, put them into a basin, season with salt and pepper, and dress with sufficient mayonnaise to season. Wash the lettuces, break them up, arrange them in a salad-bowl. Put the prepared shrimps in a pile in the centre

of the lettuce, pour over a little more mayonnaise, garnish round with the hard-boiled eggs cut in quarters and sprigs of fresh and well-washed watercress. Serve at once.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

2,005. SALADE DE SAUMON (SALMON MAYONNAISE).

2 lbs. cooked salmon.	$\frac{1}{2}$ pint mayonnaise sauce	salt.	2 hard-boiled eggs.
3 lettuces.	(No. 134).	pepper.	cucumber.

Free the salmon from skin and bone, flake it into small pieces, season with salt and pepper. Wash the lettuces, remove the outside leaves, and reserve the hearts of the lettuces for garnish. Cut or break up the remaining leaves into small pieces. Arrange some of this in the bottom of a salad-bowl, season it with salt and pepper, pour over a little mayonnaise, then put a layer of salmon, seasoning, and a little sauce. Continue in this way until the ingredients are used up, piling them in pyramid form. Over the top pour the remainder of the mayonnaise. Rub the yolks of the eggs through a sieve, chop the whites rather coarsely. Sprinkle some of the yolks over the top of the salad. Cut the hearts of the lettuces into convenient pieces, garnish round the dish alternately with them, the cucumber cut in slices, and little groups of chopped white of egg and yolk. Serve as soon as the salad is mixed.

Average cost, 5s. 6d. Time required, 30 minutes. Seasonable, February to October. Sufficient for 6 or 7 persons.



FIG. 139.—SALADE DE SAUMON.

2,006. SALADE DE TRUITE (TROUT SALAD).

1 medium-sized trout.	6 peppercorns.	pepper and salt.	3 anchovies.
1 bay-leaf.	oil.	2 hard-boiled eggs.	$\frac{1}{2}$ gill mayonnaise sauce
2 cloves.	vinegar.	1 lettuce.	(No. 134).

Place the trout in a fish-kettle with the bay-leaf, cloves, peppercorns, and a little salt. Cover it with water, and simmer gently until cooked. Take it up, drain, and cool. Remove the skin and bones, and flake the flesh. Put the fish into a dish, pour over it some vinegar and oil, and let it stand for one hour. Wash the lettuce, trim, and drain; dry it well in a cloth. Shell the eggs, and cut them in slices. Shred or break the leaves of the lettuce into small pieces, put this into

a salad-bowl, drain the fish, and arrange it on the lettuce. Pour the mayonnaise sauce over. Garnish round the salad with slices of hard-boiled eggs. Fillet the anchovies, and garnish with these also. Serve as soon as the salad is ready.

Average cost, 4s. Time required, 1½ hours. Seasonable, February to September. Sufficient for 3 persons.

2,007. SALADE DE FILETS DE SOLES (FILLETS OF SOLE SALAD).

2 soles.	oil.	1 bunch watercress.	salt.	½ gill sherry.
1 shallot.	parsley.	2 hard-boiled eggs.	pepper.	½ gill fish-stock.
vinegar.	1 lettuce.	mayonnaise sauce (No. 134).	tarragon.	½ oz. butter.

Fillet the soles, put the bones in a stewpan, cover with water, and stew gently on the fire for twenty minutes, then strain. Fold the fillets of soles in halves, butter a baking-tin, arrange the fillets on it, pour over the wine and ½ gill of the fish-stock, season with salt and pepper. Butter a piece of paper, place it over the fish, put the tin in the oven, and cook for ten minutes. When done, remove the fillets from the tin on to a plate, and let them get cold, then divide into small pieces. Put them in a dish, season with salt and pepper. Chop the shallot, a few leaves of tarragon, and parsley. Sprinkle these over the fish, pour over equal parts of vinegar and oil, and let it steep in this for one hour. Wash the lettuce and watercress, drain well, and dry. Pour the liquor off the soles, break the lettuce and watercress into small pieces, put this into a salad-bowl, add the fish to it, then some salad dressing. Mix all well together, season to taste. Shell the eggs, cut them in slices, and arrange them round the salad. Serve quickly, as soon as the salad is mixed.

Average cost, 2s. Time required, 1½ hours. Seasonable all the year. Sufficient for 3 or 4 persons.

2,008. SALADE DE SARDINES (SARDINE SALAD).

12 sardines.	salt.	vinegar.	1 hard-boiled egg.	anchovy paste.
2 lettuces.	pepper.	1 tablespoonful capers.	2 ozs. butter.	8 olives.

Scrape the sardines free from scales, slit them down the back, take out the bone, and cut the fillets into strips. Put these into a basin with the capers, pour over them about a tablespoonful of vinegar and some of the oil that the sardines were preserved in; season with salt and pepper. Wash the lettuces, trim away the outside leaves, cut the heart of one in quarters and put on one side for decoration. Shred the other lettuce into small pieces, mix with the sardines, stir all well together. Stone eight large Spanish olives carefully, so as not to break the olive. Mix together the butter with sufficient anchovy paste to colour and flavour; put this into a mortar, add to it the hard-boiled yolk of egg, pound all well together, and rub through a wire sieve. Put this mixture into a forcing-bag with a rose pipe attached, and fill the stoned olives with it. Dress the salad in a bowl, pile it in the centre, garnish round with the heart of the lettuce and the stoned olives. Serve the salad as soon as it is mixed.

Average cost, 2s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

2,009. SALADE DE CRABE (CRAB SALAD).

1 large crab.	2 tablespoonfuls salad oil.	1 hard-boiled egg.
salt.	mustard.	chopped parsley.
pepper.	1 tablespoonful vinegar.	paprika pepper.

Procure a large crab. Put the meat into a basin, crack the claws, take out the flesh, and divide it into small pieces; add to the rest of the meat. Mix the oil, vinegar, a little mustard, pepper, and salt together; pour it over the crab, stir

all well together until thoroughly mixed. Wash the shell of the crab, and fill it with the dressed crab. Smooth the surface, and decorate it with the yolk of egg rubbed through a sieve, the chopped parsley, and paprika pepper. Dish up, and garnish with parsley.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 persons.

2,010. SALADE À LA CAROLINE (RICE AND SHRIMP SALAD).

4 ozs. Carolina rice.	1 lettuce.	pepper.
1 gill picked shrimps.	salt.	1 tablespoonful vinegar.
2 hard-boiled eggs.	3 tablespoonfuls salad oil.	chopped parsley.

Cook the rice in plenty of fast boiling salted water in the same way as for curry. When done, drain, dry, and let it get cold. Mix the rice and shrimps together in a basin, season with salt and pepper. Stir together in another basin the oil and vinegar; pour this over the rice and shrimps. Mix well, dress in a salad-bowl in a pile. Shell the hard-boiled eggs, wash and trim the lettuce. Put a border of lettuce-leaves round the salad, cut the eggs in slices, and decorate the salad with these and a little chopped parsley. Serve as soon as the salad is mixed.

Average cost, 10d. Time required, 40 minutes. Seasonable all the year. Sufficient for 4 persons.

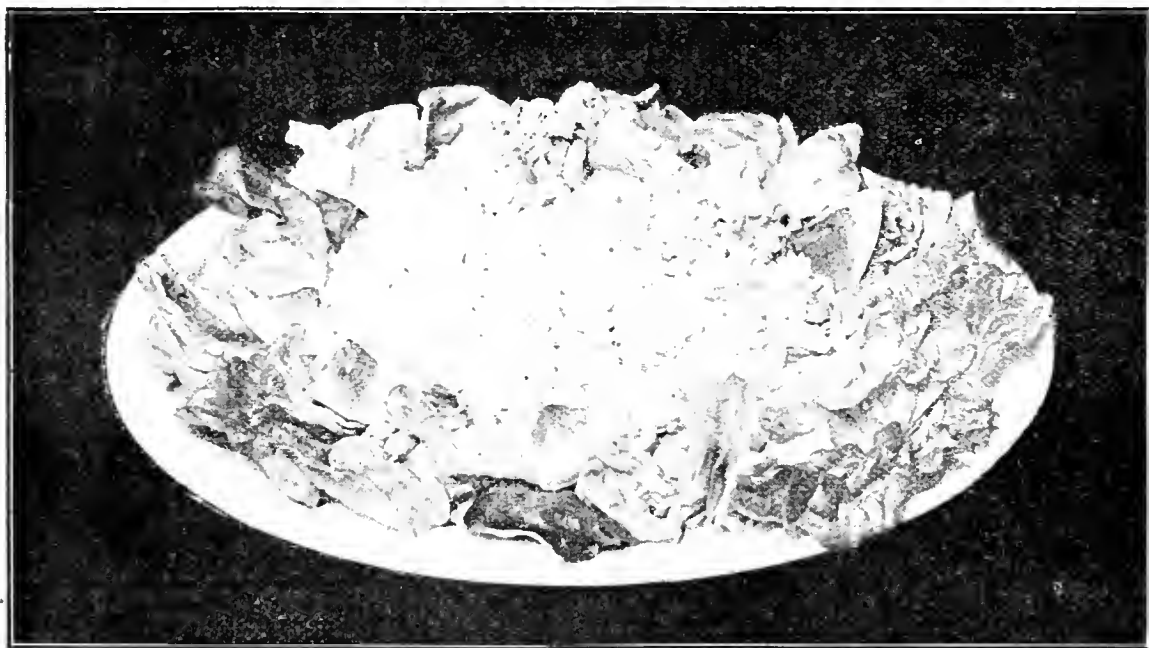


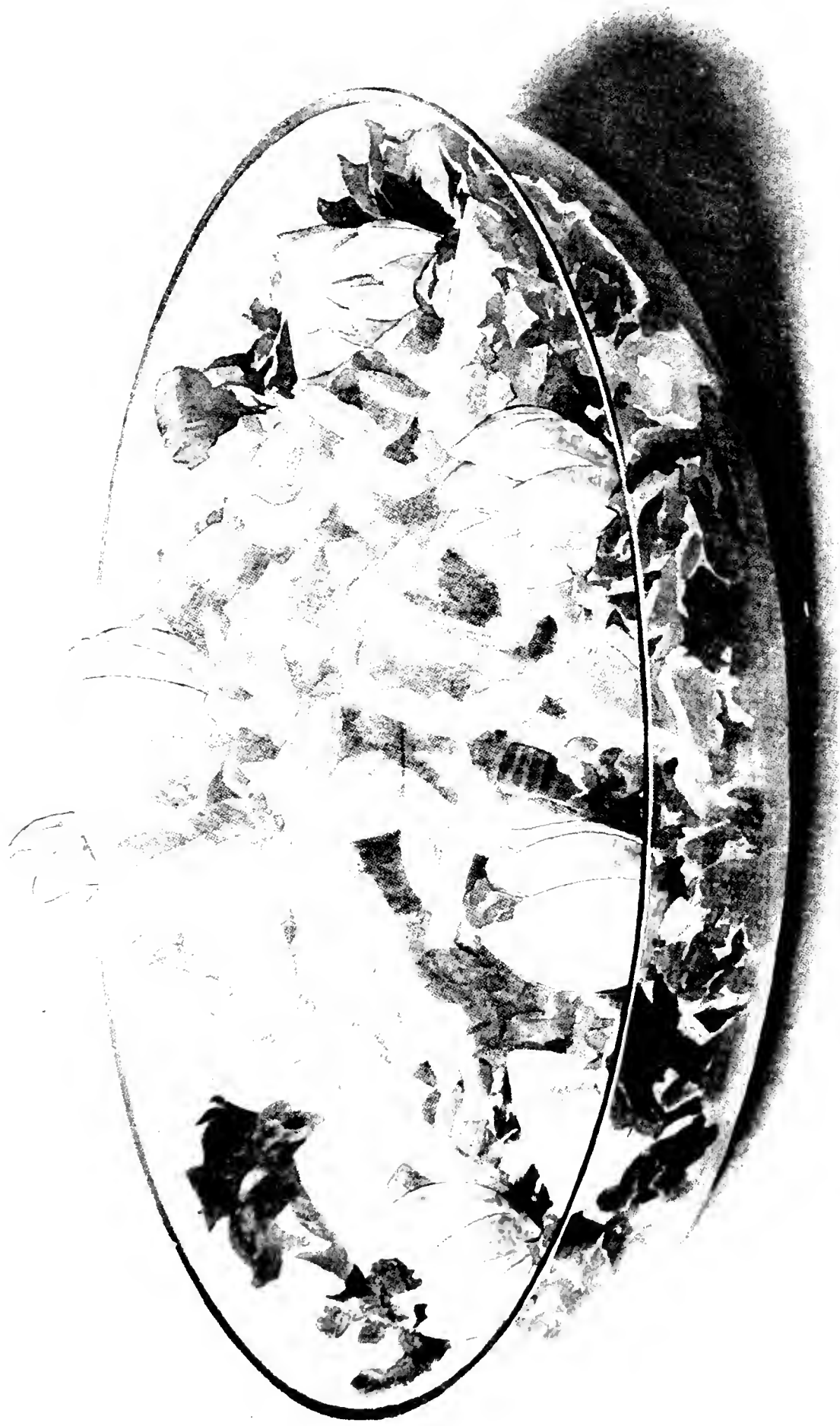
FIG. 140.—SALADE À LA CAROLINE.

2,011. SALADE DE PÉTONCLES (SCALLOP SALAD).

6 scallops.	salt.	mayonnaise sauce
1 stick of celery.	pepper.	(No. 134).

Trim the celery, take away all the outside leaves, cut the heart into strips. Cook the scallops in their own liquor, and let them get cold; then cut each in four pieces, put them into a basin, mix in the celery, season with salt and pepper, and add sufficient mayonnaise sauce to bind and season the salad. Dish in a salad-bowl, and serve at once.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable, October to February. Sufficient for 4 or 5 persons.



Salade de Céleri et Noix

2,012. SALADE D'ÉCREVISSES (PRAWN SALAD).

24 prawns.	mayonnaise sauce	salt.	1 cucumber.
1 tablespoonful capers.	(No. 134).	pepper.	parsley.

Shell the prawns, put them into a basin with the capers, peel the cucumber, cut it in half, take out the seeds, and cut in slices. Add the greater part of it to the prawns, mix well with sufficient mayonnaise to bind the ingredients, season with salt and pepper. Dress the salad in a bowl, garnish round with slices of cucumber, sprinkle with chopped parsley, and serve at once.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable, March to October. Sufficient for 6 persons.

2,013. SALADE AUX HUITRES.

12 large oysters.	pepper.	$\frac{1}{2}$ gill cream.
1 head of celery.	$\frac{1}{2}$ gill mayonnaise sauce	1 hard-boiled egg.
salt.	(No. 134).	parsley.

Take the beards off the oysters, put the latter into a stewpan with their own liquor, just bring to the boil, then drain and cut each oyster into quarters. Wash the celery, take away the outside leaves, cut the heart into small pieces, put them into a basin, season with salt and pepper. Add the oysters; whip the cream lightly, stir it into the mayonnaise; pour this over the ingredients in the basin; mix all thoroughly together. Dish in a salad-bowl in a pile, sprinkle some chopped parsley over the top, shell the egg and cut it into slices; garnish round the salad with these, and serve quickly.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable, September to April. Sufficient for 6 persons.

SOUR FRUIT SALADS

2,014. ORANGE SALAD.

4 sour oranges.	salt.	1 tablespoonful salad
1 lemon.	pepper.	oil.

Peel the oranges, carefully remove every bit of white skin, cut in slices, and take away the pips. Arrange the slices in a dish in layers, sprinkling each layer with salt and pepper. Squeeze the juice of the lemon over the fruit, add the oil, and serve. This salad is suitable for serving with roast game and ducks.

Average cost, 6d. Time required, 15 minutes. Seasonable, September to February. Sufficient for 6 persons.

2,015. SALADE DE CERISES (CHERRY SALAD).

1 lb. cherries.	1 tablespoonful brandy.	a few drops of tarragon
1 tablespoonful salad	1 teaspoonful chopped tarragon	vinegar.
oil.	and chervil.	pinch of sugar.

Fresh cooking cherries or preserved glacé cherries can be used for this purpose. If fresh cherries are used, stone them and crack the nuts. Take out the kernels, put them into a basin with the cherries, add the brandy, the tarragon vinegar, and the salad oil. Mix all well together, stir in the chopped herbs and the sugar, mix thoroughly. Dish and serve with roast game or duck.

Average cost, 10d. Time required, 20 minutes. Seasonable, June to August, if fresh fruit is used. Sufficient for 6 persons.

2,016. SALADE DE RAISINS (GRAPE SALAD).

1 lb. grapes.		1 tablespoonful cognac.		1 teaspoonful lemon-		tarragon.
1 tablespoonful salad oil.		1 teaspoonful castor sugar.		juice.		chervil.

Peel the grapes, which should not be too sweet ; take out the pips carefully, so as not to break the fruit ; put the grapes into a basin ; add the brandy, the lemon-juice, salad oil, and castor sugar. Chop very finely a few tarragon and chervil-leaves ; sprinkle these over the salad. Mix all well together, and serve in a small salad-bowl. This is an excellent addition to roast quails and other kinds of game.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable, October to April. Sufficient for 5 persons.

2,017. SALADE DE MELON (MELON SALAD).

1 melon.		cayenne.		1 dessertspoonful vinegar.
pepper and salt.		2 tablespoonfuls oil.		juice of $\frac{1}{2}$ lemon.

Peel the melon, take away the hard part, cut the remainder into slices, remove the seeds. Dress the slices in a dish, and a few minutes before serving pour over them the vinegar and lemon-juice, then the oil ; season with salt, pepper, and cayenne, and serve.

Average cost, 9d. Time required, 15 minutes. Seasonable, June to October. Sufficient for 6 persons.

CHAPTER XXIV

SANDWICHES

2,018. HAM SANDWICHES.

bread and butter. | $\frac{1}{4}$ lb. ham. | mustard.

Cut six thin slices of bread and butter from a stale tin loaf (one day old). Each slice should be about $\frac{1}{8}$ inch in thickness. Cut some very thin slices of ham, remove most of the fat; spread these slices on one of the slices of bread and butter, season rather highly with made mustard, place another slice of bread and butter on the top. Press together with the hand to make them adhere, cut into small squares, remove the crust, and then dish up on a folded napkin. The crust of the bread can be left on if preferred, but if it is removed the sandwiches are much neater.

Average cost, 9d. Time required, 10 minutes. Seasonable all the year.

2,019. BEEF SANDWICHES.

bread and butter. | $\frac{1}{4}$ lb. roast beef. | mustard. | salt. | pepper.

Cut six thin slices of stale bread and butter, about $\frac{1}{8}$ inch thick, and remove the crust. Cut some thin slices of roast beef, remove the gristle and some of the fat. Lay these slices on three of the pieces of bread and butter, season with pepper and salt, and made mustard. Cover with the other pieces of bread and butter, press them well together, and then cut into small squares or triangles. Dish them in a pile on a folded napkin.

Average cost, 8d. Time required, 10 minutes. Seasonable all the year.

2,020. TONGUE SANDWICHES.

$\frac{1}{4}$ lb. ox-tongue. | bread and butter. | salt. | pepper. | mustard.

Cut six thin slices of bread and butter, about $\frac{1}{8}$ inch thick. Cut the ox-tongue into thin slices, and lay them on three of the pieces of bread and butter. Season with salt, pepper, and made mustard. Cover with the other slices of bread and butter, press them well together, remove the crusts, and cut into small squares or triangles. Dish them in a pile on a folded napkin.

Average cost, 10d. Time required, 10 minutes. Seasonable all the year.

2,021. BACON SANDWICHES.

$\frac{1}{2}$ lb. streaky bacon. | stale bread.

Cut about six slices of stale bread, $\frac{1}{8}$ inch in thickness. Do not butter them. Cut the bacon in thin slices, remove the rind, and then fry in the usual manner in a frying-pan. As soon as the bacon is cooked, lay it on three of the slices of bread, cover with the other three slices, and press together. The bacon must not be allowed to get the least bit cold before putting between the slices of bread or the sandwiches will be dry. Press the sandwiches under a light weight until perfectly cold, then remove the crusts, and cut into small squares or triangles. Dish in a pile on a napkin. These sandwiches are most delicious, as the fat from the bacon soaks into the bread, taking the place of the butter.

Average cost, 6d. Time required, 30 minutes. Seasonable all the year.

2,022. POTTED MEAT SANDWICHES.

6 thin slices of bread and butter. | potted meat of any kind.

Cut the bread and butter $\frac{1}{8}$ inch in thickness, spread three of the slices with a layer of potted meat, cover with the other slices, and press well together. Remove the crusts and then cut into small squares or triangles. Dish on a folded napkin.

Average cost, 6d. Time required, 10 minutes. Seasonable all the year.

2,023. CHICKEN AND HAM SANDWICHES.

3 ozs. cold chicken.	Bechamel sauce (No. 4).	8 slices of thin bread and butter.
1 oz. cooked ham.	mustard.	

Mince the chicken and ham finely, put into a mortar with a little made mustard, a pinch of salt, and enough Bechamel sauce to make it into a paste. Pound until quite smooth, then spread between slices of bread and butter. Press lightly together, and cut into small squares or triangles. Dish up on a folded napkin.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable all the year.

2,024. FOIE-GRAS SANDWICHES.

1 jar foie-gras. | parsley. | thin slices of bread and butter.

Turn the foie-gras out of the jar, scrape away all the fat, and then cut into thin slices. Cut the bread and butter thinly, place the slices of foie-gras between, press together lightly, and cut into small fancy shapes. Dish on a folded napkin, and garnish with sprigs of parsley.

Average cost, 3s. 6d. Time required, 15 minutes. Seasonable all the year.

2,025. COLNBROOK SANDWICHES.

5 ozs. boiled beef.	1 oz. butter.	6 thin slices of bread and butter.
pepper.	1 oz. of pickled cabbage.	

Mince 3 ozs. of the beef very finely, having some of the beef fat with it. Put it into a mortar with the butter and a pinch of pepper; pound until quite smooth. Spread this on three of the slices of bread and butter. Cut the remaining 2 ozs. of boiled beef into very fine shreds, also the pickled cabbage. Put these two ingredients on the top of the slices, already spread. Cover with more bread and butter, press well together, and cut into small squares. Dish on a napkin.

Average cost, 10d. Time required, 20 minutes. Seasonable all the year.

2,026. INDIAN HAM SANDWICHES.

$\frac{1}{4}$ lb. ham. | 3 ozs. butter. | chutney. | cayenne pepper. | bread and butter.

Mince the ham finely, put it into a mortar with the butter and a pinch of cayenne pepper. Pound until quite fine, then spread on bread and butter with a thin layer of chutney on the top. Cover with more bread and butter, press together, and cut in fancy patterns.

Average cost, 1s. Time required, 20 minutes. Seasonable all the year.

2,027. CHEESE SANDWICHES (1).

3 ozs. cheese.	salt.	6 slices of bread and butter.
2 ozs. butter.	1 teaspoonful made mustard.	

Chop the cheese finely, put it into a mortar with the butter, mustard, and a pinch of salt. Pound until quite smooth, then spread between thin slices of bread and butter. Press together, and cut into small fancy shapes. Dish on a napkin.

Average cost, 8d. Time required, 15 minutes. Seasonable all the year.

2,028. CHEESE SANDWICHES (2).

1½ ozs. Parmesan cheese.	salt.	parsley.
½ gill cream.	cayenne pepper.	6 thin slices of bread and butter.

Grate the Parmesan cheese. Whip the cream rather stiffly, stir in the grated cheese, salt, and cayenne pepper. Spread this mixture between the slices of bread, press lightly, and cut into small fancy shapes. Dish on a folded napkin, and garnish with sprigs of parsley.

Average cost, 8d. Time required, 20 minutes. Seasonable all the year.

2,029. EGG SANDWICHES.

4 hard-boiled eggs.	1 tablespoonful cream.	6 thin slices of bread and butter.
1 oz. butter.	pepper and salt.	parsley.

Cut the bread and butter from a stale tin loaf, each slice to be $\frac{1}{8}$ inch in thickness. Shell the hard-boiled eggs, chop them finely, and put into a mortar with the butter, cream, pepper, and salt. Pound until quite smooth, then spread three of the slices of bread with a layer of the egg mixture; cover with the other slices, press well together, and cut into small squares or triangles. Dish up on a folded napkin, and garnish with sprigs of parsley.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year.

2,030. EGG AND ANCHOVY SANDWICHES.

4 hard-boiled eggs.	6 thin slices of bread and butter.
1 oz. anchovy paste.	1 tablespoonful cream.

Shell the eggs, chop them finely, and put into a mortar with the anchovy paste and cream. Pound together until quite smooth. Cut the bread and butter in slices $\frac{1}{8}$ inch in thickness. Spread three of them with the egg and anchovy mixture, cover with the other slices, press well together, and cut into small squares. Dish on a napkin in a pile.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year.

2,031. TOMATO SANDWICHES.

3 tomatoes.	1 teaspoonful anchovy sauce.	6 slices of bread and butter.
mayonnaise sauce (No. 134).	cayenne.	salt.

Mix the anchovy sauce into the mayonnaise; season with salt and cayenne pepper. Skin the tomatoes and cut in slices. Spread a layer of the anchovy mayonnaise over the bread and butter, and place the sliced tomatoes between. Cut into squares or fingers, and dish on a folded napkin.

Average cost, 9d. Time required, 30 minutes. Seasonable all the year.

2,032. MUSHROOM SANDWICHES.

10 mushrooms.	1 yolk of egg.	½ oz. breadcrumbs.
2 tomatoes.	salt.	1 gill milk.
1 shallot.	cayenne pepper.	8 thin slices of bread and butter.

Peel and chop the mushrooms, put them into a saucepan with the chopped tomatoes, peeled and chopped shallot, the breadcrumbs, and milk. Cook these over the fire until the mushrooms are tender, then bind it with one yolk of egg, season with salt and cayenne pepper. Do not let it boil after the egg is added. Rub the mixture through a fine sieve, and leave until cold. Spread it between the bread and butter, press together, and cut into neat pieces. Dish on a folded napkin.

Average cost, 1s. Time required, 45 minutes. Seasonable all the year.

2,033. WATERCRESS SANDWICHES.

1 bundle watercress. | salt. | 8 slices of thin bread and butter.

Cut the bread and butter in slices about $\frac{1}{8}$ inch in thickness. Wash the watercress thoroughly in salted water, cut off most of the stalks, and then dry the cress in a cloth. It is important to dry the watercress well or the sandwiches will be sodden. Put a layer over four of the slices of bread and butter, season well with salt, and cover with the other slices of bread. Press them well together, cut them into neat shapes, and dish in a pile on a folded napkin.

Average cost, 4d. Time required, 10 minutes. Seasonable all the year.

2,034. MUSTARD AND CRESS SANDWICHES.

mustard and cress. | salt. | 8 slices of thin bread and butter.

Cut the bread and butter in slices $\frac{1}{8}$ inch in thickness. Well wash and dry the mustard and cress, and cut off some of the stalks. Spread rather a thick layer of it on four slices of the bread and butter, sprinkle with salt, and cover the other with the other pieces of bread and butter. Press well together, and cut into neat shapes. Dish in a pile on a folded napkin.

Average cost, 4d. Time required, 10 minutes. Seasonable all the year.

2,035. CUCUMBER SANDWICHES.

$\frac{1}{2}$ cucumber. | salt. | pepper. | bread and butter. | parsley.

Peel the cucumber and cut it in rather thin slices. Cut the bread and butter in slices $\frac{1}{8}$ inch in thickness. Stamp out circles from each slice with a cutter the same size as the rounds of cucumber. Place a slice of cucumber on one of these circles, season with pepper and salt, and cover with another round of bread and butter. Press well together, and dish on a folded napkin in piles, one on the top of the other. Garnish with a few sprigs of parsley, and serve.

Average cost, 6d. Time required, 15 minutes. Seasonable, March to September.

2,036. LETTUCE SANDWICHES.

1 small lettuce. | salt. | parsley. | bread and butter.

Cut the bread and butter in slices $\frac{1}{8}$ inch in thickness. Well wash and dry the lettuce; break each leaf apart, and shred finely. Put a layer of lettuce over the bread and butter, season with salt, and cover with another slice of bread and butter. Press well together, remove the crusts, and cut into small triangles. Dish up on a folded napkin, and garnish with parsley.

Average cost, 5d. Time required, 10 minutes. Seasonable all the year.

2,037. SANDWICHES OF GAME AND CELERY.

cooked game. | celery. | salt.
bread and butter. | tartare sauce (No. 143). | pepper.

Cut some thin slices of bread and butter about $\frac{1}{8}$ inch thick. Remove skin, sinews, and bone from any kind of cold, cooked game; cut it into thin slices. Wash a little of the white part of the celery, shred it finely; put this into a basin, season with salt and pepper, and add sufficient tartare sauce to bind and season. Spread half the slices with a thin layer of the celery mixture. On this arrange thin slices of game, season with salt and pepper; place another slice of bread and butter on each, press lightly together, trim off the crusts, cut the slices in rounds, triangles, squares, or any other fancy shape desired. Dish up on a folded napkin or dish paper, garnish with watercress, and serve.

Average cost, without game, 8d. Time required, 15 minutes. Seasonable, September to February.

2,038. SANDWICHES DE PERDREAU (PARTRIDGE SANDWICHES).

$\frac{1}{4}$ lb. cold partridge.	2 chopped mushrooms.	pepper.	watercress.
$\frac{1}{2}$ gill stiff salmi sauce.	salt.	bread and butter.	$\frac{1}{2}$ oz. butter.

Remove all skin and bone from the partridge, take a $\frac{1}{4}$ pound of the meat, mince it finely. Chop the mushrooms, melt $\frac{1}{2}$ oz. of butter in a stewpan, put in the mushrooms, and cook them over the fire. When done, add the minced meat, stir in the sauce, season to taste with salt and pepper, stir until it is all thoroughly mixed. Turn the mixture on to a plate and let it cool. Cut some thin slices of bread and butter, spread the prepared mince over half the slices, put another slice over each, press lightly with the fingers to make the two adhere, trim off the crust, and cut the slices into squares, rounds, triangles, or any other fancy shapes desired. Dish up on a folded napkin or dish-paper, garnish with watercress, and serve.

Average cost, exclusive of partridge, 6d. Time required, 30 minutes. Seasonable, September to February.

2,039. SANDWICHES À L'AMÉRICAIN (AMERICAN SANDWICHES).

$\frac{1}{4}$ lb. cooked ham.	1 dessertspoonful capers and	1 tablespoonful cream.	pepper.
1 oz. butter.	olives.	slices of bread and butter.	mustard.

Chop the ham finely, mince the capers and the stoned olives, sufficient to make one teaspoonful of each. Put the ham, butter, and seasoning of pepper and salt into a mortar, pound well together until a smooth paste is formed, then mix in the cream, stir until well mixed. Cut some thin slices of bread and butter, spread the paste over, sprinkle a little of the chopped capers and olives over. Put another slice of bread and butter over each. Press the two slices lightly together, trim off the crusts, and cut the slices into squares, or triangles, or any shape desired. Dish up on a folded napkin or dish-paper, garnish with sprigs of fresh parsley, and serve.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times.

2,040. SANDWICHES AUX SARDINES ET TOMATES (SARDINE AND TOMATO SANDWICHES).

6 sardines.	cayenne.	1 oz. butter.
3 or 4 tomatoes.	salt.	slices of bread and butter.

Skin the sardines, wipe and slit them open, remove the bones, put them into a mortar with the butter; add salt and cayenne to taste, pound well until a smooth paste; pass this through a wire sieve. Put the tomatoes into boiling water for one minute, take them out of the water, dry and skin them. Cut in slices, sprinkle over them a little salt and pepper. Cut some thin slices of white bread and butter, spread the sardine paste over half the slices, place over this some slices of tomato; put another piece of bread and butter on the top of each, press lightly together in order that the slices may adhere, trim off the crusts, and cut the sandwiches into squares, triangles, ovals, or any other fancy shapes that may be desired. Dish up on a folded napkin or dish-paper, garnish with sprigs of parsley, and serve.

Average cost, 1s. 1d. Time required, 15 minutes. Seasonable at all times.

2,041. SANDWICHES À LA PRINCESSE (PRINCESS SANDWICHES).

4 ozs. cooked chicken.	1 oz. butter.	pepper and salt.
2 ozs. cooked ham.	1 oz. grated cheese.	2 tablespoonfuls cream.
2 hard-boiled yolks.	mustard.	bread and butter.

Remove gristle, skin, and bone from the chicken meat, take 4 ozs. of this, mince it and the ham finely. Put it into a mortar, add the hard-boiled yolks, butter, grated cheese, salt, pepper, and mustard; pound all well together, then rub the mixture through a wire sieve; place the purée in a basin, and mix the cream with it. Cut some thin slices of bread and butter, spread the paste on half of them; put another

slice of bread and butter over each, press lightly with the fingers in order to make the slices adhere. Trim off the crusts, cut the sandwiches in rounds, triangles, ovals, or any other fancy shapes desired. Dish up on a folded napkin or dish-paper, garnish with sprigs of fresh parsley, and serve.

Average cost, 1s., exclusive of the chicken. Time required, 20 minutes. Seasonable all the year.

2,042. SANDWICHES AU CAVIAR (CAVIARE SANDWICHES).

caviare.		lemon-juice.		cayenne.		bread and butter.		parsley.
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Cut some thin slices of bread and butter, mix the caviare with some lemon-juice and a tiny pinch of cayenne. Spread this over half the slices of bread and butter. Place another slice over each. Press together lightly so that they may adhere, trim off the crust, cut the sandwiches in squares, rounds, triangles, or any other fancy shapes. Dish up on a folded napkin or dish-paper, garnish with sprigs of fresh parsley, and serve.

Average cost, 3s. Time required, 15 minutes. Seasonable all the year

2,043. SANDWICHES À LA SICILIENNE.

6 sardines.		watercress.		salt.		brown bread.
3 hard-boiled eggs.		1½ ozs. butter.		pepper.		fresh butter.

Wipe the sardines, scrape them in order to remove the skin, open them and take out the bone. Shell the eggs, chop finely, put them into a mortar with the sardine fillets and the butter. Pound all well together, season to taste, and rub the mixture through a fine sieve. Cut some thin slices of brown bread and butter, spread the preparation on half the slices, place the other slices on the top, so as to form sandwiches; press the two slices together, cut off the crusts and shape into squares or rounds. Dish up on a folded napkin in a pile, and garnish with sprigs of watercress.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable all the year.

2,044. SANDWICHES DE VOLAILLE ET NOIX (CHICKEN AND NUT SANDWICHES).

4 ozs. cooked chicken.		salt.		1 oz. butter.		bread.		fresh butter.
2 ozs. shelled walnuts.		pepper.		1 oz. cooked ham.		parsley.		1 tablespoonful cream.

Mince the chicken and ham finely, put into a mortar and pound well; then add the cream; season with salt and pepper. When the mixture is quite smooth, turn it on to a plate. Put the walnuts into a stewpan and blanch, then drain and skin them. Cut some thin slices of bread and butter, spread the chicken mixture on half the slices, arrange the walnuts over. Put another slice of bread and butter over each, press the slices together, trim off the crust, and cut into squares or rounds. Dish up on a folded napkin, and garnish with a few sprigs of parsley, and serve.

Average cost, exclusive of chicken, 9d. Time required, 30 minutes. Seasonable, September to December.

2,045. SANDWICHES À LA TURQUE (TURKISH SANDWICHES).

3 hard-boiled eggs.		2 ozs. butter.		1 tablespoonful mayonnaise		stale bread.
½ gill shrimps.		salt.		sauce.		butter.
3 anchovies.		pepper.		mustard.		watercress.

Shell the eggs, chop and pound them in a mortar with the boned anchovies, the butter, and the shrimps; pound together until a smooth paste, then season with salt, pepper, and mustard; bind the mixture with the mayonnaise, and mix thoroughly. Cut some thin slices of bread and butter, spread the mixture on the slices of bread until it is all used up, then cover each with another slice. Press together, trim off the crusts, and cut into squares, rounds, triangles, or any other fancy shape. Dish up on a folded napkin, garnish with sprigs of watercress, and serve.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable all the year.

2,046. SANDWICHES À LA SUISSE.

pommel cheese.	cayenne.	bread.
6 olives.	1 tablespoonful mayonnaise	fresh butter.
2 gherkins.	sauce (No. 134).	parsley.

Cut some thin slices of bread and butter. Stone the olives, chop them and the gherkins finely, season with a little cayenne, mix them with the mayonnaise sauce. Spread this mixture on half the slices of bread. Put a layer of pommel cheese over the mayonnaise mixture, cover with the remaining half-slices, one on each, and press together. Trim off the crusts, cut the slices in squares, rounds, triangles, ovals, or fingers, according to taste. Dish up in a pile on a folded napkin, garnish with sprigs of fresh parsley, and serve.

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable at all times.

2,047. GRUYÈRE SANDWICHES.

$\frac{1}{4}$ lb. Gruyère cheese.	mustard.	fresh butter.
pepper and salt.	stale bread.	watercress.

Cut some thin slices of bread and butter. Slice the cheese very thinly, and spread it on half of the slices of bread and butter. Season with salt, pepper, and a little mustard. Over this put a layer of watercress-leaves that have been well washed and dried. Put a slice of bread and butter on the top of each, press the slices together; trim off the crusts, cut in squares or any fancy shapes. Dish up, garnish with watercress, and serve.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times.

2,048. CUCUMBER AND LETTUCE SANDWICHES.

$\frac{1}{2}$ cucumber.	1 tablespoonful mayonnaise	pepper.
1 lettuce.	sauce (No. 134).	stale bread.
parsley.	salt.	butter.

Cut some thin slices of bread and butter. Peel the cucumber thinly, cut it in slices, and then into strips. Wash the heart of the lettuce, dry it thoroughly, then shred finely. Put this with the cucumber into a basin, season with salt and pepper, and mix in the sauce. Stir all well together. Put this mixture on half of the slices of bread, place another slice of bread and butter on each, press together; trim off the crust, and cut the slices into rounds, squares, or any fancy shape. Dish up, garnish them with sprigs of fresh parsley, and serve.

Average cost, 9d. Time required, 15 minutes. Seasonable, March to September.

2,049. CUCUMBER AND TONGUE SANDWICHES.

1 cucumber.	pepper and salt.	1 tablespoonful cream.	butter.
2 ozs. ox-tongue.	$\frac{1}{2}$ gill mayonnaise.	bread.	chopped parsley.

Peel the cucumber thinly, cut it in quarters lengthways, and remove the seeds. Chop it finely. Mix the cream with the mayonnaise, season with salt and pepper, stir in the chopped cucumber and a little chopped parsley. Spread this mixture on some slices of bread and butter, arrange over some shredded ox-tongue. Place another slice of bread and butter on the top of each, and press the slices together, trim off the crust, cut the slices in fancy shapes. Dish up, and garnish with parsley.

Average cost, 1s. Time required, 15 minutes. Seasonable, March to September.

2,050. WALNUT SANDWICHES.

bread and butter.	$\frac{1}{2}$ gill mayonnaise sauce	2 ozs. shelled walnuts.	pepper.
1 tablespoonful cream.	(No. 134).	salt.	watercress.

Cut some slices of bread and butter. Put the walnuts into a saucepan, cover with water, bring to the boil, drain and skin them, cut them into thin slices. Mix the cream with the mayonnaise sauce, season with salt and pepper; spread this on

half the slices of bread, put a layer of sliced walnuts on the dressing, place a slice of bread and butter over each, press lightly, trim off the crust, and cut into any fancy shape. Dish up, garnish with watercress, and serve.

Average cost, 9d. Time required, 20 minutes. Seasonable, September to December.

2,051. WALNUT AND CELERY SANDWICHES.

celery.	$\frac{1}{2}$ gill mayonnaise sauce.	bread.	1 tablespoonful cream.
2 ozs. shelled walnuts.	pepper and salt.	butter.	watercress or parsley.

Wash two or three sticks of the white part of a head of celery, dry, and chop it finely. Blanch the walnuts, drain, and skin them. Chop them rather coarsely. Mix the celery and walnuts together in a basin, add to them the mayonnaise, cream, salt and pepper. Mix all together thoroughly. Cut some thin slices of bread and butter, spread over half the slices a layer of the mixture, put another slice of bread and butter on the top of each, press lightly together, trim off the crust, and cut into nice pieces—squares, fingers, triangles, or rounds, or any other fancy shape. Dish up, garnish with parsley or watercress, and serve.

Average cost, 10d. Time required, 20 minutes. Seasonable, September to December.

2,052. SANDWICHES À LA CHASSEUR (GAME SANDWICHES).

$\frac{1}{4}$ lb. cold game.	1 oz. butter.	salt.	bread and butter.
2 hard-boiled yolks of eggs.	1 tablespoonful whipped cream.	pepper.	parsley.

Take away all bone, gristle, and skin from some cold game (any kind). Mince sufficient to make $\frac{1}{4}$ lb. Put this into a mortar with two yolks of hard-boiled eggs, 1 oz. of butter, salt and pepper. Pound all well together until it becomes a smooth paste, then add the cream. Mix thoroughly. Have ready some slices of bread and butter, spread the prepared mixture on half the slices, cover each with another slice of bread and butter, press lightly so as to join them, trim off the crust, cut in rounds, triangles, or squares, or any fancy shape that may be desired. Dish up, and garnish with parsley.

Average cost, exclusive of game, 6d. Time required, 20 minutes. Seasonable, August to February.

2,053. SANDWICHES AUX HUITRES (OYSTER SANDWICHES).

9 large oysters.	lemon-juice.	pepper and salt.	slices of brown bread and
1 oz. butter.	cayenne.	parsley.	butter.

Put the oysters with their own liquor into a small stewpan, bring them up to the boil (do not let them actually boil, or they will become tough and indigestible). Drain them, and take off the beards, put the oysters into a mortar with 1 oz. of butter, add a seasoning of lemon-juice, salt, pepper, and a tiny pinch of cayenne. Pound all together until it becomes a smooth paste. Cut some thin slices of brown bread and butter, spread a layer of the mixture on half the slices, place another slice of bread and butter on each, press lightly together, so that the two slices may adhere; trim off the crust, and cut the sandwiches into rounds, squares, triangles, fingers, or any fancy shapes. Dish the sandwiches on a folded napkin arranged on a plate, garnish with sprigs of fresh parsley, and serve.

Average cost, 1s. 7d. Time required, 30 minutes. Seasonable, September to April.

2,054. FISH SANDWICHES.

$\frac{1}{4}$ lb. cold fish.	tartare sauce (No.	salt.	6 thin slices of bread and
1 lettuce.	143).	parsley.	butter.

Chop the fish finely, removing all skin and bones. Mix with it enough tartare sauce to make a smooth paste; season with salt. Spread this mixture on three of the slices of bread and butter, lay some well-washed lettuce-leaves on the top,

cover with the remaining slices of bread and butter. Press lightly together, and cut into fancy shapes. Dish on a napkin, and garnish with sprigs of parsley.

Average cost, 1s. Time required, 15 minutes. Seasonable all the year.

2,055. HADDOCK SANDWICHES.

1 small dried haddock.	1 tablespoonful grated cheese.	8 thin slices of bread and
1½ ozs. butter.	salt.	butter.

Boil the dried haddock, then remove all the skin and bones. Chop the flesh finely, put it into a mortar with the butter, cheese, and salt. Pound thoroughly, adding more butter if required. Spread this between the slices of bread, press together, and cut in small squares. Dish on a napkin or dish-paper.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, all the year.

2,056. SARDINE SANDWICHES.

3 sardines.	salt.	parsley.
1½ ozs. butter.	cayenne pepper.	8 slices of brown bread and butter.

Take the sardines out of the oil, take away all the skin and bones, then chop them finely. Put them into a mortar with the butter, and pound until quite smooth. Season with salt and cayenne pepper. Cut the brown bread into thin slices, spread half of them with the sardine mixture, cover with the other slices, press well together, and then cut into finger shapes. Dish them on a folded napkin, and garnish with parsley.

Average cost, 9d. Time required, 15 minutes. Seasonable all the year.

2,057. ANCHOVY SANDWICHES.

6 slices of bread and	parsley.	1 hard-boiled egg.
butter.	6 anchovies.	1½ ozs. butter.

Wash the anchovies in cold water, remove the scales and bones. Put the flesh into a mortar with the butter and yolk of hard-boiled egg. Pound until quite smooth. Spread it on the bread and butter, cover with another slice of bread and butter. Press together, and cut into small squares. Dish in a pile on a napkin. Garnish with parsley.

Average cost, 10d. Time required, 30 minutes. Seasonable all the year.

2,058. SHRIMP SANDWICHES.

½ pint of shelled shrimps.	½ teaspoonful of lemon-juice.	8 thin slices of bread and
cayenne pepper.	½ teaspoonful of anchovy sauce.	butter.

Chop the shrimps finely, put them into a mortar with the lemon, anchovy sauce, and a good pinch of cayenne pepper. Pound these ingredients until quite smooth, then spread it between the slices of bread. Press well together, cut into small shapes, and dish on a folded napkin or dish-paper.

Average cost, 10d. Time required, 15 minutes. Seasonable all the year.

2,059. SALMON SANDWICHES.

½ lb. cooked salmon.	1 teaspoonful anchovy sauce.	cucumber.	8 thin slices of bread
½ teaspoonful lemon-juice.	pepper and salt.	cayenne.	and butter.

Remove all skin and bones from the salmon, put it into a mortar, and pound with the lemon-juice, anchovy sauce, cayenne, salt and pepper. When well mixed, spread it rather thinly on four of the slices of bread and butter. Peel the cucumber, cut in thin slices, and then in shreds. Put this on the top of the salmon, cover with the other bread and butter, press firmly together, and cut into small fancy shapes. Dish in a pile on a folded napkin.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable, February to August.

2,060. ANCHOVY AND CRESS SANDWICHES.

10 anchovies.	5 hard-boiled eggs.	8 slices of bread and butter.
mustard and cress.	cayenne.	parsley.

Wash the anchovies in cold water, bone them, divide in halves, and then cut into strips. Shell the hard-boiled eggs, cut them in thin slices. Wash the mustard and cress, cut off some of the stalks, and chop the rest coarsely. Cut the bread and butter in thin slices, spread a layer of sliced egg over half the slices, season with cayenne pepper; place some of the anchovy strips on the eggs, and over all scatter some of the chopped mustard and cress. Cover with the other slices of bread and butter, press firmly together, and cut out in small fancy patterns. Dish up on a folded napkin, and garnish with sprigs of parsley.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable all the year.

2,061. ANCHOVY AND OLIVE SANDWICHES.

3 anchovies.	12 olives.	cayenne.	6 thin slices of bread and butter.
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Wash and bone the anchovies, put them in a mortar, and pound well. Stone the olives, chop them finely, and mix into the anchovies with a little cayenne pepper. Spread this mixture on three of the slices of bread and butter, cover with the other three, and press together firmly. Cut out in fancy shapes, and dish in a pile on a folded napkin or dish-paper.

Average cost, 1s. 9d. Time required, 20 minutes. Seasonable all the year.

2,062. LOBSTER MAYONNAISE SANDWICHES.

1 lobster.	mayonnaise sauce (No. 134).	salt.	8 thin slices of bread
watercress.	1 teaspoonful chopped chervil.	cayenne pepper.	and butter.

Chop the lobster finely, put it into a basin, and season with salt and cayenne pepper. Mix in sufficient mayonnaise sauce to make it a nice consistency (it must be soft enough to spread, but not too moist, or the sandwiches will be sodden). Spread this mixture over four of the slices of bread and butter. Wash the watercress, and pick off the leaves. Put a layer of the watercress-leaves on the top of the lobster, cover with the remaining slices of bread and butter, cut into fancy shapes, and dish up on a folded napkin.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable, April to October.

2,063. COD'S ROE SANDWICHES.

$\frac{1}{4}$ lb. cod's roe and liver.	$\frac{1}{2}$ oz. butter.	pepper and salt.	slices of brown bread
1 teaspoonful chopped parsley.	2 shallots.	parsley.	and butter.

Melt the butter in a stewpan; chop the shallots finely, add them to the butter, and fry a golden colour. Boil the cod's roe and liver, cut into small pieces, add this to the fried shallots, stir in the parsley, salt and pepper to taste. Mix well together, turn into a mortar, and pound well. Rub the mixture through a wire sieve. Cut some thin slices of brown bread and butter, spread the paste on half the slices. Place another piece of bread and butter on each, and press lightly; trim off the crust, cut the sandwiches into squares, rounds, or triangles. Dish up on a folded napkin, and garnish with parsley.

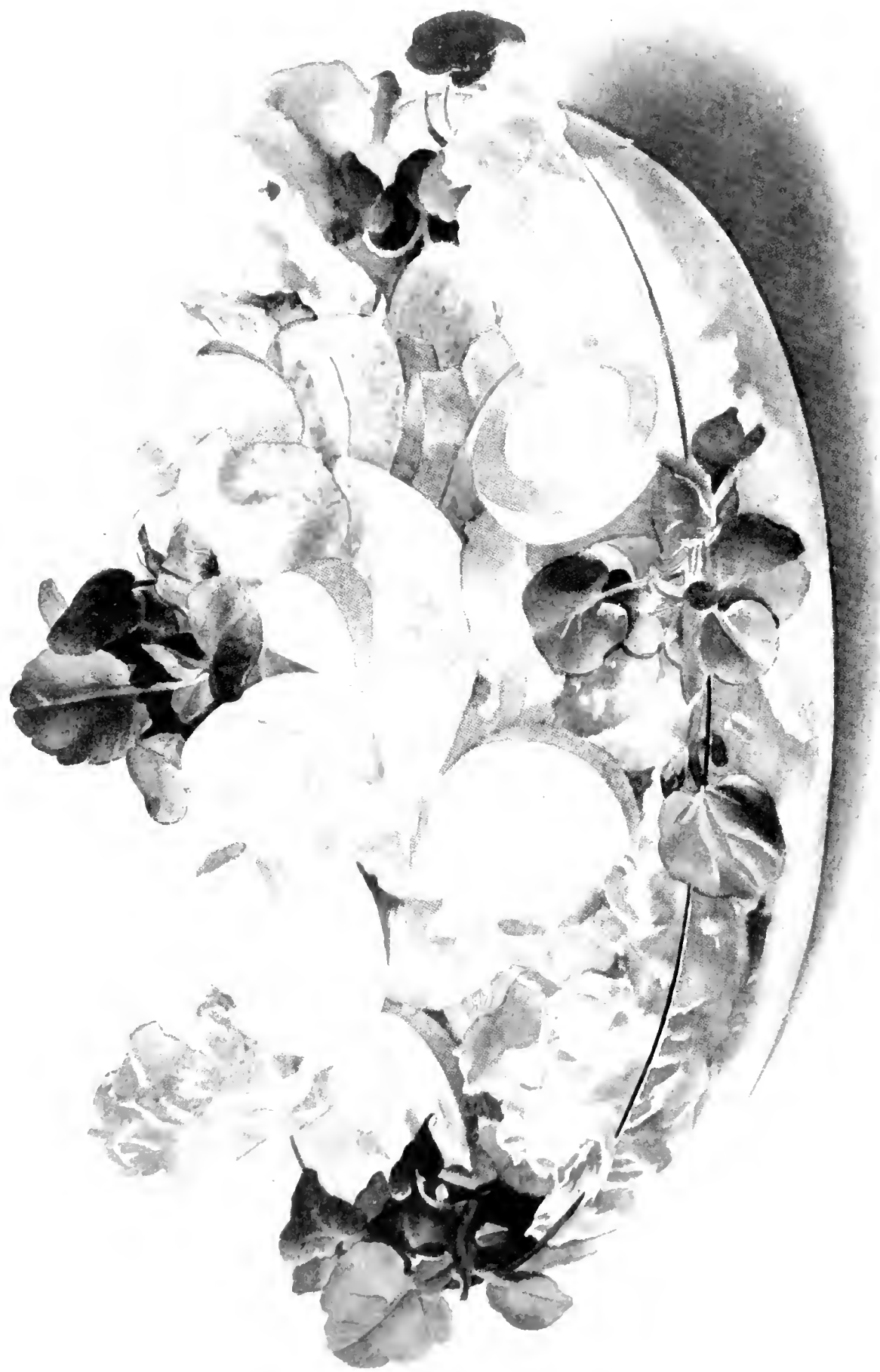
Average cost, 8d. Time required, 30 minutes. Seasonable in the spring.

2,064. SANDWICHES AU SAUMON FUME (SMOKED SALMON SANDWICHES).

slices of bread and butter.	smoked salmon.	anchovy paste.	parsley.
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Cut some thin slices of bread and butter, spread with anchovy paste. Cut the salmon in thin slices, lay these over half the slices. Place another slice of bread and butter on each, press together, trim off the crusts, cut each slice in squares, rounds, or any shape desired. Dish up, and garnish with parsley.

Average cost, uncertain. Time required, 20 minutes. Seasonable all the year.



Salade de Tomates à la Française

2,065. JAM SANDWICHES.

slices of bread and butter. | jam (any kind). | cream.

Cut some slices of bread and butter about $\frac{1}{8}$ inch thick, spread half of these slices with a thin layer of any kind of jam, whip some cream, and place a thin coating over the jam. Place another slice of bread over each, press the two slices lightly together, trim off the crust, and cut the sandwiches into squares, rounds, or fingers. Dish up, and serve.

Time required, 10 minutes.

2,066. FRUIT SANDWICHES.

1 Genoese cake (stale). | pineapple or apricots. | whipped cream. | castor sugar.

Cut the cake into thin slices, also the fruit. Arrange the latter on half of the pieces of cake, sprinkle over a little castor sugar. Whip the cream, spread a layer over the fruit; place another slice of cake on each, and press together. Cut into convenient pieces, either rounds, squares, triangles, ovals, or any fancy shapes. Dish up on a folded napkin, and serve.

Average cost, 1s. Time required, 10 to 15 minutes.

CHAPTER XXV

INVALID DISHES

SICK-ROOM diet is a most important branch of the science of cookery, and there are many rules relating to it which should be carefully observed. The food administered to a patient during convalescence is of the greatest importance, as it is during that time that the weakness following on a long and perhaps serious illness has to be combated. The diet prescribed by the doctor should be carefully carried out, the food prepared in the daintiest manner, and everything done to stimulate the appetite of the patient. The food for an invalid should be prepared as wanted, and made in small quantities ; should be nourishing and light, as the patient, being weak, it is necessary that the diet be such as can be taken without much expenditure of energy or strain on the digestion.

During convalescence the patient often expresses a wish for a certain kind of food. This is often an instinct of nature, and should not be disregarded, but, if possible, the wish gratified. Give nourishment to an invalid in small quantities, and frequently ; vary the diet as much as is allowed. In preparing food for an invalid, one is apt to give the same dishes day after day without variation until it is no wonder the appetite at last becomes an unknown quantity. Those who are in health rebel against want of variety in food ; how much more necessary for those who are weak, and with little desire for food, that they should have change in the diet supplied to them. There are many ways in which variety can be given, even in beef-tea. It can be made in different ways with a change of flavourings. The same principle can be applied to the respective broths. This requires thought and knowledge which is not often given to this most important subject.

2,067. AN INVALID TRAY.

When preparing a tray for an invalid, a few necessary rules should be borne in mind. Everything on the tray should be spotlessly clean and dainty, the food served in small quantities, as there is nothing so likely to spoil the appetite as large dishes loaded with food. The dishes should be small, containing just sufficient for one person and one meal, the food perfectly cooked, and arranged in such a way as to please the eye. Avoid strong-smelling flowers arranged in top-heavy specimen-glasses that are likely to be knocked over and give the nerves of the patient a shock. If flowers are allowed at all, they should be placed in a low glass with a flat, broad base, which would be impossible to overturn. A pretty and refreshing arrangement for the eye is a few green leaves of fern or other non-smelling leaves placed flat on the tray amongst the dishes. The tray illustrated contains a cup of beef-tea, with squares of toast to eat with it ; two small fillets of sole steamed in the oven and covered with a white sauce ; a little sweet steamed custard, and a glass of lemonade

2,068. BEEF-TEA (1).

$\frac{1}{2}$ lb. shin of beef. | $\frac{1}{2}$ pint water.

Remove all fat and skin from the shin of beef ; put the $\frac{1}{2}$ pint of water into a basin, shred the meat very finely, and put into the water as it is cut. Let this stand until the water becomes red, and all the juice of the meat is extracted ; then

put the water and meat into a saucepan, place on a slow fire, and stir until the water becomes a brown colour. The beef-tea must on no account be allowed to boil. Strain, and add salt if the patient is allowed it.

Average cost, 5d. Time required, about 20 minutes.

2,069. BEEF-TEA (2).

$\frac{1}{2}$ lb. shin of beef. | $\frac{1}{2}$ pint of water.

Remove all fat and skin from the shin of beef, shred it very finely, and put into a basin containing $\frac{1}{2}$ pint of water. Let this stand until the water becomes quite red, then put it into a stone jar, cover closely, and stand in a saucepan of boiling water for about three hours ; then strain it, and serve.

Average cost, 5d. Time required, $3\frac{1}{2}$ hours.



FIG. 141.—INVALID TRAY.

2,070. BEEF-TEA (3).

$\frac{1}{2}$ lb. shin of beef.	$\frac{1}{2}$ lb. veal.	1 pint water.
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Remove all fat and skin from the meat. Cut both the beef and veal into very fine shreds. Put them as they are cut into a basin containing 1 pint of cold water. Let this stand until the water becomes red, then pour it into a stone jar, and cover closely. Place the jar in the oven for about two hours. Strain it, and serve.

Average cost, 1s. Time required, 2½ hours.

2,071. BEEF-TEA (4).

2 teaspoonfuls Bovril. | $\frac{1}{2}$ pint water.

Put the Bovril into a breakfast-cup, pour on to it $\frac{1}{2}$ pint of boiling water, stir until the Bovril is dissolved. It is then ready to serve. This beef-tea is quickly and easily made and is very nourishing.

Average cost, nominal. Time required, a few minutes.

2,072. BEEF-TEA (5).

2 teaspoonfuls Bovril. | $\frac{1}{2}$ pint milk.

Put the Bovril into a breakfast-cup, pour on to it $\frac{1}{2}$ pint of boiling milk, stir it until the Bovril is quite dissolved. It is then ready to serve. This beef-tea is extremely nourishing and palatable.

Average cost, 3d. Time required, a few minutes.

2,073. RAW BEEF-TEA.

$\frac{1}{2}$ lb. shin of beef. | 1 gill water. | pinch of salt.

Remove all fat and skin from the meat, shred it very finely, and put it into a basin containing 1 gill of water. Let this stand for half an hour, then strain it through a fine cloth, pressing all the moisture out of the meat. Season with a pinch of salt, and serve in a red glass.

Average cost, 5d. Time required, 45 minutes.

2,074. BEEF-ESSENCE.

3 lbs. shin of beef. | 1 lb. veal. | $\frac{1}{2}$ gill brandy.

Remove all fat and skin from the meat, cut both the beef and veal into very small pieces. Place it in an earthenware jar, add the brandy, and cover the jar closely. Stand it in a saucepan of boiling water, and let it cook gently for four or five hours. Strain it, and serve.

Average cost, 3s. 6d. Time required, 4 or 5 hours.

2,075. CHICKEN BROTH.

1 chicken. | 2 quarts water. | salt.

Draw the chicken, wash the inside thoroughly, then cut up into small pieces, put it into a saucepan, and cover with 2 quarts of water. Put the chicken's feet in another pan, cover with cold water, and bring to the boil. Simmer for a few minutes, then strain the water off and skin the feet. If they have been cooked enough, the skin should peel off quite easily. Put the feet into the pan with the rest of the chicken, also the gizzard, cut and cleaned. Let this broth simmer gently for four hours. If vegetables are allowed, an onion and a stick of celery added are a great improvement. Season the broth with a little salt, strain it, and remove all fat. Serve hot.

Average cost, 2s. 9d. Time required, 4 hours. Seasonable all the year.

2,076. MUTTON BROTH.

$1\frac{1}{2}$ lbs. scrag-end of mutton. | 1 tablespoonful pearl-barley. | 1 large onion. | $\frac{1}{2}$ turnip.
2 quarts water. | chopped parsley. | $\frac{1}{2}$ carrot. | salt.

Cut the meat into small pieces, remove all fat and marrow. Put the mutton into a saucepan, cover with 2 quarts of cold water, bring it slowly to the boil, add the salt, and skim well. Peel the onion and turnip, scrape the carrot, and cut them into small pieces. Put these into the soup after it has been well skimmed, also the pearl-barley. Let the broth simmer gently for about three hours, then strain it, and serve with a little chopped parsley added at the last minute. If vegetables are not allowed, the broth must be flavoured only with the pearl-barley. If, however, the patient is convalescent, the vegetables need not be strained out, but served in the broth.

Average cost, 9d. Time required, 3 or 4 hours. Seasonable all the year.

2,077. VEAL BROTH.

2 lbs. knuckle of | 1 oz. pearl-barley. | 1 onion.
veal. | 1 carrot. | 2 quarts water.

Cut the meat into small pieces. Chop the bone, put the meat and bone into a stewpan with the water, bring it to the boil, skim well, and add the vegetables cut in small pieces. Let it all simmer gently for three hours. Strain the stock, then add the barley, and cook for half an hour. Just before serving add seasoning and a little chopped parsley.

Average cost, 2s. Time required, 4 hours.

2,078. A STRENGTHENING SOUP.

1 calf's foot. | 3 lbs. shin of beef. | 3 quarts water.

Cut the calf's foot into pieces, also the shin of beef. Put both into a saucepan, and cover with 2 quarts of water. Bring it to the boil, skim well, and let it simmer very gently until reduced to half. Strain it, season with a little salt, and serve.

Average cost, 3s. Time required, 3 or 4 hours.

2,079. BEEF-TEA AND MACARONI.

$\frac{1}{4}$ lb. macaroni. | $\frac{1}{2}$ pint beef-tea. | $\frac{3}{4}$ oz. flour. | 1 oz. butter.

Cook the macaroni in boiling salted water for forty-five minutes; take it up, and drain thoroughly. Cut it into pieces about 1 inch in length. Melt the butter in a saucepan, add the flour, moisten with the beef-tea, and stir this over the fire until it boils. Put the macaroni into this thickened beef-tea, and cook for a few minutes longer. Turn into a hot dish, and serve.

Average cost, 7d. Time required, 1 hour.

2,080. CHICKEN JELLY.

1 chicken. | 1 onion. | 1 carrot. | 1 blade of mace. | salt.

Cut up the chicken into joints, put into a stewpan, and cover with cold water; bring to the boil, add salt, and skim well. Clean the vegetables, put them into the stock, also the blade of mace. Let this simmer gently for four or five hours. At the end of that time strain the stock through a very fine strainer, rinse a mould out with cold water, pour the stock in, and put in a cool place to set. When firm, turn out and serve.

Average cost, 3s. Time required, 4 or 5 hours.



FIG. 142.—BEEF JELLY.

2,031. BEEF JELLY.

2 lbs. shin of beef. | knuckle of veal.

Remove all fat from the meat, cut it into small pieces, and chop the bones. Put the meat and bones in a saucepan, pour over them 1 quart of cold water to each pound of meat and bones. Place on the fire and simmer gently for five hours, keeping it well skimmed. Season with salt, strain it, and pour into an ornamental mould; put aside to set. Turn out, and serve.

Average cost, 2s. 6d. Time required, 5 hours.

2,082. STEAMED WHITING, WHITE SAUCE.

1 whiting. | $\frac{1}{2}$ pint white sauce (No. 88).

Skin the whiting, place it in a steamer, and cook gently for about fifteen minutes. While it is cooking, prepare the white fish sauce. Take the whiting up carefully, so as not to break it, and place on a hot dish. Pour the white sauce over, so as to completely cover it, put a little round the dish also. Serve very hot.

Average cost, 8d. Time required, 20 minutes.



FIG. 143.—STEAMED WHITING.

2,083. WHITING SOUFFLÉ.

$\frac{1}{4}$ lb. whiting-meat.	$\frac{1}{2}$ oz. flour.	salt.	1 egg.
$\frac{1}{2}$ oz. butter.	$\frac{1}{4}$ gill milk.	1 tablespoonful cream.	$\frac{1}{2}$ pint white fish sauce (No. 88).

Remove all the meat from the whiting, take away all skin and bones, chop the meat very finely. Melt the butter in a small saucepan, stir in the flour, add the milk, and cook over the fire until it is very thick and leaves the sides and bottom of the pan quite clean. Put the fish into a mortar, add the panada just prepared, also one egg. Pound these together, and then season with salt, and rub through a wire sieve. Whip the cream slightly, and add to the fish preparation. Well butter a small timbale-mould, put in the soufflé, press it down, cover with a buttered paper, and steam gently for about twenty-five minutes. Turn out on to a hot dish, pour white sauce over it and round. Garnish with a little chopped parsley, and serve hot.

Average cost, 1s. 2d. Time required, 45 minutes.

2,084. FISH CROQUETTES.

$\frac{1}{4}$ lb. cooked fish.	$\frac{3}{4}$ oz. flour.	1 yolk of egg.	chopped parsley.
1 oz. butter.	$\frac{1}{2}$ gill milk.	salt.	breadcrumbs.

Melt the butter, stir in the flour, add the milk, and stir over the fire until very thick. Remove all skin and bone from the fish, chop it into small pieces, add it to the mixture in the saucepan; also salt, a little chopped parsley, and the yolk of an egg. Stir over the fire for a few minutes, then turn out on to a plate, and leave to cool. Divide into equal portions, shape each into a ball, and egg and breadcrumb them. Have ready a pan of very hot fat, drop the croquettes into it, and fry them a golden brown colour. Take them up and drain on paper. Arrange them on a hot dish on a dish-paper. Garnish with parsley, and serve hot.

Average cost, 5d. Time required, 30 minutes. Sufficient for 3 or 4 balls.

2,085. FRIED SOLE.

1 sole.	breadcrumbs.	salt.
1 egg.	flour.	pepper.

Skin and trim the sole. Put a little flour on a piece of paper, mix with it some pepper and salt. Dip the sole into this, covering it all over with the flour, in order to dry it; then egg and breadcrumb and fry it in very hot fat, until a golden brown colour. Dish up, and serve hot.

Average cost, 1s. 2d. Time required, 10 minutes.

2,086. FILLETS OF SOLE WITH MAÎTRE D'HÔTEL SAUCE.

1 sole.	lemon-juice.	salt.	$\frac{1}{2}$ pint maitre d'hôtel sauce (No. 109).
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Remove the skin from the sole, fillet it, and then fold each fillet in half, taking care that the skin side of the fillet is inside. Place them on a buttered tin, sprinkle each with a little salt and a squeeze of lemon-juice. Cover them with a piece of buttered paper, and cook in the oven for about ten minutes. Dress them down the centre of a hot dish, overlapping one another. Have ready the maître d'hôtel sauce, pour it over and round them, and serve very hot.

Average cost, 1s. 6d. Time required, 20 minutes.



FIG. 144.—FILLETS OF SOLE WITH MAÎTRE D'HÔTEL SAUCE.

2,087. SCALLOPED OYSTERS.

6 oysters.	$\frac{1}{4}$ oz. flour.	lemon-juice.
$\frac{1}{4}$ oz. butter.	$\frac{1}{2}$ gill milk.	breadcrumbs.

Place the oysters in a saucepan with their own liquor and enough water to cover them. Heat them over the fire, but do not on any account allow them to boil. Strain them, remove the beards and the hard part of the oysters, cut the remainder in halves. Melt the butter in a saucepan, stir in the flour, add the milk, and cook over the fire until the sauce boils. Let it simmer for a few minutes, add salt and a squeeze of lemon-juice; lastly, stir in the oysters. Have ready one or two scallop shells, well buttered, turn the oyster mixture into them, sprinkle the surface with brown breadcrumbs, and place in the oven for a few minutes. Dish on a folded napkin, and garnish with sprigs of parsley.

Average cost, 1s. Time required, 30 minutes. Seasonable, September to April.

2,088. STEAMED CHOP.

1 small mutton chop.

Trim the chop, removing nearly all the fat ; place it on a soup-plate, cover with another plate, and stand them over a saucepan of boiling water. Place the pan on the fire, in order to keep the water boiling, and let it cook in this way for fifteen to twenty minutes, according to the size of the chop. Dish up on a very hot dish, and serve immediately. Average cost, 4d. to 6d. Time required, 20 minutes.

2,089. GRILLED CHOP.

1 small mutton chop. | maître d'hôtel butter (No. 180).

Trim the chop, remove some of the fat. Place it on a grill, and put over a clear fire. Cook it rather quickly at first, then a little slower. As soon as one side is done, turn it, and cook the other side, allowing about five minutes for each side. Take it up, place on a hot dish, put a pat of maître d'hôtel butter on the top, and serve immediately.

Average cost, 6d. Time required, 10 minutes.



FIG. 145.—SAVOURY CUSTARDS.

2,090. SAVOURY CUSTARDS.

1 gill stock. | 2 yolks of eggs. | 1 white of egg. | salt. | parsley.

Put the stock into a saucepan, place it on the fire, and bring to the boil. Beat the eggs in a basin, pour the stock on to them, and season slightly with salt. Well butter some small moulds, fill them with the custard, cover with buttered paper, and steam very gently for about fifteen minutes. Turn out on a hot dish, and garnish with a little parsley. Serve hot.

Average cost, 3d. Time required, 20 minutes.

2,091. TRIPE WITH WHITE SAUCE.

 $\frac{1}{2}$ lb. tripe. | 1 onion. | 1 carrot. | $1\frac{1}{2}$ pints milk. | 1 oz. butter. | $\frac{3}{4}$ oz. flour. | salt.

Procure tripe that is ready cleaned, put it into a saucepan of cold water, and bring to the boil. Strain off the water, and cut the tripe into neat pieces. Put it back into the saucepan, add the milk and the carrot and onion, cleaned but left whole. Let this come to the boil, and then simmer gently for two or three hours. At the end of that time, if the tripe is tender, take it up. Melt the butter in a

saucepan, add the flour, and moisten with $\frac{1}{2}$ pint of the milk that the tripe was cooked in ; stir this over the fire until it boils, season with salt, and then put in the pieces of tripe. Let it simmer for ten minutes, then arrange the tripe neatly on a hot dish and strain the sauce over. Serve hot. This dish is extremely digestible and nourishing.

Average cost, 9d. Time required, 3 to 3 $\frac{1}{2}$ hours.

2,092. CHICKEN CREAMS.

$\frac{1}{4}$ lb. raw chicken-meat.	$\frac{1}{4}$ gill water.	salt.
$\frac{1}{2}$ oz. butter.	1 egg.	pepper.
$\frac{1}{2}$ oz. flour.	$\frac{1}{4}$ gill cream.	$\frac{1}{2}$ pint Bechamel sauce (No. 4).

Remove the skin and sinews from the chicken, then mince it very finely. Melt the butter in a saucepan, add the flour and water, stir over the fire until the mixture leaves the sides and bottom of the pan clean. Put this panada into a mortar with the minced chicken and one small egg, season to taste with pepper and salt. Pound the mixture very well, and then rub through a fine wire sieve. Whip the cream slightly and add to the meat when sieved. Well butter two or three small dariole-moulds, fill them with the chicken cream, smoothing them over the top with a knife. Place them in a steamer, cover with buttered paper and the lid, and let them steam gently for fifteen to twenty minutes. Turn them out on to a hot dish ; have the Bechamel sauce ready, pour it over and round the moulds. Garnish the top of each with a small pinch of chopped parsley, and serve hot.

Average cost, 1s. 6d. Time required, 1 hour. Sufficient for 2 or 3 moulds.

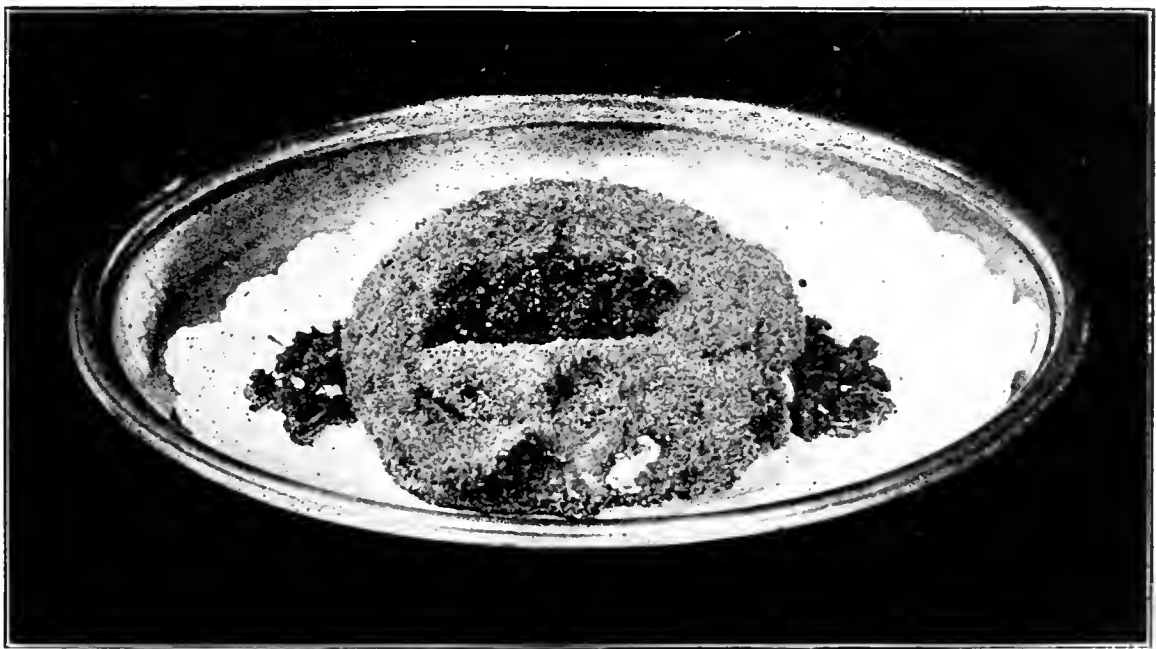


FIG. 146.—FRIED WHITING.

2,093. FRIED WHITING.

1 whiting. | 1 egg. | breadcrumbs. | flour. | fried parsley. | pepper. | salt.

Skin and prepare the whiting. Put one large tablespoonful of flour on a piece of paper, mix with it some pepper and salt. Put the whiting into it, and cover all over with the flour. This is done in order to dry the fish. Beat the egg on a plate, dip the whiting into it, and brush over with the egg ; then toss it in the breadcrumbs. Fry in a pan of very hot fat until a golden brown colour. Take up and drain on paper. Dish on a hot dish on a dish-paper, garnish with fried parsley, and serve hot.

Average cost, 4d. Time required, 15 minutes.

2,094. FISH PIE.

1 whiting. | Bechamel sauce (No. 4). | cooked potatoes. | butter. | salt.

Boil the whiting, take it up, let it drain and cool. Remove all skin and bones, break the flesh into flakes, but do not chop it. Have some Bechamel sauce ready, put the fish into a saucepan, and add just enough of the sauce to make it a nice consistency. Stir over the fire until thoroughly hot, season with salt, and then put into a buttered pie-dish. Rub the potatoes through a sieve, melt a little butter in a saucepan, add the potato, and heat over the fire. Put this on the top of the pie, shape it neatly with a fork, and then place in the oven to brown the surface. Take it up, place the pie-dish on another dish, and serve hot. This pie can be made with any kind of fish, instead of the whiting.

Average cost, 7d. Time required, 30 minutes.



FIG. 147.—FISH PIE.

2,095. FISH CUTLETS.

$\frac{1}{2}$ lb. cold fish. | $\frac{1}{2}$ oz. butter. | $\frac{1}{2}$ oz. flour. | $\frac{1}{2}$ gill milk. | 1 egg. | breadcrumbs.

Chop the fish finely, first removing all skin and bones. Melt the butter in a saucepan, stir in the flour, add the milk, and cook over the fire until the mixture leaves the sides and bottom of the pan clean. Add the fish and pepper and salt, turn out on to a plate to cool. Shape into cutlets, egg and breadcrumb them, and fry in very hot fat until a golden brown colour. Take them up, drain on paper, and dish on a hot dish on a dish-paper.

Average cost, 7d. Time required, 30 minutes.

2,096. FISH PUDDING.

$\frac{1}{2}$ lb. cooked fish.	1 teaspoonful chopped	1 oz. butter.	$\frac{1}{2}$ gill milk.
brown breadcrumbs.	parsley.	1 oz. flour.	1 egg.

Remove all skin and bones from the fish ; chop the flesh finely. Melt the butter in a saucepan, stir in the flour, moisten with the milk, and cook over the fire until the mixture leaves the sides and bottom of the pan clean. Add the fish, salt, pepper, and parsley, mix these together, then bind with one egg. Well butter a timbale-mould, sprinkle thickly with brown breadcrumbs, and fill with the fish mixture. Place in a moderate oven, and cook for half an hour. Turn out on a hot dish, and serve immediately.

Average cost, 6d. Time required, 45 minutes.

2,097. FRIED SWEETBREAD.

1 calf's sweetbread. | 1 egg. | breadcrumbs. | 1 large carrot. | 2 onions. | $\frac{1}{2}$ pint stock.

Soak the sweetbread in cold water for one hour, then put into a saucepan, cover with cold water, and bring to the boil. Strain off the water, remove all fat and gristle from the sweetbread, place on a plate or tin, cover with another, put a light weight on top, and let it press until cold. Clean the carrot, and cut in two or three pieces; peel the onions—if they are large, cut them in halves. Put these vegetables into a stewpan, add the stock, and lay the sweetbread on the vegetables; cover with buttered paper and the lid of the pan. Let it cook gently for thirty minutes; take it up and allow it to cool. Then cut into neat slices, dip them in beaten egg, then in breadcrumbs. Melt some butter in a frying-pan, put in the sweetbreads, and cook quickly, turning them over when one side is browned. Dish on a hot dish, and garnish with sprigs of fried parsley.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year.

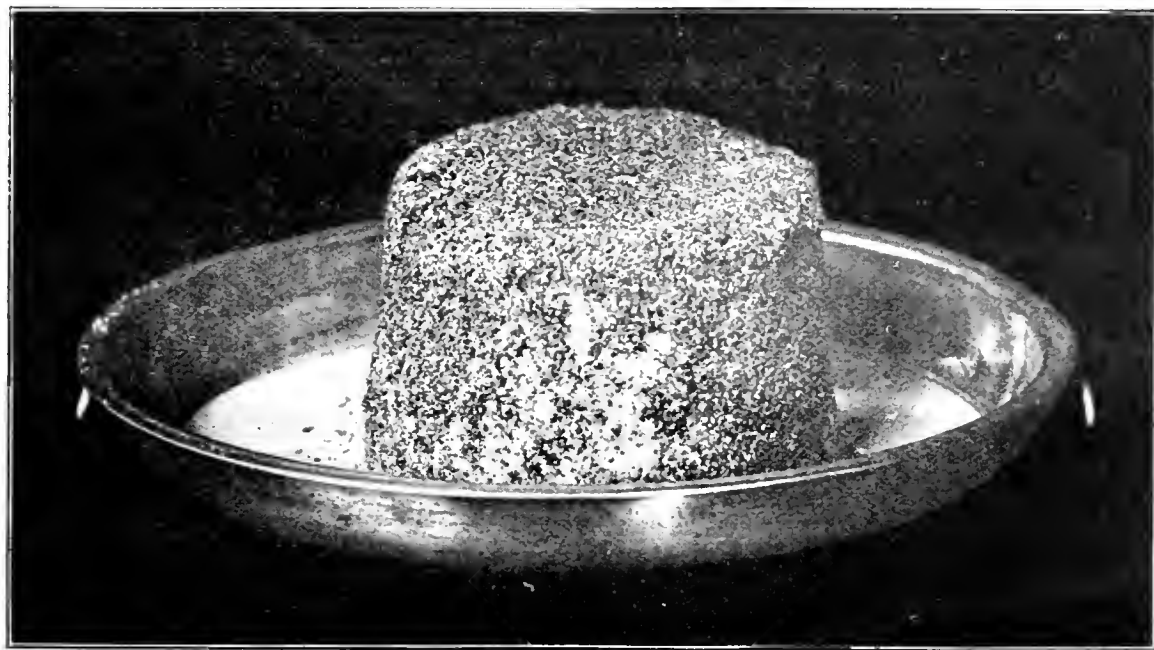


FIG. 148.—FISH PUDDING.

2,098. LAMB'S SWEETBREADS.

$\frac{1}{2}$ lb. lamb's sweetbreads. | parsley. | $\frac{1}{2}$ pint Bechamel sauce (No. 4). | milk.

Soak the sweetbreads in cold water for about one hour. Take them up, put into a saucepan, cover with cold water, and bring to the boil. Strain off the water; return the sweetbreads to the pan, cover with boiling milk, and let them simmer gently for twenty minutes. Then take them up, trim them, and remove all fat and gristle. Warm the Bechamel sauce in a saucepan, put in the sweetbreads, and let them stew gently for ten minutes or until they are perfectly tender. Take them up, arrange neatly on a hot dish, and pour some of the sauce over and round them. Garnish with a little chopped parsley, and serve hot. Calf's sweetbread can be prepared in the same manner, except that it is cut in slices before putting into the Bechamel sauce.

Average cost, 2s. 3d. Time required, 45 minutes. Seasonable, January to August.

2,099. PULLED CHICKEN.

1 chicken. | 1 carrot. | bouquet garni (No. | 6 peppercorns. | 1 oz. butter.
1 onion. | salt. | 194). | $\frac{1}{2}$ pint stock. | $\frac{1}{2}$ oz. flour.

Peel the onion, scrape the carrot, and cut them in halves. Put these vegetables into a saucepan with sufficient water to cook the chicken, add the peppercorns and bouquet garni. Place the saucepan on the fire, and bring to the boil; put in the

chicken, and cook until tender. When done, take up the chicken and let cool. Take all the white meat from the chicken, and pull the flesh into flakes. The legs can be used for some other dish. Melt the butter in a stewpan, stir in the flour, add $\frac{1}{2}$ pint of the water that the chicken was boiled in, stir over the fire until it boils, then put in the pieces of chicken and simmer gently for ten minutes. Season to taste with salt, and if liked, add a little chopped parsley. Dish up on a hot dish, and serve. For ordinary use the chicken would be improved by being dished in a border of mashed potato, but it might not be suitable for an invalid.

Average cost, 3s. to 3s. 6d. Time required, 1 hour.

2,100. BOILED CHICKEN.

1 tender chicken.	$\frac{1}{2}$ small onion.	1 oz. butter.
$\frac{1}{2}$ pint milk.	slice of carrot.	$\frac{3}{4}$ oz. flour.
salt.	6 peppercorns.	$\frac{1}{2}$ bayleaf.

Truss the chicken for boiling. Put on a saucepan of water. As soon as the water comes to the boil, put in the chicken, cover with the lid, and simmer until the bird is cooked. While the chicken is cooking, prepare the sauce. Put the milk into a stewpan; peel the onion, and add it and the carrot to the milk, also the peppercorns and bay-leaf. Place the pan on a slow fire, and bring gently to the boil. Melt the butter in another small stewpan, and stir in the flour. As soon as the milk boils, whisk in the butter and flour. When smooth, take out the whisk and stir with a wooden spoon. The sauce should be allowed to simmer gently by the side of the fire for at least ten minutes. The bay-leaf must be removed as soon as the milk boils, and before the flour is added. Dish the fowl when ready, and serve the sauce separately. Just before straining the sauce it should be lightly seasoned with salt. The seasoning of dishes for invalids should be done with discretion, as highly seasoned dishes are rarely allowed.

Average cost, 3s. Time required, 1 hour.

2,101. CHICKEN CROQUETTES.

$\frac{1}{2}$ lb. cold chicken.	$\frac{1}{4}$ oz. flour.	1 egg.	1 teaspoonful chopped parsley.
$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ gill chicken stock.	breadcrumbs.	salt.

Remove all skin from the chicken, then mince very finely. Melt the butter in a saucepan, add the flour, moisten with the stock, and stir over the fire until the mixture is very thick and leaves the sides of the pan clear. Add the minced chicken and mix thoroughly; season with salt, and stir in the chopped parsley. Turn this mixture on to a plate, and put aside to cool. Then divide into equal portions, shape them into balls or cork-shapes, egg and breadcrumb them, and fry in very hot fat until a golden brown colour. Take them up, and drain on paper. Arrange them on a hot dish on a dish-paper, garnish with fried parsley, and serve hot.

Average cost, 2d., exclusive of cold chicken. Time required, 30 minutes. Sufficient for 6 croquettes.

2,102. COLLOPS.

1 oz. butter.	sippets of toast.	$\frac{1}{2}$ lb. beef-steak.	flour.
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Remove all fat and gristle from the steak, then mince very finely. Melt the butter in a saucepan, dredge a little flour over the meat and add it to the butter. Stir over the fire for a few minutes, then moisten with enough water to make it a nice consistency (rather liquid). Season with salt, and cook for a few minutes longer. Turn on a hot dish, and garnish with sippets of toast. Average cost, 6d. Time required, 15 minutes.

2,103. GRUEL.

1 tablespoonful fine oatmeal. | $\frac{1}{2}$ pint milk or water.

Mix the oatmeal with a little of the milk or water. Put the rest into a saucepan, and bring to the boil. Pour on to the mixed oatmeal, return to the saucepan, and boil for ten minutes, keeping it well stirred all the time. Add salt or sugar, whichever is preferred.

Average cost, $1\frac{1}{2}$ d. Time required, 15 minutes.

2,104. ARROWROOT.

1 level dessertspoonful arrowroot. | $\frac{1}{2}$ pint milk. | sugar.

Put the arrowroot into a basin and mix to a smooth paste with a little of the milk. Put the rest of the milk into a saucepan, and bring to the boil. Stir it on to the arrowroot, return to the saucepan, and let it simmer for ten minutes, keeping it stirred all the time. Add sugar to taste and a little flavouring, if allowed.

Average cost, $1\frac{1}{2}$ d. Time required, 15 minutes.



FIG. 149.—POACHED EGGS IN MILK.

2,105. POACHED EGGS IN MILK.

2 eggs. | milk. | buttered toast. | salt.

Put sufficient milk into a sauté-pan to cover the eggs, add a pinch of salt, break the eggs (these must be new-laid) into a cup one at a time, slip them into the boiling milk and cook them until set. Baste the eggs with the milk while cooking. They will take about four minutes to poach. When done, lift them out carefully with a slice, allow them to drain for a minute, then trim round with a cutter. Place each egg on a small round of buttered toast, and serve very hot.

Average cost, 6d. Time required, 10 to 15 minutes.

2,106. ARROWROOT WITH PORT-WINE.

1 teaspoonful arrowroot. | $\frac{1}{2}$ pint boiling water. | sugar to taste. | 1 glass port-wine.

Mix the arrowroot in a basin with sufficient cold water to make it into a smooth paste. As soon as the $\frac{1}{2}$ pint of water boils, pour it on the arrowroot, stirring quickly; return it to the saucepan and let it simmer for a few minutes, stirring meanwhile. Take it off the fire, sweeten to taste, and add the wine. Serve hot.

Average cost, 6d. Time required, 10 minutes.

2,107. RAW BEEF SANDWICHES.

4 ozs. raw beef. | bread and butter. | salt. | pepper. | parsley.

Procure 4 ozs. of fillet or rump-steak, shred it finely, sprinkle a little salt and pepper over, and mix all together. Cut some very thin slices of bread and butter, spread the meat on one slice, place another on the top, press together, trim off the crust, cut into small squares. Dish up on a folded d'oyley, garnish with sprigs of fresh parsley, and serve.

Average cost, 6d. or 7d. Time required, 20 minutes. Sufficient for 8 small square sandwiches.

2,108. BREAD AND MILK.

bread. | $\frac{1}{2}$ pint milk. | pinch of salt.

Cut a slice of stale bread, trim off the crust, and cut it into small even-sized squares. Sufficient of these should be prepared to half fill a breakfast-cup. Put the milk into an enamelled saucepan, add to it a pinch of salt, bring to the boil, then pour it over the bread; return all to the saucepan, place on the fire, and simmer for one minute. Pour it into the cup, and serve. Sugar can be used instead of salt, if preferred.

Average cost, 1d. Time required, 10 minutes.

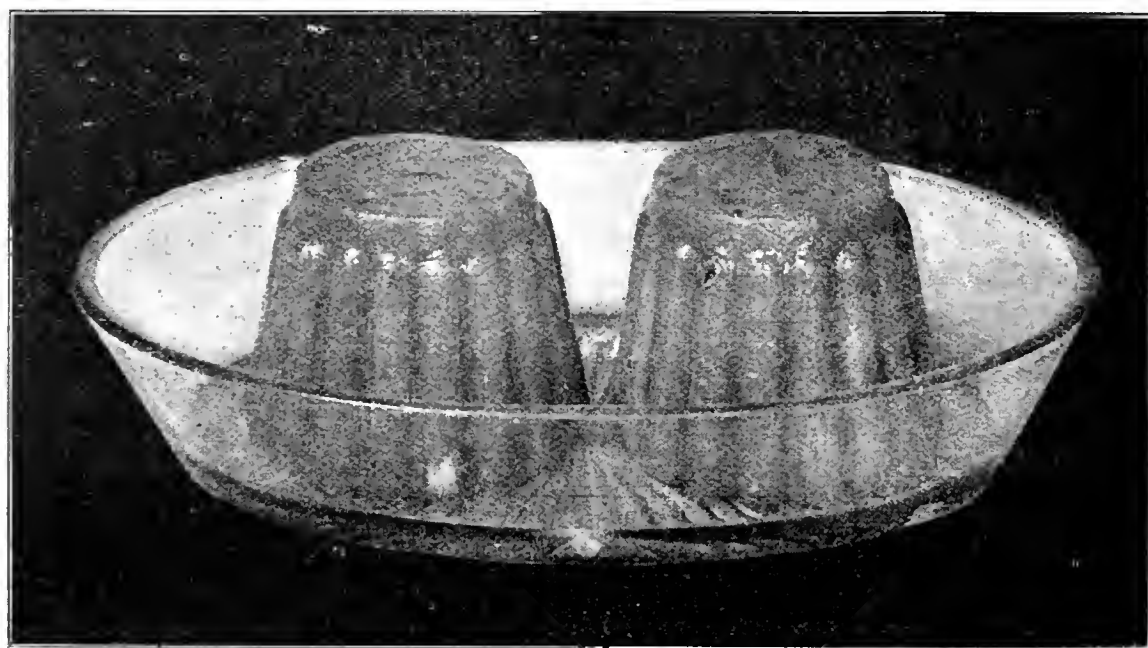


FIG. 150.—APPLE JELLIES.

2,109. APPLE JELLIES.

2 lbs. apples. | 5 ozs. loaf sugar. | 1 oz. gelatine. | 1 lemon. | 3 gills water.

Peel and core the apples, cut them in small pieces, put them into a stewpan with the sugar, 3 gills of water, and the grated rind of one lemon. Put this on the fire and cook gently until the apples are quite tender. Then rub them through a hair sieve, mix in the juice of one lemon and the gelatine melted in a little water. Rinse some small moulds in cold water, pour in the apple jelly, and put them aside to set. When quite firm, turn out on a glass dish, and serve. If liked, the jellies can be coloured pink with a little cochineal.

N.B.—The quantity of sugar depends on the apples, whether they are sweet or sour, and is also a matter of taste.

Average cost, 8d. Time required, 30 minutes. Seasonable all the year (best in winter). Sufficient for 4 small moulds.

2,110. LEMON JELLY.

1½ pints water.	¾ pint lemon-juice.	small piece of cinnamon.	6 ozs. loaf sugar.
rind of 2 lemons.	2 ozs. gelatine.	3 cloves.	whites and shells of 2 eggs.

Peel the lemons very thinly, taking care not to take away with it any of the white pith underneath, as this would make the jelly bitter. Beat the whites of eggs to a stiff froth, wash and crush the egg-shells; put these with all the rest of the ingredients into a large stewpan, place it on the fire, and stir until the gelatine is melted, then whisk until it boils. Let it boil up, take it off the fire, and let it settle for five minutes. Fix a clean kitchen cloth on to a soup-stand, or the cloth can be tied by the four corners to the legs of a chair turned upside down. Place a basin underneath, pour some boiling water through the cloth. Empty this away, put the basin under again, and pour the jelly into the cloth; if not clear, put the jelly through again. The jelly must not be stirred while it is running through the cloth. As soon as the jelly is strained it can be moulded, and, when set, is ready for use.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 1½ pint mould.

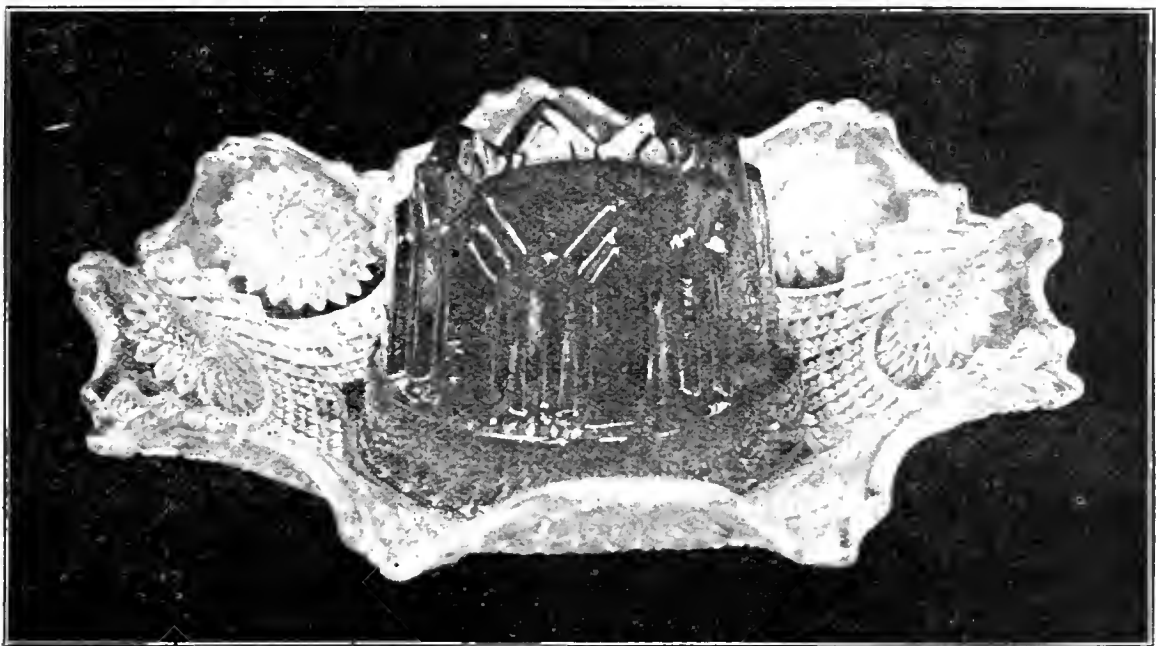


FIG. 151.—CALF'S FOOT JELLY.

2,111. CALF'S FOOT JELLY.

1 calf's foot.	2 lemons.	cinnamon.	2 eggs.
2 quarts cold water.	2 cloves.	1 gill sherry.	3 ozs. sugar.

Chop the foot into three or four pieces, put them into a saucepan of cold water, and bring to the boil. Strain them, return to the saucepan, and add the two quarts of cold water. Let this simmer very gently for seven or eight hours, keeping it very well skimmed all the time. Strain through a fine sieve, and put aside to cool. Remove any fat there may be on the stock, or the jelly will not clear. When quite cold, put the stock into a clean saucepan, add the sugar, the thinly-peeled rind of the lemons, and the juice, the cloves, and a small piece of cinnamon. Whip the whites of the eggs and add to the jelly, also the egg-shells crushed. Put the pan on the fire and whisk until the jelly boils; let it simmer a few minutes, then add the sherry and boil once more. Have ready a clean cloth, scalded in boiling water, pour the jelly through this. Strain the jelly more than once if it does not run through clear. Rinse a jelly-mould in cold water, pour in the calf's foot jelly, and put in a cool place to set. Turn out on a glass dish, and serve.

Average cost, 1s. 3d Time required, 8 hours to make the stock, about 45 minutes to clear.

2,112. EGG JELLY.

2 lemons. | 4 yolks of eggs. | 5 ozs. sugar. | 1 pint water. | 1 oz. gelatine.

Peel the lemons very thinly, taking care not to remove any of the white pith. Squeeze the juice of the lemons into a basin, add the lemon-peel and $\frac{1}{2}$ pint of water. Melt the gelatine in the other $\frac{1}{2}$ pint of water; when dissolved, stir in the sugar. Beat the yolks of the eggs in a basin, pour the gelatine water on to them; return to the saucepan, and stir over a slow fire until the eggs are cooked. It must not be allowed to boil or the eggs will curdle. Pour this mixture on to the lemon-water in the basin. Rinse a jelly-mould with cold water, strain the egg jelly into it through a fine strainer. Put in a cool place to set. When firm, turn out on a glass dish, and serve.

Average cost, 8d. Time required, 20 minutes. Seasonable all the year.

2,113. PORT-WINE JELLY.

$\frac{1}{2}$ pint port-wine.	1 small piece of cinnamon.	1 tablespoonful red-currant jelly.
$\frac{1}{2}$ pint water.	1 oz. sugar.	1 oz. gelatine.
1 clove.	1 lemon.	2 whites of eggs.

Peel the lemon very thinly, put it into a saucepan, add the water, gelatine, sugar, clove, cinnamon, red-currant jelly, and the juice of the lemon. Whip the whites of the eggs and add to the jelly, also the crushed egg-shells. Place the pan on the fire and stir until the gelatine is melted, then whisk until it boils. When boiling, pour in the port-wine, bring it up to the boil again, and let it simmer for a few minutes. Have ready a clean cloth, scalded with boiling water, pour the jelly through this until clear. If the jelly is not a good colour, a few drops of cochineal can be added before straining. Rinse a jelly-mould in cold water, fill with the port-wine jelly, and put in a cool place to set. When firm, dip the mould in a basin of warm water and turn out quickly on to a glass dish.

Average cost, 2s. 6d. Time required, 30 minutes.

2,114. ORANGE JELLY.

$\frac{1}{2}$ pint water. | $\frac{1}{2}$ pint orange-juice. | rind of 3 oranges. | $\frac{1}{2}$ lemon. | 1 oz. gelatine. | 3 ozs. loaf sugar.

Peel the rind of three oranges very thinly, taking care not to remove any of the pith. Put the orange and lemon rind, water, sugar, and gelatine in a saucepan; stir over the fire until the gelatine is melted, then let it simmer gently for ten minutes. Add the $\frac{1}{2}$ pint of orange-juice and the juice of half a lemon. Rinse a jelly-mould in cold water, and strain the jelly into it through a fine strainer. Put in a cool place to set. Turn out on a glass dish, and serve. A little sherry can be added to this jelly in place of the lemon-juice.

Average cost, 6d. Time required, 20 minutes.

2,115. BAKED CUSTARD PUDDING.

$\frac{1}{2}$ pint milk. | $\frac{1}{2}$ oz. sugar. | 3 yolks of eggs. | 2 whites of eggs.

Put the milk and sugar into a saucepan, bring nearly to boiling-point. Beat the eggs in a basin, stir the hot milk on them, and flavour with almond, lemon, or vanilla. Pour the custard into a pie-dish, place in a moderate oven for about twenty minutes. Serve either hot or cold. If cooked too quickly, this pudding will be watery.

Average cost, 5d. Time required, 30 minutes.

2,116. MILK JELLY.

1 pint milk. | 1 lemon. | 2 ozs. sugar. | $\frac{1}{2}$ oz. gelatine.

Peel the rind of the lemon very thinly, put it into a saucepan with the sugar and milk. Put the pan over a very slow fire, and let them stand until the milk is well flavoured with the lemon. Add the gelatine, and stir over the fire until it is

melted. The jelly must not be allowed to boil after the gelatine is added or it will curdle. Strain into a basin, and stir occasionally until nearly cold. Pour the mixture into a mould, and, when quite set, turn out and serve.

Average cost, 4d. Time required, 20 minutes.

2,117. PRUNE JELLY.

8 ozs. prunes. | $\frac{1}{2}$ pint water. | 1 lemon. | 1 oz. sugar. | $\frac{1}{4}$ oz. gelatine.

Put the prunes in a stewpan with the sugar, water, and the rind of the lemon peeled very thinly. Place the stewpan on the fire, bring to the boil, and stew gently until the prunes are quite soft. Pass the prunes with their juice through a sieve into a basin. Melt the gelatine in a little water, stir it over the fire until quite dissolved, then add it to the sieved fruit. Squeeze the lemon, and strain the juice to the mixture. Rinse out several small moulds or one large one with cold water, pour in the jelly, and let it set. When ready to serve, dip the mould in warm water, and quickly turn on to a dish. It can be served quite plain or with cream.

Average cost, 5d. Time required, 45 minutes.

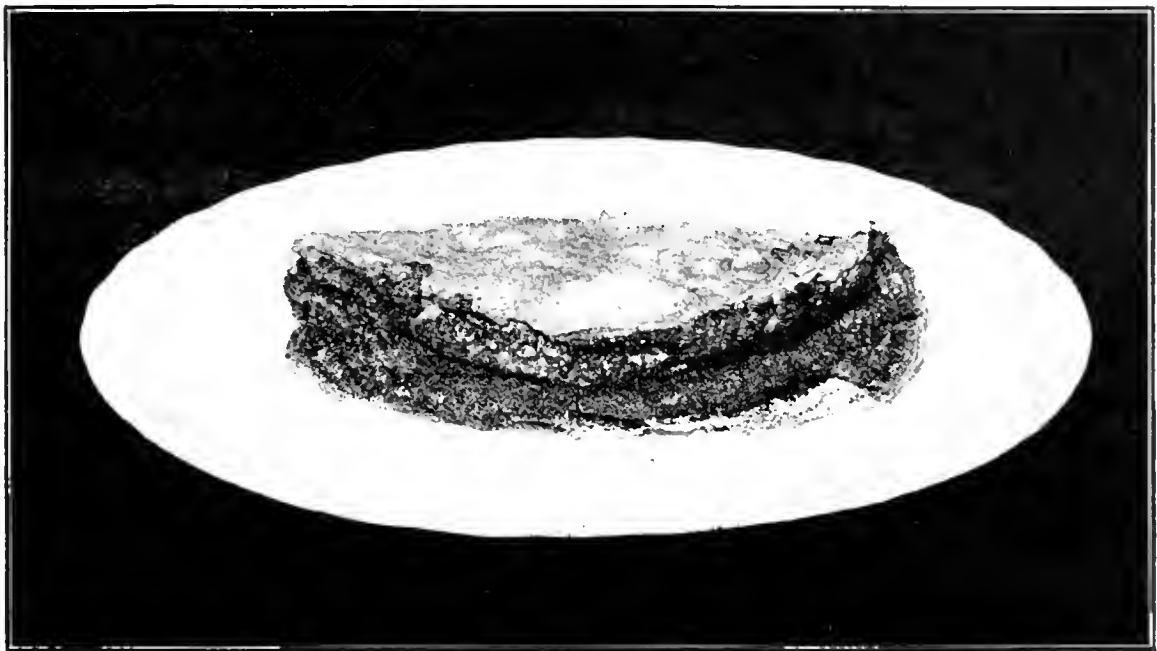


FIG. 152.—SOUFFLÉ OMELETTE.

2,118. SOUFFLÉ OMELET.

2 yolks of eggs. | $\frac{1}{2}$ oz. sugar. | $\frac{1}{2}$ oz. butter. | jam. | 3 whites of eggs. | few drops of vanilla essence.

Separate the yolks and whites of the eggs into two basins, two yolks in one, three whites in the other. Add the sugar to the yolks, and beat them well with a fork; then add the vanilla, or any kind of flavouring that is preferred. Whisk the whites of the eggs very stiffly, and stir them lightly to the yolks. Melt the butter in an omelet-pan, and, when it is hot, pour in the egg-mixture, spread it evenly over the pan, put it on a slow fire, and leave it there without stirring for three minutes. After that time put the pan into the oven to brown the top for another three minutes. Have ready a piece of paper thickly sprinkled with sugar, and about one tablespoonful of any kind of jam heated in a stewpan. As soon as the omelet is ready, take it out of the oven, turn it out quickly upside down on to the sugared paper, put the jam over half of the omelet, fold the other half over. Dish up quickly on a hot dish, dust sugar over it, and send to table at once. These omelets should be made just as they are wanted, and not allowed to wait, as they go down as soon as they come from the oven.

Average cost, 5d. or 6d. Time required, 12 to 15 minutes.

2,119. TAPIOCA PUDDING.

2 ozs. tapioca. | 1 pint milk. | 1 egg. | 1 oz. sugar.

Put the milk into a saucepan to boil. When boiling, sprinkle in the tapioca, and cook until it is tender. Beat the egg in a basin, mix it with the tapioca, also the sugar. Pour into a buttered pie-dish, and cook in a slow oven for half an hour.

Average cost, 4d. Time required, 1 hour.

2,120. INVALID BREAD-AND-BUTTER PUDDING.

slices of bread and butter. | $\frac{1}{2}$ oz. butter. | 1 oz. loaf sugar.
1 pint milk. | 2 eggs. | $\frac{1}{2}$ lemon-rind.

Cut the bread and butter in thin slices, cut these in suitable pieces. Butter a pie-dish well, and arrange the pieces of bread and butter in it. The dish should not be filled too full. Put the milk into a stewpan with the sugar and thinly-peeled lemon-rind, place the pan on the fire, and let it come slowly to the boil. Beat the eggs well, let the milk go off the boil, and cool for a minute or two, then strain it on to the eggs. Pour this over the bread and butter, and place in a moderate oven until it sets and colours on the top. It will take about twenty minutes to bake. The pudding can be served either in the dish or turned out on to a flat dish, and dusted over with sugar. Serve hot.

Average cost, 5d. Time required, 40 minutes.

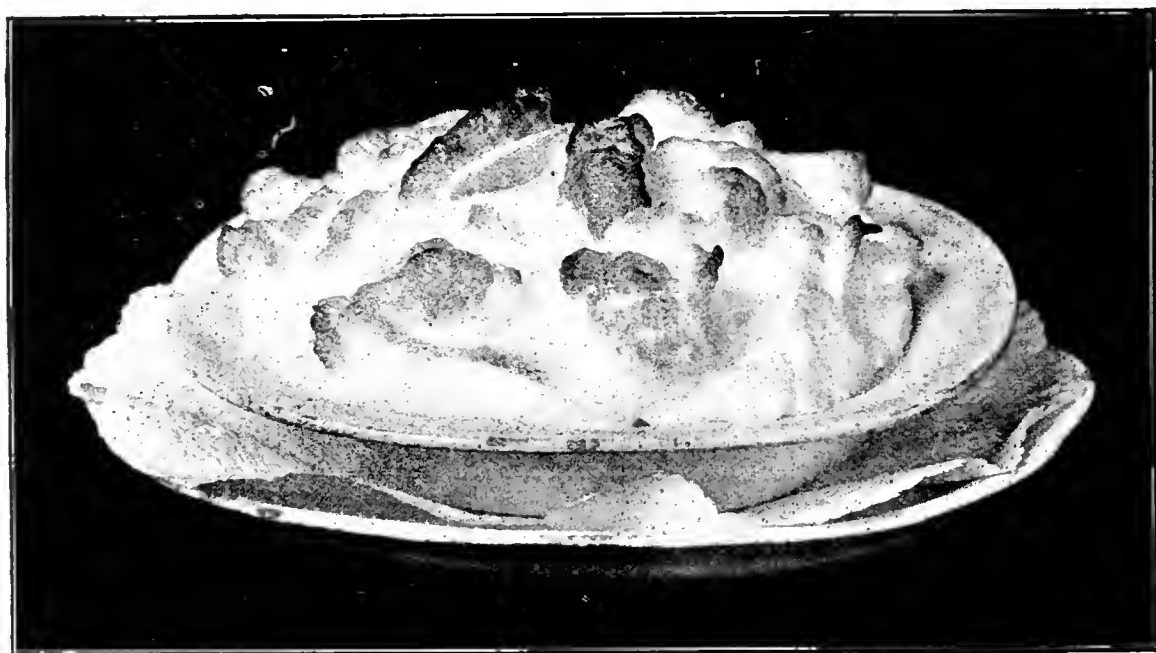


FIG. 153.—ARROWROOT PUDDING.

2,121. ARROWROOT PUDDING.

1 dessertspoonful arrowroot. | 1 yolk of egg. | 3 whites of eggs.
 $\frac{1}{2}$ pint milk. | 1 lemon. | $\frac{3}{4}$ oz. sugar.

Mix the arrowroot with a little of the milk until it is a smooth paste. Put the rest of the milk into a stewpan with the sugar, bring it to the boil, and then stir it on to the arrowroot. Return to the saucepan, and let it simmer for five minutes, stirring all the time. Let it cool a little, then stir in the yolk of egg and the grated rind of the lemon. Butter a pie-dish, pour in the mixture, and bake for ten to fifteen minutes. While it is baking, whip the three whites of eggs very stiffly, and, when the pudding is cooked, pile the whipped whites on the top of it, making it as rough-looking as possible. Dredge with a little castor sugar, and return to the oven to set the whites and to become a pale brown. Take up, and serve hot.

Average cost, 6d. Time required, 30 minutes.

2,122. STEAMED CUSTARD.

4 yolks of eggs. | 2 whites of eggs. | 1 oz. sugar. | any kind of flavouring. | $\frac{1}{2}$ pint milk.

Put the four yolks and two whites of eggs in a basin, beat them well together with a fork. Put the milk into a saucepan with the sugar, and if lemon-rind is used to flavour, add that also. Place the pan on the fire, and bring slowly to the boil; then take it off the fire, and let it cool a little. Add it to the eggs, and mix. Butter some little moulds, fill them with the mixture, cover with buttered paper, arrange the moulds in a steamer, put on the lid, and steam slowly over the fire for fifteen to twenty minutes. When done, lift them out of the steamer, turn the custards out of the moulds on to a hot dish, and serve.

Average cost, 7d. Time required, 30 minutes. Sufficient to fill 5 or 6 little moulds.



FIG. 154.—IRISH-MOSS BLANCMANGE.

2,123. IRISH-MOSS BLANCMANGE.

$\frac{1}{2}$ oz. Irish moss. | $1\frac{1}{2}$ pints milk. | 1 lemon. | $1\frac{1}{2}$ ozs. sugar.

Wash the moss thoroughly in a basin of cold water. Put into another basin, cover with fresh water, and leave it to soak for ten minutes. Strain off the water; put the moss into a saucepan with the milk, sugar, and the thinly-peeled rind of the lemon. Let this come slowly to the boil, then stir it over the fire for fifteen minutes. Add the juice of the lemon. Rinse a jelly-mould out with cold water, strain the Irish moss into it, and leave in a cool place until quite firm, or it can be poured into a glass dish, and served in it when set.

Average cost, 5d. Time required to make, 30 minutes.

2,124. STRENGTHENING JELLY.

$\frac{1}{2}$ pint wine. | rind of 1 lemon. | 1 oz. gelatine. | $\frac{1}{2}$ oz. gum-arabic. | 1 oz. sugar-candy.

Crush the sugar-candy and gum-arabic very finely, put them into a covered earthenware pot with the other ingredients. Let this remain for twelve hours, stirring it occasionally; then put the jar in a warm place to melt the gelatine, etc. The jelly must be kept in a cool place in the jar in which it was made. A teaspoonful can be given to the patient every two or three hours.

Average cost, 1s. 6d. Time required, about 13 hours.

2,125. BOILED CUSTARD AND STEWED APPLES.

1 lb. apples.	sugar.	1 whole egg.	1 yolk of
1 clove.	$\frac{1}{2}$ pint milk.	vanilla.	egg.

Peel and core the apples, cut them in slices, put into a saucepan with the clove, sugar to taste, and a little water. Place the pan on the fire, and stew gently until the apples are quite tender, then remove the clove. Put the milk into a saucepan with $\frac{1}{2}$ oz. sugar, place on the fire, and bring to the boil. Break the eggs into a basin, beat them, and then stir the hot milk on to them. Strain it back into the saucepan, and stir over a very slow fire until the custard thickens. It must on no account be allowed to boil, or the eggs will curdle. Flavour with a few drops of vanilla. As soon as the custard thickens, pour it into a cold basin. This will stop the cooking of the eggs. If left in the saucepan after it thickens, the heat of the pan will very often curdle the eggs. Serve the apples and custard in separate dishes, either hot or cold.

Average cost, 6d. Time required, 30 minutes.

2,126. SWEET SOUFFLÉ.

$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ oz. sugar.	flavouring.	3 whites of eggs.
$\frac{1}{2}$ oz. flour.	$\frac{1}{2}$ gill milk.	2 yolks of eggs.	custard sauce (No. 156).

Well butter a small timbale-mould, tie a band of buttered paper round the outside, so that it stands above the tin. Melt the butter in a saucepan, mix in the flour off the fire, then moisten with the milk, and stir over the fire until the mixture is very thick and leaves the sides and bottom of the pan clean. Take it off the fire, add the sugar, and let it cool a little; then beat in the yolks of the eggs, one at a time. Flavour with vanilla, almond, or lemon. Whip the three whites of eggs very stiffly, and then stir them into the mixture in the saucepan, taking care not to stir it too much or the eggs will go down and the soufflé will not be light. Pour the mixture into the prepared tin, cover with a piece of buttered paper, place in a steamer, and cook for thirty minutes. Turn out on to a hot dish, pour custard sauce round, and serve immediately, as these soufflés begin to fall directly they are taken from the steamer.

Average cost, 10d. Time required, 45 minutes.

2,127. RICE PUDDING.

1 tablespoonful rice.	1 oz. butter.	4 lumps sugar.	milk.
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Put the rice into a pie-dish holding about $1\frac{1}{2}$ pints (it ought to just cover the bottom of the dish), fill to the top with milk, add the sugar and the butter in small pieces. Place in a cool oven, and let it cook gently for about two hours. If the milk boils away too quickly, more can be added. The rice should be quite creamy by the time it is finished.

Average cost, 5d. Time required, 2 hours.

2,128. GROUND-RICE PUDDING.

1 pint milk.	1 oz. sugar.	$1\frac{1}{2}$ ozs. ground
1 lemon.	butter.	rice.

Put the ground rice into a basin, mix with it enough of the milk to make it into a paste. Put the rest of the milk into a pan with the sugar, and bring to the boil. Stir it on to the ground rice, return to the saucepan, and stir over the fire for about five minutes, then add the grated rind of a lemon. Butter a pie-dish, pour the rice in, and place in a moderate oven for about twenty minutes. Serve in the pie-dish.

Average cost, 6d. Time required, 45 minutes.

2,129. ORANGE CREAM.

2 oranges. | $\frac{3}{4}$ pint milk. | 2 ozs. sugar. | $\frac{1}{4}$ oz. gelatine. | $\frac{1}{2}$ lemon.

Peel the rind of the oranges very thinly, put it into a saucepan with the sugar and $\frac{1}{2}$ pint of milk. Bring to the boil, and simmer gently for ten minutes. Melt the gelatine in 1 gill of milk, taking care that it does not boil, or it will curdle. Stir it into the $\frac{1}{2}$ pint of milk, strain, and let it get nearly cold : then whisk it well, and add by degrees the juice of the oranges and the half lemon. Continue to whisk until it begins to set, then rinse a mould in cold water, and pour the mixture into it. Put in a cool place until quite firm ; turn out, and serve. Care should be taken in preparing this cream not to put it into the mould too soon, or it will separate and the gelatine sink to the bottom.

Average cost, 5d. Time required, 1 hour. Seasonable in the winter.

2,130. TAPIOCA CREAM.

1 tablespoonful tapioca. | 1 egg. | $1\frac{1}{2}$ pints milk. | sugar to taste.

Put the milk into a saucepan, place on the fire, and, when boiling, sprinkle in the tapioca. Let this simmer gently for two hours until reduced to 1 pint. Let it cool a little. Have ready one yolk of egg, well beaten, and stir the milk and tapioca to it. Do not put it on the fire again, or it will curdle. Sweeten to taste, and serve with stewed fruit.

Average cost, 5d. Time required, 2 hours.

2,131. PEARL-BARLEY PUDDING.

1 oz. pearl-barley. | 1 oz. sugar. | 1 oz. butter.
1 egg. | 1 pint milk. | flavouring.

Wash the barley in several waters ; put the milk into a saucepan, and, when boiling, stir in the barley. Let it simmer very gently until the barley is tender. When cooked, add one egg, well beaten, the sugar, and some more milk. Flavour with vanilla or lemon, pour it into a buttered pie-dish with the butter in small pieces on the top. Bake in a moderate oven.

Average cost, 6d. Time required, $1\frac{1}{2}$ hours.

2,132. CANARY PUDDINGS.

1 egg. | $1\frac{1}{2}$ ozs. castor sugar. | $1\frac{1}{2}$ ozs. flour. | $1\frac{1}{2}$ ozs. butter. | lemon-rind.

Put the butter and sugar into a basin, cream them together with a wooden spoon until quite soft, add the egg, stir it into the butter and sugar until well mixed, beat for a few minutes. Sieve the flour with a pinch of baking-powder, add the grated lemon-rind, stir lightly into the mixture. Have ready buttered some small dariole-moulds, put in each two teaspoonfuls of the above preparation, place them in a steamer, cover with a buttered paper, put on the lid, and steam quickly for twenty minutes. When done, turn out on to a hot dish, and serve plain or with sweet or custard sauce.

Average cost, 4d. or 5d. Time required, 35 minutes. Sufficient for 4 or 5 darioles.

2,133. STEWED FIGS.

1 lb. dried figs. | 2 cloves. | 1 lemon.

Put the figs in a basin, cover with water, and let them soak for some hours ; then put them into a stewpan with the water that they were soaked in, add the cloves and the rind of the lemon, stew gently until soft, add the juice of the lemon, and let cool. Serve with boiled rice or cream.

Average cost, 7d. Time required, after soaking, 30 minutes.

2,134. FLORADOR BLANCMANGE.

1 pint milk. | 2 ozs. sugar. | 2 tablespoonfuls florador. | 1 lemon. | stewed fruit.

Peel the lemon very thinly, put it in a stewpan with the milk and sugar, bring to the boil, and then sprinkle in the florador, stirring all the time. Let it boil until it is thick and the florador cooked. Turn the mixture into a mould, and, when cold, turn out, and serve with stewed fruit. The lemon-rind should be removed before the florador is added to the milk.

Average cost, nominal. Time required, 20 minutes. Seasonable at all times.

2,135. CORNFLOUR BLANCMANGE.

1 oz. cornflour. | $\frac{1}{2}$ pint milk. | a little sugar. | 1 lemon.

Put the cornflour into a basin, mix enough of the milk with it to make a smooth paste. Put the rest of the milk into a saucepan with a little sugar and the thinly-peeled rind of the lemon. Let it come slowly to the boil, then strain it into the cornflour, mix it in, return to the saucepan, and let it cook over the fire for about ten minutes, stirring it all the time. Rinse a mould out with cold water, pour in the blancmange, and put aside to set. When firm, turn out, and serve cold.

Average cost, 2½d. Time required, 20 minutes.



FIG. 155.—CORNFLOUR BLANCMANGE.

2,136. INVALID FRUIT TART.

6 sponge fingers. | $\frac{1}{2}$ lb. apples. | sugar. | 1½ gills milk. | 1 egg.

Split the sponge biscuits in halves down the centre. Peel and core the apples, cut them in convenient pieces, place them in a saucepan with sugar to taste and sufficient water to cook them. Put the pan on the fire, and simmer until the fruit is soft, then rub the apples through a fine sieve. Arrange a layer of sponge fingers at the bottom of a buttered pie-dish, over these place a layer of the stewed fruit, then some more biscuits. Continue in this way until the fruit is used up. Boil the milk in a stewpan, beat the egg in a basin, allow the milk to go off the boil, then stir it on to the egg; mix well. A little sugar may be added if liked. Place the dish in a moderate oven, and bake for ten to fifteen minutes. When done, dredge over some castor sugar, and serve hot. Any suitable fruit that is in season can be used instead of apples. Pastry is not generally allowed for invalids, and this is a pudding that takes its place.

Average cost, 7d. Time required, 30 minutes. Seasonable at all times.

2,137. COMPOTE OF ORANGES.

3 oranges. | 1 gill water. | sugar. | $\frac{1}{2}$ lemon.

Peel the oranges, take away every particle of the white pith, cut the fruit in slices, not dividing them in the natural divisions, remove the pips from every slice. Put the water into a stewpan, sweeten to taste, add the strained juice of half a lemon, boil for a few minutes. Arrange the slices of orange in a glass dish, and as soon as the syrup has cooled sufficiently pour it over the fruit. Place the dish in a cool place, and serve when required.

Average cost, 4d. Time required, 15 minutes. Seasonable, November to June.

2,138. JUNKET.

$\frac{1}{2}$ pint milk. | $\frac{1}{2}$ oz. sugar. | nutmeg. | a little sherry. | 1 small teaspoonful rennet.

Put the sugar and milk into a saucepan, place on the fire, and allow it to get just tepid (98° F.). Add the sherry and rennet. Pour it into custard-glasses, and put aside to set. When firm, grate a little nutmeg over the top of each. Junket can either be served plain or with whipped cream.

Average cost, 4d. Time required, a few minutes to make.



FIG. 156.—JUNKET.

INVALID DRINKS**2,139. LEMONADE.**

1 lemon. | $1\frac{1}{2}$ ozs. sugar. | 1 pint water.

Peel the lemon very thinly, taking great care not to take off any of the white pith, as this makes the lemonade bitter and unpalatable to an invalid. Put the peel into a jug, add the sugar and 1 pint of boiling water. Stir it until the sugar is melted, then cover closely with a cloth in order to keep the steam in. When cold, strain, and use as required.

Average cost, $1\frac{1}{2}$ d. Time required, 10 minutes.

2,140. A STRENGTHENING AND COOL DRINK.

1 white of egg. | 1 lemon. | 1 gill water. | sugar to taste.

Beat the white of egg very stiffly, stir in the water, the strained juice of one lemon, and sugar to taste. Serve at once.

Average cost, 2d. Time required, a few minutes.

2,141. IRISH MOSS.

$\frac{1}{4}$ oz. Irish moss or carrageen. | $1\frac{1}{2}$ pints water. | 1 lemon. | 1 oz. sugar.

Well wash the moss in water, then allow it to soak for fifteen minutes. Put the moss into a saucepan with $1\frac{1}{2}$ pints of water, 1 oz. sugar, and the rind of a lemon very thinly peeled. Bring this to the boil, and then stir over the fire for fifteen minutes. Strain it, and use when cold. This seaweed is used greatly for chest complaints.

Average cost of Irish moss, 9d. per lb. Time required, about 45 minutes.

2,142. ICELAND-MOSS TEA.

$\frac{1}{2}$ oz. Iceland moss. | 1 quart water. | 1 lemon. | sugar to taste.

Wash the moss thoroughly, put it into a saucepan of water and bring to the boil. Strain it off, and throw away the water, as it is bitter. Return the moss to the saucepan, add $1\frac{1}{2}$ pints of water, the rind of one lemon, peeled thinly, and sugar to taste. Put it on the fire, and let it boil gently for fifteen minutes. Strain it, and use when cold. This moss is used greatly for chest complaints.

Average cost, 9d. per lb. Time required, 30 minutes.

2,143. LINSEED TEA (1).

2 tablespoonfuls linseed. | 1 pint water. | $\frac{1}{2}$ lemon. | sugar.

Boil the linseed in the water for ten minutes, strain into a jug, add the juice of half a lemon, and sweeten to taste. Serve when cold.

Average cost, $1\frac{1}{2}$ d. Time required, 10 minutes.

2,144. LINSEED TEA (2).

3 tablespoonfuls linseed. | 1 pint water. | 1 lemon. | sugar. | 1 wineglass port or sherry.

Boil the linseed in the water for ten minutes. Strain it into a jug, add the juice of the lemon, sugar to taste, and a wineglassful of wine. Mix thoroughly, and serve when cold.

Average cost, 6d. Time required, 10 minutes.

2,145. BLACK-CURRANT TEA.

2 tablespoonfuls black-currant jam. | 1 pint water.

Put the jam into a saucepan, add the water, and stir over the fire until boiling. Let it simmer gently for ten minutes. Strain, and serve either hot or cold.

Average cost, 2d. Time required, 10 minutes.

2,146. MILK TEA.

1 teaspoonful tea. | $\frac{1}{4}$ pint milk. | sugar to taste.

Pour some boiling water into a teapot to heat the pot, empty this away, put in the tea, heat the milk, and, when it boils, pour on to the tea. Place the lid on the pot, and let it stand for two or three minutes. Serve the tea at once. When milk diet is ordered, this is a nourishing and palatable way of administering it.

2,147. TOAST WATER.

1 slice stale bread. | 1 pint water.

Toast the slice of bread rather slowly until it is a nice brown colour all over, taking great care that it does not burn. Put it into a jug, and pour over it 1 pint of boiling water. Cover the jug with a cloth, and leave until perfectly cold. Strain it, and it is then ready for use.

Average cost, nominal. Time required, a few minutes.

2,148. BARLEY WATER.

2 ozs. pearl-barley. | 3 lumps sugar. | rind of 1 lemon. | 1½ pints boiling water.

Wash the barley in cold water, then put it into a saucepan, cover with cold water, and bring to the boil. Strain it, and return the barley to the saucepan; add the sugar. Peel the lemon very thinly, taking care not to remove any of the white pith; add the lemon-peel to the barley and 1½ pints of boiling water. Let this boil gently for fifteen to twenty minutes, then strain into a jug, and use when cold.

Average cost, 2d. Time required, about 30 minutes.

2,149. RICE WATER.

2 ozs. rice. | 1 quart water. | sugar to taste.

Wash the rice in cold water, then put it into a stewpan with the water. Let this boil gently for about half an hour. Strain into a jug, and sweeten to taste. Use when quite cold.

Average cost, 2d. Time required, 30 minutes.

2,150. APPLE WATER.

1½ lbs. apples. | 1 oz. sugar. | 1 quart water. | ½ lemon.

Peel and core the apples, cut them into thin slices, and put them into a jug with 1 oz. sugar. Peel the rind of half a lemon very thinly, put it into a saucepan, and bring slowly to the boil. Pour it on to the apples in the jug, cover closely with a cloth, and leave until cold. Strain it, and it is ready for use.

Average cost, 6d. Time required, 15 minutes.

2,151. BARLEY MILK.

¼ lb. patent barley. | 1½ pints milk. | ½ oz. sugar.

Put the milk and barley into a saucepan, bring to the boil, and then let it cook gently for about two hours. Then add the sugar, serve hot.

Time required, about 2 hours Average cost, 4d.

2,152. EGG AND MILK.

1 egg. | 1 glass sherry. | ½ pint milk. | sugar to taste.

Beat the egg well, add the sherry and the milk. Stir all well together, sweeten to taste, pour the mixture into a tumbler, and serve.

Average cost, 6d. Time required, a few minutes.

2,153. EGG AND SODA WATER.

1 yolk of egg. | 1 teaspoonful castor sugar. | ½ gill milk. | soda water.

Beat the yolk of the egg with the sugar until frothy, add the milk, mix well. Put this into a tumbler, fill up with soda water, and serve.

Average cost, 3½d. Time required, a few minutes.

2,154. NOURISHING CHICKEN BROTH, WITH EGG.

½ pint chicken-broth. | 1 tablespoonful brandy. | salt.
2 yolks of eggs. | toast. | pepper.

Put the yolks of the eggs into a basin, boil the chicken broth, let it go off the boil, and cool for a minute; then pour it on to the eggs, stirring meanwhile. Put the broth back into the stewpan, stir until just on boiling-point, but do not let it actually boil. Add the brandy, season to taste, pour into a cup, and serve hot with a slice of toast cut into fingers.

Average cost, 4d., without the broth. Time required, 15 minutes.

2,155. OATMEAL TEA.

2 tablespoonfuls oatmeal. | 1 lemon. | 1 quart boiling water. | sugar to taste.

Put the oatmeal in a jug, peel the lemon very thinly, add it and sugar to taste to the oatmeal, pour the boiling water over it. Let it stand till cold, then pour it off, and it should be clear.

Average cost, 1½d. Time required, 5 minutes.

2,156. ARROWROOT DRINK WITH BLACK-CURRENT JAM.

2 tablespoonfuls black-currant jam. | 1 quart water. | 1 teaspoonful arrowroot.

Put the jam into a stewpan, add the water to it, put on the lid, and bring to the boil. Let it simmer gently for half an hour, strain, and return the liquor to the stewpan. Mix the arrowroot in a basin with enough cold water to make into a thin paste. As soon as the liquor in the stewpan boils, pour it on the arrowroot, stirring well; return to the pan, boil up, strain it into a jug, and let it get cold, and serve. This is good for colds, and is liked and readily taken by children.

Time required, 45 minutes.

2,157. BARLEY NEGUS.

1 tablespoonful pearl- | 1 pint water. | 1 tablespoonful lemon-juice.
barley. | 1 gill sherry. | sugar to taste.

Wash the barley, boil it in the water for fifteen minutes, then add the wine, lemon-juice, and sugar to taste. Strain, and use hot.

Average cost, 4d. Time required, 15 minutes.

2,158. MULLED WINE.

1 gill sweet wine. | 2 eggs. | ½ gill water. | 6 cloves. | 2-inch stick of cinnamon. | 2 ozs. sugar.

Break the cinnamon into small pieces, put it into a basin with the cloves, pour ½ gill of boiling water over them, and let it stand for a short time. Break the eggs into a basin, add the sugar, and beat very well. Strain the spice-water into it, and mix thoroughly. Put the wine into a saucepan, bring it to the boil, and then pour it into the egg mixture. Pour it from one jug to another once or twice in order to make it frothy. Serve hot.

Average cost, 9d. Time required, 15 minutes.

2,159. WHITE-WINE WHEY.

½ pint milk. | ½ oz. sugar. | 1 tablespoonful white wine.

Put the milk and sugar into a saucepan, and bring to the boil. Add the white wine, and let it stand. When it has curdled, strain it, and use as required.

Average cost, 4d. Time required, a few minutes.

2,160. LEMON WHEY.

½ pint milk. | 1 oz. sugar. | 1 lemon.

Put the milk and sugar into a saucepan, and bring to the boil. Add the strained juice of one lemon, cook over the fire until it curdles, then strain, and use as required.

Average cost, 2d. Time required, a few minutes.

2,161. PORT-WINE NEGUS.

1 gill port-wine. | ½ pint water. | sugar to taste. | lemon-juice. | vanilla essence. | nutmeg.

Put 1 gill of port-wine into a jug. Boil ½ pint water with about 1 oz. sugar. Pour this on to the wine, flavour with a little lemon-juice, grated nutmeg, a few pieces of lemon-rind, and a few drops of vanilla essence. Serve hot.

Average cost, 8d. Time required, a few minutes.

CHAPTER XXVI

ENTREMETS (SWEETS)

ELEMENTARY PREPARATIONS

2,162. TO SKIN ALMONDS OR PISTACHIO NUTS.

Put the almonds or pistachios into a basin, pour over enough boiling water to cover them, let them stay in the water for about five minutes, then drain, press each with the thumb and finger to remove the skin, wash in cold water, drain, and dry in a cloth.

2,163. PRALINED ALMONDS.

Skin the almonds, dry them, then chop or shred them. Place on a baking-tin in the oven, sprinkle with icing-sugar several times. This turns to caramel during the baking, and covers the almonds with a brown coating of sugar.

2,164. BURNT ALMONDS.

Chop or shred the almonds, put them on a baking-sheet in a moderate oven, and bake them a golden brown. They should be stirred constantly, so that they may be the same colour all over.

2,165. TO BEAT WHITES OF EGGS.

Separate the yolks from the whites of eggs carefully, so that the yolks are not broken. The whites will not beat up well if any of the yolks are mixed with them. Put the whites into a basin or egg-bowl, begin to whisk the whites gently with a wire whisk. As soon as the eggs begin to stiffen, beat more quickly until the whites are so stiff that the basin may be turned upside down without the eggs falling out. A pinch of salt added to the whites often facilitates the whisking process.

2,166. TO WHIP CREAM.

Pour the cream into a basin, whip gently with two forks until the marks of the forks can be just seen in it. When whipped enough, put the cream on a hair sieve in a cool place until required for use.

2,167. TO CLEAN CURRANTS AND SULTANAS.

Place the fruit on a wire sieve, sprinkle them with flour, and rub them gently with the hand. This will not only clean the fruit, but remove most of the stems. Then take up a few at a time into the hand, and examine them to see if all the stalks have been removed. Continue in this way until all have been examined.

2,168. VANILLA SUGAR.

Cut up 1 oz. of vanilla-pod into small pieces, put it into a mortar with 2 lbs. of castor sugar, and pound well together. Pass through a fine sieve, and keep in a tin or jar tightly covered.

2,169. TO MAKE BAKING-POWDER.

4 ozs. ground-rice or cornflour. | 2 ozs. carbonate soda. | 1½ ozs. tartaric acid.

Mix these ingredients together, and pass through a fine hair sieve. Keep in a tin tightly covered. Use 1 teaspoonful to a pound of flour.

2,170. CRÈME PÂTISSIÈRE (CONFECTIONER'S CUSTARD).

½ pint milk. | 2 yolks of eggs. | 1 oz. sugar.
½ oz. cornflour. | 1 white of egg. | vanilla.

Mix the cornflour with a little of the milk, put the remainder in a small stewpan to boil, add the sugar. Beat the eggs in a basin, then mix them with the cornflour. Let the milk go off the boil, then pour it on to the eggs and cornflour. Return to the saucepan, and cook until thick. Strain into a basin, then add the vanilla essence. Let cool, and use as desired. It can be used for filling éclairs in place of cream, and for many other purposes.

Average cost, 4d. Time required, 15 minutes.

2,171. CRÈME FRANGIPANE.

¼ lb. castor sugar. | 3 yolks of eggs. | 1 white of egg.
1 oz. flour. | pinch of salt. | 1 oz. crushed macaroons.
½ pint milk. | 2 ozs. butter. | flavouring essence.

Put the sugar, flour, and salt into a stewpan, stir in the eggs, mix well, then add the boiling milk, stirring quickly. Place the pan on a slow fire, and stir all the time the cream is cooking. Let it boil for about six or eight minutes. Take the pan off the fire, and mix in by degrees the 2 ozs. of butter, the crushed macaroons, and the flavouring essence. Turn it into a basin. Use as directed.

Average cost, 8d. Time required, 15 minutes.

BATTERS**2,172. FRYING BATTER.**

4 ozs. flour. | 1 gill tepid | 1 tablespoonful salad oil or | 2 whites of eggs.
salt. | water. | 1 oz. butter. | 1 yolk of egg.

Sieve the flour with a pinch of salt into a basin, add the yolk of the egg, mix in with a wooden spoon, add the oil with the tepid water (if oil is not liked, 1 oz. of melted butter can be used instead). Stir into the flour by degrees until a smooth paste is obtained, then beat the mixture for ten minutes. Let the batter stand for half an hour or longer. When ready to use, whisk the whites of the eggs to a stiff froth, and mix in lightly. Use as directed.

2,173. PANCAKE BATTER.

4 ozs. flour. | ½ pint milk. | salt. | 2 eggs.

Sieve the flour with a pinch of salt into a basin, break the eggs into the flour, work them together, add the milk by degrees. When half the milk has been added, beat the batter for ten minutes, then stir in the remainder of the milk. Let the mixture stand, if possible, for one hour before using. This makes the batter lighter, as the air dissolves into it. Use as directed.

Average cost, 4d. Time required, 1½ hours. Sufficient for 8 thin pancakes.

ICING FOR GÂTEAUX, SMALL CAKES, ETC.

2,174. GLACE AU FONDANT (FONDANT ICING).

2 lbs. loaf sugar. | $\frac{1}{2}$ pint water. | a pinch of cream of tartar, or a few drops of lemon-juice.

Put the sugar into a saucepan, add the water and acid, put on a slow fire, and let the sugar dissolve; then boil up quickly, skim, and put on the lid of the saucepan for a minute or two. Put in the thermometer, and boil to 230° F. Take it off the fire, sprinkle a marble slab with warm water, turn the sugar out on to it, and work with a spatula, turning it about in all directions. Gather the sugar together with a knife or scraper, so that no part is left untouched by the spatula. As soon as the sugar becomes white and creamy, work it into a ball, and knead it with the hand until perfectly smooth. To use the fondant, put as much of it as is needed into a saucepan, place over a slow fire, and stir so as to soften it. Add a little water to moisten it, if found necessary; flavour with any desired essence. It can also be tinted to any desired shade.

Average cost, 7d. or 8d. Time required, uncertain.

2,175. GLACE AU FONDANT AU CHOCOLAT (CHOCOLATE FONDANT ICING).

$\frac{1}{2}$ lb. fondant sugar (No. 2,174). | 2 ozs. unsweetened chocolate.

Prepare the fondant sugar as in last recipe, melt the chocolate in a little water, and add to the fondant after it has been melted in the stewpan. Stir over the fire until mixed, add a little water, if necessary, to make it the right consistency.

Average cost, 3d. or 4d. Time required, 10 minutes after fondant is prepared.

2,176. GLACE À L'EAU (WATER ICING).

$\frac{1}{2}$ lb. icing sugar. | water. | flavouring.

Pass the icing sugar through a fine sieve into a basin, mix into it sufficient cold water to make it into a thin paste, beat until smooth, flavour it as desired, and pour it over the cake or cakes. Stand aside to dry.

2,177. CHOCOLATE ICING.

$\frac{1}{2}$ lb. icing sugar. | 3 ozs. Cadbury's chocolate. | $\frac{1}{2}$ gill water.

Melt the chocolate in the water over the fire, stir with a wooden spoon until quite dissolved. Pass the sugar through a fine sieve, put it into the saucepan with the chocolate, stir together. Do not let it boil. Use as required while warm.

Average cost, 6d. Time required, 20 minutes.

2,178. GLACE ROYALE (ROYAL ICING).

1 lb. icing sugar. | 2 whites of eggs. | juice of 1 lemon.

Pass the icing-sugar through a hair sieve into a basin, add the whites of the eggs and the juice of the lemon, work these together with a wooden spoon until of a creamy consistency. Beat for fifteen to twenty minutes until the mixture is very smooth and light. It should be of such a consistency that it will not fall from the spoon when lifted.

Average cost, 7d. Time required, 30 minutes.

2,179. TRANSPARENT WATER ICING.

1 lb. loaf sugar. | $\frac{1}{2}$ pint water.

Put the sugar into a saucepan, add the water, place on a slow fire until the sugar is dissolved, then boil for about twenty minutes until it becomes a thick syrup. Pour it into a basin, and stir with a wooden spoon or spatula until nearly cold. Use for coating cakes before it is quite cold.

Average cost, 3d. Time required, 20 minutes.

2,180. GLACE À L'AMANDE (ALMOND ICING).

1 lb. ground almonds. | 1½ lbs. castor sugar. | whites of eggs. | flavouring.

Mix the almonds and sugar together—the latter should be very fine—make into a fairly stiff paste with whites of eggs, flavour to taste with orange-flower water, vanilla, or lemon. A few bitter almonds pounded and mixed with the sweet almonds are an improvement, or a few drops of ratafia or almond essence can be used instead.

Average cost, 1s. 8d. Time required, 15 minutes.

2,181. BEURRE AU CAFÉ (BUTTER ICING).

¼ lb. fresh butter. | ½ lb. icing sugar. | essence of coffee.

Cream the butter and sugar together in a basin until mixed and soft, then add some coffee essence by degrees until the right flavour is attained. Use for putting in the centre of cakes and for decorating.

Average cost, 7d. Time required, 20 minutes.

2,182. GLACE À CHAUD (WARM ICING).

½ lb. icing sugar. | water. | flavouring.

Pass the icing-sugar through a fine sieve into a saucepan, mix it with sufficient cold water to make it into a paste of a creamy consistency, add any kind of flavouring desired, and beat until smooth. Put the saucepan on the fire, and stir until luke-warm; then use quickly.

Average cost, 4d. to 6d. Time required, 20 minutes.

PASTRIES**2,183. SHORT PASTE.**

1 lb. flour. | ½ lb. butter. | salt. | water to mix.

Pass the flour with a pinch of salt through a fine wire sieve into a basin; break the butter into small pieces in the flour, then rub it in with the fingers until the mixture has the appearance of breadcrumbs. Add a little water, mix to a stiff paste, turn on to a floured board, knead it for a few seconds in order to get it smooth, roll it out lightly and quickly, and use for the purpose intended. Instead of using all butter, half butter and half lard can be used.

Average cost, 9d. if all butter is used, 7d. if half butter and half lard. Time required, 10 minutes.

2,184. ROUGH PUFF PASTRY.

8 ozs. flour. | 6 ozs. butter. | lemon-juice. | salt. | water.

Sieve the flour with a pinch of salt on to a table, cut the butter into three pieces, put them into the flour; make a well in the centre, squeeze in a few drops of lemon-juice, add a little water, and mix into a paste without breaking up the butter. Roll into a strip, fold in three, press the edges lightly with the rolling-pin, give it one turn to the left, roll again into a strip, always rolling the same way; fold, press, and turn again. Continue in this way until the pastry has been rolled four times. The pastry is now ready for use, and can be used for covering tarts, making tartlets, and for many other purposes.

Average cost, 7d. Time required, 30 minutes in the winter, longer in the summer.

2,185. PUFF PASTE.

½ lb. flour. | ½ lb. fresh butter. | pinch of salt. | lemon-juice. | water.

Sieve the flour and a pinch of salt on to a marble slab or paste-board, make a well in the centre of the flour, put in a squeeze of lemon-juice, and sufficient water

to make a paste. The consistency of the paste should be the same as the butter. Knead the paste for ten minutes, then roll it out into a strip about $\frac{1}{4}$ inch thick. Put the butter into a cloth, and squeeze out all the water. Place the butter in the centre of the strip of paste, fold one end over the butter, fold the other half over it, press the edges together. Put this aside into a cool place for fifteen minutes, then place the paste on the slab, and roll it out gently, always rolling in one direction. Fold in three, turn it so as to have the rough edges towards you, roll again in the same way, fold in three, put aside for ten minutes. Continue in this way until the paste has had six turns. The paste is now ready, and can be used for vol-au-vent, patties, or tartlets.

Average cost, 9d. or 10d. Time required, 2 hours.

2,186. CHOUX PASTE.

2 ozs. flour.		salt.		1 whole egg.
1 gill water.		1 oz. butter.		1 yolk of egg.

Put the water, butter, and a pinch of salt into a small stewpan, place it on the fire, and as soon as it comes to boiling-point stir in the flour. Work over the fire, stirring it quickly with a wooden spoon until the mixture leaves the sides of the pan. Take the stewpan off the fire, and let cool, then work in the eggs, one at a time; beat well. Use as directed.

2,187. CASSOLETTE PASTE.

4 ozs. flour.		1 oz. butter.		1 egg.		squeeze of lemon-juice.		pinch of salt.
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Sieve the flour into a basin, add a pinch of salt, rub in the butter, beat the egg, add a little water to it, pour into the flour, and mix into a stiff paste. Use for lining timbale or cassollette tins.

2,188. PÂTE À BRIOCHE (BRIOCHE PASTE).

1 lb. flour.		8 eggs.		$\frac{3}{4}$ oz. yeast.		pinch of salt.
$\frac{3}{4}$ lb. butter.		1 gill milk.		2 ozs. sugar.		$\frac{1}{2}$ gill warm water.

Mix the yeast and warm water together, stir into it $\frac{1}{4}$ lb. of flour, work together until it forms a soft paste, cover, and put it in a warm place to rise until it is double the size. Take the remainder of the flour, sieve it into a basin, add the salt and sugar. Melt the butter, add the milk to it. Stir this into the flour, mix up into a dough, adding the eggs, two at a time. Knead well until the dough is quite smooth, then mix in the yeast dough. Knead again for ten to fifteen minutes. Cover it over, and set it in a cool place for twelve hours. During this time the paste should, after six hours, be turned on to a floured board and beaten with the hand, in order to keep it from rising too much. It should be again beaten before it is used. Make it up into rolls or shapes, or bake in small moulds. Bake in a hot oven.

2,189. PÂTE À PÂTÉS (PASTE FOR RAISED PIES).

1 lb. flour.		$\frac{1}{4}$ lb. butter or lard.		1 gill water.		pinch of salt.
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Sieve the flour into a basin, mix in a pinch of salt. Melt the butter or lard in the water, make a well in the centre of the flour, and as soon as the mixture boils pour it into the flour; work with a spoon until the flour is all mixed in, knead with the hand until smooth. This paste must be used while warm. Use for raised pies of pork or game, etc.

Average cost, 4d. Time required, 15 minutes.

HOT PUDDINGS

2,190. BAKED LEMON PUDDING.

2 ozs. stale cake or bread.
3 ozs. castor sugar.
3 yolks of eggs.

4 whites of eggs.
2 lemons.
1 gill milk.

$\frac{1}{4}$ lb. short pastry or rough puff.
glacé cherries.
angelica.

Break up the cake or bread, and pass it through a wire sieve. Mix it in a basin with the sugar and the grated rind of the lemon, squeeze the juice of the lemons, and add to the dry ingredients. Beat the yolks, add the milk to them, and stir into the mixture. Whip two whites of eggs very stiffly, and stir in lightly. Roll out the pastry, line a pie-dish with it, decorate round the edge with pieces of pastry cut out with a star cutter. Turn the mixture into the prepared dish, and bake in a moderate oven for about twenty to twenty-five minutes. Whip the remaining two whites of eggs very stiffly, and, when the pudding is done, cover the top with the beaten whites. Dredge with sugar, place in the oven for a few minutes, decorate with a few cherries placed here and there, and some angelica cut out to represent leaves. Serve either hot or cold.

Average cost, 10d. or 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.



FIG. 157.—BAKED LEMON PUDDING

2,191. BAKED ALMOND PUDDING.

2 ozs. ground-rice.
2 ozs. butter.

2 ozs. ground sweet almonds.
short or rough-puff pastry.

$\frac{1}{2}$ pint of milk.
2 yolks of eggs.

2 ozs. sugar.
1 white of egg.

Roll out the pastry rather thinly, and line the sides of a pie-dish with it. Decorate the edge with stars of pastry, cut out with a fancy cutter. Put the milk into a saucepan with the sugar, and put on the fire to boil. Mix the ground rice with a little of the milk, and stir into the boiling milk and sugar. Cook this over the fire for five minutes, stirring all the time; then mix in the butter, almonds, and beaten eggs. Stir all together thoroughly, and then pour into the prepared pie-dish. Place in a moderate oven, and bake for about thirty minutes. Take it up, and serve hot.

Average cost, 10d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

2,192. APRICOT PUDDING.

1 tin apricots or 12 large apricots.	$\frac{1}{4}$ lb. pastry. 3 gills breadcrumbs.	1 pint milk. 3 ozs. sugar.	4 eggs. 1 glass sherry.
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Divide the apricots in halves, and stew them until soft, then break them up with a spoon into small pieces. If tinned or bottled apricots are used they will not require stewing. Boil the milk, put the breadcrumbs into a basin, add the sugar to the milk, beat the four yolks and two whites of the eggs, add the sherry to them, and as soon as the milk is half cold pour it on to the eggs, mix well, and then add to the breadcrumbs. Add the fruit, stir all well together. Roll out the pastry, line a piedish with it, fill with the mixture, and bake for thirty to forty-five minutes. Whisk the remaining two whites of eggs to a stiff froth, put them on the top of the pudding when cooked, dust with castor sugar, and put again into the oven for a few minutes to set and brown the white of egg. Serve hot.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 5 persons.

2,193. APPLE AMBER.

$1\frac{1}{4}$ lbs. apples. 1 lemon.	3 ozs. sugar. 2 ozs. butter.	3 eggs. angelica.	glacé cherries. puff-paste.
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Peel and core the apples, slice and put them into a stewpan with the sugar, the thinly-peeled rind of the lemon, and a little water. Put the pan on the fire, and stew gently until the apples are tender. Pass the apples through a fine sieve, put this purée into a saucepan, add the butter and the juice of the lemon. Add the yolks of the eggs, and cook over the fire without boiling. Butter a pie-dish, line it with pieces of puff-pastry, decorate the edges with stars of paste cut out with a fancy cutter. Pour the apple mixture into the decorated pie-dish and cook in the oven until the pastry is lightly coloured and the mixture is set. Whisk the whites of the eggs to a stiff froth, and, when the pudding is ready (it will take about twenty minutes to cook), cover the top with them, dust over with castor sugar, and return to the oven to set the eggs and to colour them lightly. Just before sending to table decorate the top of the pudding with leaves of angelica and some glacé cherries. Serve hot.

Average cost, 1s Time required, 30 minutes. Seasonable, September to May. Sufficient for 5 persons.

2,194. CHESTNUT AMBER.

1 oz. castor sugar. 1 oz. butter.	12 chestnuts. 3 gills milk.	2 eggs. 1 lemon.	vanilla. syrup.	1 oz. cake- crumbs.
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Slit the chestnuts, put them into a cool oven until the shell and under-skin can be removed, then cook them in a vanilla-flavoured syrup. When done sufficiently, rub them through a fine sieve, peel the lemon very thinly, put it into a stewpan with the milk, and bring to the boil. Put the cake-crumbs into a basin, strain over the boiling milk. Cream the butter and sugar together, add the yolks of the eggs, stir into this the chestnut purée and the soaked crumbs and milk, add the juice of the lemon; mix all well together. Butter a pie-dish, turn the mixture into it, and bake in a moderate oven until firm. Whisk the whites of the eggs to a stiff froth, cover the pudding with it, dust with castor sugar, and return the pudding to the oven to set and brown the eggs. Dish up, and serve hot or cold.

Average cost, 8d. Time required, 1 hour. Seasonable, November to February. Sufficient for 4 persons.

2,195. COCOANUT PUDDING.

6 ozs. grated cocoa- nut.	3 ozs. cake-crumbs. 2 ozs. castor sugar.	$\frac{3}{4}$ pint milk. 2 ozs. butter.	vanilla essence. 4 eggs.
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Put the milk and cocoanut into a saucepan and cook. Cream the butter and sugar together, add the yolks of the eggs one at a time, add the cocoanut and milk

to this, stir in the cakecrumbs, and flavour with vanilla. Whip two whites of eggs very stiffly, and stir in lightly to the mixture. Pour into a well-buttered pie-dish, and bake for half an hour. Whip the remaining two whites of eggs very stiffly, spread this on the top of the pudding, dust over with castor sugar, and put back in the oven to brown and set the eggs. Serve hot.

Average cost, 7d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

2,196. WEST-RIDING PUDDING.

2 eggs.		the weight of the eggs in butter,		jam.		$\frac{1}{2}$ teaspoonful baking-
1 lemon-rind.		sugar, and flour.		puff-paste.		powder.

Cream the butter and sugar together, beat in the eggs one at a time, sieve the flour and baking-powder together, grate the lemon-rind, and add these ingredients to the butter and eggs; stir in lightly. Line a pie-dish with strips of puff-paste, decorate the edge with stars of paste cut out with a star cutter, put in half the mixture, over that place a thick layer of jam, then the remainder of the mixture. Put the pudding in the oven, and bake for about one hour. Serve hot or cold.

Average cost, 8d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 5 persons.

2,197. HALF-HOUR PUDDING.

1 pint milk.		6 ozs. flour.		2 eggs.		2 ozs. butter.		pastry.		jam.
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Line a pie-dish with either short or rough puff-pastry, put a layer of jam at the bottom of the dish. Put the flour into a basin, add the milk to it by degrees until quite smooth, pour into a stewpan, place on the fire, and boil for a few minutes; then add the butter and the well-beaten eggs, pour this on to the jam. Put the pudding in the oven, and bake.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

2,198. BAKED SUET PUDDING.

$\frac{1}{2}$ lb. suet.		$\frac{1}{2}$ lb. raisins.		1 teaspoonful Bird's egg-		a little milk.
$\frac{3}{4}$ lb. flour.		$\frac{1}{4}$ lb. sugar.		powder.		pinch of salt.

Chop the suet finely, and stone the raisins. Mix these with the flour in a basin, add the sugar, salt, and egg-powder, then stir in enough milk to mix to a rather stiff paste. Put the mixture into a well-greased pie-dish, and bake in a moderate oven for one hour. When done, take it up, turn it out on to a hot dish, and sprinkle the top with castor sugar. Serve hot.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 6 or 8 persons.

2,199. BACHELOR'S PUDDING.

$\frac{1}{2}$ lb. suet.		1 lb. flour.		2 eggs.		2 ozs. sultanas.		milk.
$\frac{1}{2}$ lb. breadcrumbs.		2 apples.		1 oz. peel.		2 ozs. currants.		vanilla sauce (No. 165).

Chop the suet finely, put it into a basin, add the breadcrumbs and flour. Clean the currants and sultanas, chop the peel and apples, add all these to the dry ingredients. Beat up the eggs, and stir into the mixture. If too dry, mix in a little milk. Turn into a greased pudding-basin, and steam for three hours. Turn out, and serve with vanilla sauce.

Average cost, 1s. 3d. Time required, $3\frac{1}{2}$ hours. In season always. Sufficient for 6 persons.

2,200. VICTORIA PUDDING.

$\frac{1}{2}$ lb. butter.		4 eggs.		6 ozs. flour.		2 ozs. glacé cherries.
$\frac{1}{2}$ lb. sugar.		$\frac{1}{2}$ lb. breadcrumbs.		2 ozs. currants.		custard sauce (No. 156).

Cream the butter and sugar together until soft, then beat in the eggs one at a time. When well beaten, stir in the flour and breadcrumbs, also the cherries cut



Pommes à la Royale

in quarters and the currants cleaned. Well butter a pudding-basin, turn this mixture into it, cover with a piece of buttered paper, and steam gently for two hours. Turn out, and serve with hot custard sauce.

Average cost, 1s. 9d. Time required, $2\frac{1}{2}$ hours. In season always. Sufficient for 5 or 6 persons.

2,201. PARADISE PUDDING.

$\frac{1}{4}$ lb. breadcrumbs.	3 ozs. sugar.	$\frac{1}{2}$ wineglassful of	salt.
3 apples.	3 ozs. currants.	brandy.	vanilla sauce (No. 165) or
3 eggs.	$\frac{1}{2}$ lemon.	nutmeg.	sabayon sauce (No. 173).

Peel, core, and chop the apples very finely. Put them into a basin, and add the breadcrumbs, sugar, currants, and the grated rind of half a lemon. Beat the eggs in a basin until frothy, and stir into the pudding. Lastly, add the brandy, nutmeg, and salt. Turn the mixture into a well-buttered mould, cover with buttered paper, and steam for an hour and a half. Turn out on a hot dish, and serve with either vanilla sauce or sabayon sauce.

Average cost, 1s. 3d. Time required, 2 hours. In season always. Sufficient for 4 or 5 persons.

2,202. QUEEN'S PUDDING.

2 ozs. stale bread.	1 oz. peel.	2 yolks of eggs.
2 ozs. currants.	$\frac{3}{4}$ pint milk.	1 oz. sugar.
2 ozs. sultanas.	2 eggs.	jam sauce (No. 163).

Cut the bread into small squares, clean the currants and sultanas, and chop the peel. Put these ingredients into a well-buttered pudding-mould. Boil the milk and sugar together, beat the eggs in a basin, and pour the hot milk over them. Mix together, and then add it to the dry ingredients in the pudding-mould. Cover with a piece of buttered paper, and steam very gently for about forty-five minutes. Turn out on to a hot dish, and serve with jam sauce made from red jam.

Average cost, 1s. Time required, 1 hour. In season always. Sufficient for 4 or 5 persons.

2,203. DENMARK PUDDING.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. sugar.	lemon-rind.	4 eggs.	1 lb. flour.	jam.
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Place the butter and sugar in a basin, cream together with a wooden spoon until quite soft. Break in one egg, beat well, then add another egg, and beat again. Do this until the eggs are all used. Sieve the flour with one teaspoonful of baking-powder. Stir this into the mixture, also the grated rind of half a lemon. Well grease a pudding-basin, turn the mixture into it, and in the centre place a tablespoonful of jam. Cover with more of the mixture, and steam gently for four hours. Turn out, and serve with any sweet sauce.

Average cost, 1s. 6d. Time required, $4\frac{1}{4}$ hours. In season always. Sufficient for 6 or 7 persons.

2,204. CORNISH PUDDING.

$\frac{1}{2}$ lb. suet.	$\frac{1}{2}$ lb. breadcrumbs.	lemon-essence.
1 lb. flour.	$\frac{1}{2}$ lb. currants.	milk.
2 eggs.	$\frac{1}{4}$ lb. sugar.	custard sauce (No. 156).

Chop the suet very finely, put it into a basin, mix in the flour, breadcrumbs, and sugar; also the currants, which must be cleaned and the stalks removed. Mix all these dry ingredients together, beat the eggs in a basin, and stir into the pudding; also a few drops of lemon-essence. Add a little milk if the pudding is not moist enough. Well grease a pudding-mould, turn the mixture into it, cover with a piece of buttered paper, and steam for three hours. Turn out, and serve with hot custard sauce.

Average cost, 1s. 3d. Time required, $3\frac{1}{2}$ hours. In season always. Sufficient for 5 or 6 persons.

2,205. EMPRESS PUDDING.

short pastry.	$\frac{1}{4}$ lb. rice.	2 yolks of eggs.	$\frac{1}{2}$ oz. sugar.
jam.	$1\frac{1}{2}$ pints milk.	1 white of egg.	jam sauce (No. 163).

Line the sides of a piedish with short pastry. Boil the rice in 1 pint of milk until nearly done. Put a layer of jam at the bottom of the piedish, then the cooked rice. Boil the $\frac{1}{2}$ pint of milk and sugar together, beat the eggs, pour the milk on to them, and then add this custard to the mixture in the pie-dish. Place in a cool oven, and bake for about thirty minutes. Serve hot with jam sauce.

Average cost, 1s. Time required, 1 hour. In season always. Sufficient for 4 or 5 persons.

2,206. GINGERBREAD PUDDING.

6 ozs. breadcrumbs.	6 ozs. suet.	2 ozs. flour.
$\frac{1}{2}$ lb. golden syrup.	1 egg.	1 teaspoonful ground ginger.

Chop the suet finely, put it into a basin with the breadcrumbs, flour, and ginger; mix well together. Beat the egg, and add the syrup to it. Mix these into the dry ingredients, and stir until all is thoroughly mixed. Butter a pudding-basin, put in the mixture, cover with a buttered paper, and steam for three hours. This pudding can also be boiled. Instead of the buttered paper, a pudding-cloth which has been scalded and floured must be tied over the top. When the pudding is cooked, turn it out on to a hot dish, and serve with it separately some sweet sauce or a custard sauce.

Average cost, 1s. 3d. Time required, $3\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 or 8 persons.

2,207. FIG PUDDING.

$\frac{1}{3}$ lb. dried figs.	6 ozs. suet.	2 eggs.
$\frac{1}{2}$ lb. breadcrumbs.	4 ozs. sugar.	2 tablespoonfuls treacle.

Chop the suet finely, put it into a basin, add the breadcrumbs and sugar. Chop the figs, mix them with the rest of the dry ingredients. Break the eggs into a small basin, and beat them well. Add the treacle to the eggs, and stir into the mixture. Put this into a well-greased basin, tie over a scalded and floured cloth, and boil for three hours. During the cooking the pudding must be kept covered with water, which must not be allowed to go off the boil. Serve with any kind of sweet sauce separately.

Average cost, 1s. 2d. Time required, $3\frac{1}{2}$ hours. Seasonable in the winter. Sufficient for 6 persons.

2,208. EVE'S PUDDING.

2 ozs. bread-	2 ozs. currants.	6 apples.	nutmeg.
erumbs.	4 ozs. sugar.	6 eggs.	sweet sauce (No. 165).

Peel, core, and chop the apples; clean the currants. Put these into a basin, add the sugar, breadcrumbs, and nutmeg to taste. Beat the eggs well in a small basin, stir them into the rest of the ingredients; mix all well together. Turn the mixture into a well-greased basin, cover with a cloth, and boil for two hours. When done, turn out on to a hot dish, and serve with sweet sauce.

Average cost, 1s. Time required, $2\frac{1}{2}$ hours. Seasonable, September to May. Sufficient for 4 persons.

2,209. CHOCOLATE PUDDING.

5 ozs. breadcrumbs.	$\frac{1}{4}$ lb. Cadbury's Mexican	2 yolks eggs.	3 ozs. sugar.
$\frac{3}{4}$ pint milk.	chocolate.	3 whites of eggs.	vanilla essence.

Chop or grate the chocolate, boil it in the milk, add the sugar and vanilla. Put the breadcrumbs into a basin, pour the chocolate mixture on to it. Beat the yolks of the eggs well, and add them to the other ingredients; whisk the whites stiffly,

and stir them in lightly. Turn the mixture into a well-buttered mould, and steam for one hour. Serve with a suitable sauce.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable always. Sufficient for 4 persons.

2,210. GINGER PUDDING.

5 ozs. bread.	1 oz. brown sugar.	raisins.
1 oz. loaf sugar.	4 ozs. suet.	$\frac{1}{2}$ teaspoonful ground ginger.
$\frac{1}{2}$ pint milk.	2 eggs.	salt.

Cut the bread into dice, put it into a basin, add the brown sugar, a pinch of salt, the ginger, and the suet finely chopped. Put the loaf sugar into a saucepan, let it brown, then add the milk by degrees. Bring to the boil, remove from the fire, and let it cool a minute. Beat the eggs in a basin, add the milk to it, and mix well. Pour this over the dry ingredients, cover with a plate, and let them soak for thirty minutes or longer. Grease a mould well, ornament it with stoned raisins cut in halves, pour in the mixture, cover with a buttered paper, and steam for two hours. When done, turn the pudding out of the tin, and serve with a sweet sauce (No. 165).

Average cost, 9d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,211. BARONESS PUDDING.

$\frac{3}{4}$ lb. flour.	$\frac{3}{4}$ lb. suet.	$\frac{1}{2}$ pint milk.	$\frac{3}{4}$ lb. stoned raisins.	1 saltspoonful salt.
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Chop the suet finely, stone the raisins, and take $\frac{3}{4}$ lb. after stoning. Put the suet, flour, and raisins into a basin, add the salt, stir all well together, then add the milk; mix thoroughly. Turn into a well-greased basin, and boil for four and a half hours. The water must not be allowed to go off the boil, and the pudding must be kept covered with boiling water. When done, turn out the pudding on to a hot dish, and serve with a suitable sauce.

Average cost, 1s. 1d. Time required, 5 hours. Seasonable at all times. Sufficient for 8 or 10 persons.

2,212. SULTANA PUDDING.

$\frac{1}{2}$ lb. flour.	salt.	1 teaspoonful egg-	$\frac{1}{4}$ lb. sugar.
3 ozs. sultanas.	$\frac{1}{4}$ lb. beef-dripping.	powder.	milk.

Sieve the flour and salt into a basin, rub in the dripping, then add the sultanas, sugar, and egg-powder. Mix to a dough with milk. Grease a pudding-basin, and fill it with the mixture to within 1 inch of the top. Boil for one hour. Turn it out of the basin when cooked, and serve with sweet sauce (No. 165).

Average cost, 4d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

2,213. GOLDEN SYRUP PUDDING.

1 lb. flour.	$\frac{1}{4}$ lb. butter.	$\frac{1}{2}$ lb. golden syrup.
2 eggs.	1 pint milk.	1 teaspoonful baking-powder.

Put the flour into a basin, add the butter, and rub it into the flour. Mix in the baking-powder. Beat the eggs in a basin, add the milk to them, and stir this into the flour and butter. Mix to a smooth batter. Grease a basin, pour in the golden syrup, and then the batter. The basin must be filled quite full. Tie in a cloth, and boil for two hours. Turn out when cooked on to a hot dish. The golden syrup will fall over the pudding, and forms the sauce.

Average cost, 1s. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 8 persons.

2,214. MARMALADE PUDDING.

6 ozs. bread-	1 lemon.	3 ozs. suet.	4 tablespoonfuls marmalade.
crumbs.	2 eggs.	2 ozs. candied-peel.	marmalade sauce (No. 166).

Chop the suet and the candied peel finely, put them into a basin, add the bread-crumbs, and the grated rind of the lemon. Beat the eggs, add the marmalade to

them, and stir into the dry ingredients. Well grease a pudding-basin, turn the mixture into it, cover with a greased paper, and steam for two hours. When done, turn out on to a hot dish, and serve with marmalade sauce.

Average cost, 1s. Time required, 2½ hours. Seasonable at all times. Sufficient for 6 or 8 persons.

2,215. SNOWDON PUDDING.

¼ lb. breadcrumbs.	¾ oz. ground	3 tablespoonfuls marma-	3 ozs. sugar.
3 ozs. suet.	rice.	lade.	¼ lb. raisins.
2 eggs.	1 lemon-rind.	salt.	½ gill milk.

Stone the raisins, cut them in halves, but do not quite divide them. Grease a pudding-basin, and decorate it with the raisins, pressing the cut side against the basin. Chop the suet finely, put it into a basin, mix in with it the crumbs, rice,



FIG. 158.—SNOWDON PUDDING.

sugar, and salt. Grate the lemon-rind, and add. Stir in the marmalade, beat the eggs, add the milk to them, pour this to the ingredients. Mix all together thoroughly ; turn the mixture into the prepared basin, cover with a greased paper, and steam for one hour.

Average cost, 10d. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,216. TREACLE PUDDING (1).

½ lb. bread.	2 to 3 tablespoonfuls treacle.	1 teaspoonful baking-	2 eggs.
6 ozs. suet.	1 tablespoonful sugar.	powder.	vanilla essence.

Use pieces of stale bread, put them into a basin, pour over some cold water, and let them soak for about one hour or longer, then squeeze quite dry. Chop the suet, put it into a basin, add the bread, treacle, sugar, baking-powder, and the beaten eggs ; flavour to taste with vanilla. Mix thoroughly, put the mixture into a well-greased basin, cover with a buttered paper, and steam for three hours. Turn out on to a hot dish, and serve with a sweet sauce (No. 165).

Average cost, 8d. Time required, 3½ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,217. TREACLE PUDDING (2).

1 lb. flour. | 8 ozs. suet. | 2 ozs. breadcrumbs. | $\frac{1}{2}$ pint treacle. | salt. | 1 lemon.

Sieve the flour and salt into a basin, chop the suet very finely, add it to the flour, mix with cold water to a stiff paste. Grease a pudding-basin, roll out some of the paste, and line the basin with it. Pour in some of the treacle, sprinkle over some breadcrumbs mixed with grated lemon-rind, cut out a thin round of paste, put this over the crumbs. Continue in this way until the basin is filled with the respective layers. Tie a pudding-cloth over the top of the basin, and boil for two to three hours. Turn out on to a hot dish, and serve.

Average cost, 1s. Time required, 3 hours. Seasonable at all times. Sufficient for 6 persons.

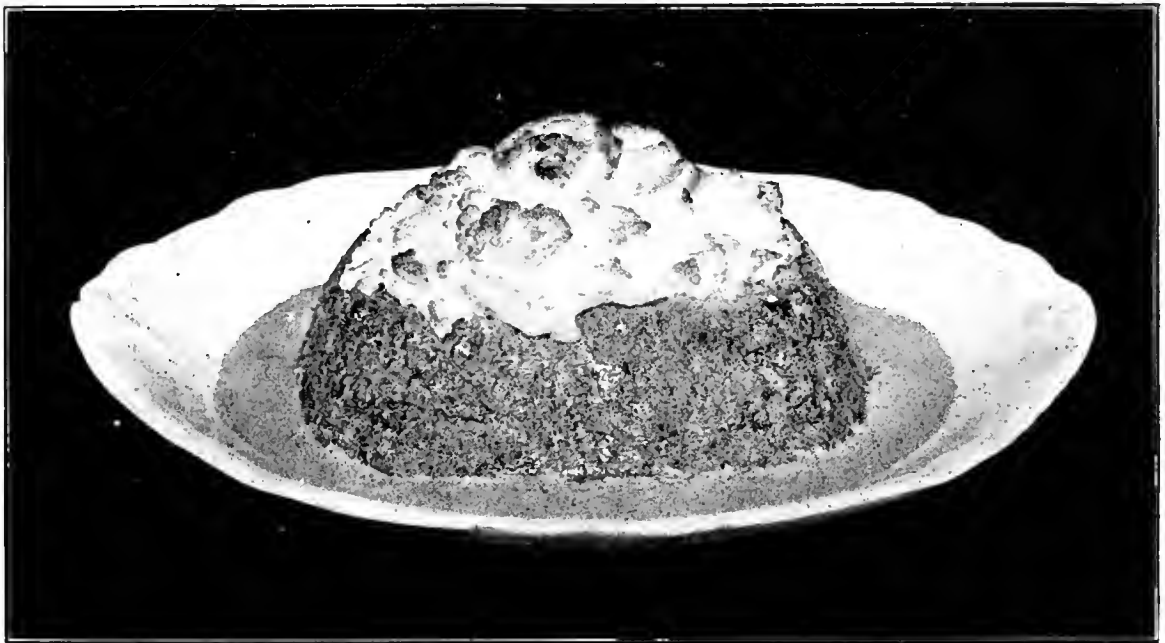


FIG. 159.—MANCHESTER PUDDING.

2,218. MANCHESTER PUDDING.

1 pint cake or breadcrumbs.	2 eggs.	rind of 1 lemon.
1 pint milk.	sugar to taste.	jam.

Put the cake or breadcrumbs into a basin, mix in the milk, grate the lemon-rind thinly, stir it in, add sugar to taste and the yolks of the eggs. Mix all well together, turn the mixture into a greased pie-dish, place in the oven, and bake slowly. When firm, turn out the pudding on to a hot dish; spread with jam. Beat the whites of the eggs very stiffly, put it over the jam, dredge with sugar, and return to the oven to set and lightly brown. Serve hot.

Average cost, 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,219. ROTHESAY PUDDING.

$\frac{1}{4}$ lb. suet.	$\frac{1}{4}$ lb. flour.	1 teaspoonful vinegar.
1 gill milk.	4 tablespoonfuls raspberry jam.	$\frac{1}{2}$ teaspoonful carbonate of soda.
1 egg.	$\frac{1}{4}$ lb. breadcrumbs.	sweet sauce (No. 165).

Chop the suet finely, put it into a basin, and add to it the flour and breadcrumbs. Work in the jam, beat up the egg in a basin, add the milk to it, and stir it into the other ingredients. Mix the carbonate of soda with the vinegar, and stir it into the pudding. Mix thoroughly all together. Turn into a well-buttered

basin or mould, cover with a greased paper, and steam for two hours. When cooked, turn out, and serve with sweet sauce.

Average cost, 9d. Time required, 2½ hours. Seasonable at all times. Sufficient for 5 or 6 persons.

2,220. RAILWAY PUDDING.

6 ozs. flour.	3 ozs. sugar.	2 ozs. butter.
2 teaspoonfuls baking-powder.	1 egg.	1½ gills milk.

Put the flour, baking-powder, and sugar into a basin, rub in the butter, beat up the egg, add the milk to it, and mix all well together. Butter a flat Yorkshire tin, pour the mixture into it, and bake in a moderate oven for about half an hour to three-quarters of an hour. Turn out when done, cut in pieces, dish up, and dredge with sugar.

Average cost, 6d. Time required, 1 hour. Seasonable always. Sufficient for 5 or 6 persons.

2,221. BREAD-AND-TREACLE PUDDING.

½ lb. breadcrumbs.	½ lb. beef-suet.	½ lb. treacle.	1 egg.	wine sauce.
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Chop the suet very finely, removing all the skin. Put it into a basin, add the breadcrumbs, treacle, and the egg well beaten. Mix these ingredients all well together, and turn into a well-greased pudding-basin. Cover with a cloth which has been scalded and floured, put into a saucepan of boiling water, and boil for four hours, keeping it filled with boiling water. Turn it out, and serve with wine or any other sweet sauce.

Average cost, 10d. Time required, 4½ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,222. CARROT PUDDING.

6 ozs. beef-suet.	5 ozs. boiled carrots.	½ lb. currants.
6 ozs. flour.	2½ ozs. moist sugar.	1 oz. candied lemon-peel.

Chop the suet very finely, put it into a basin, add the flour and sugar. Clean the currants, removing all the stalks ; grate or chop the boiled carrots very finely, and chop the lemon-peel. Put all these ingredients into a well-greased pudding-basin, cover with a cloth that has been scalded and floured, tie with string, place in a saucepan of boiling water, and boil for two and a half hours. Serve with sweet sauce.

Average cost, 9d. Time required, 3 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,223. MARMALADE AND RAISIN PUDDING.

6 ozs. bread-crums.	1½ ozs. sago.	3 ozs. sugar.	1 large tablespoonful of marmalade.
	4 ozs. raisins.	4 ozs. suet.	

Stone the raisins, and divide them in halves. Grease a pudding-basin, and stick the raisins all over it. Chop the suet very finely, put it into a basin, and add the sago, sugar, and breadcrumbs. Mix all well together, and then put it carefully into the prepared basin. Cover with a pudding-cloth that has been scalded and floured, put into a saucepan of boiling water, and boil for two hours. Turn out, and serve with sweet sauce.

Average cost, 8d. Time required, 2½ hours. Seasonable all the year. Sufficient for 4 persons.

2,224. PRUNE PUDDING.

1½ lbs. prunes.	¼ lb. flour.	½ lb. suet.	¼ lb. breadcrumbs.	1 egg.	milk.
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Wash the prunes, and then simmer them in a little water until the stones can be removed easily. Drain the water away and, after removing the stones, chop

the prunes finely. Put the breadcrumbs and flour into a basin, chop the suet very finely, add it to the breadcrumbs and flour. Beat the egg in a basin, stir it into the pudding, and add a little milk if the mixture is too stiff. Put it into a well-buttered pudding-basin, cover with a cloth that has been scalded and then floured. Tie the pudding firmly with string, and put into a saucepan of boiling water. Let it boil for two hours, keeping it well covered with boiling water all the time. Turn the pudding out on to a hot dish, and serve with sweet sauce or wine sauce.

Average cost, 1s. 3d. Time required, 2½ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,225. FLORENCE PUDDINGS.

1 pint breadcrumbs.	¼ lb. sugar.	4 yolks of eggs.
½ lb. suet.	6 ozs. currants.	2 whites of eggs.
3 gills milk.	nutmeg.	1 glass of white wine or brandy.

Chop the suet, prepare the breadcrumbs, clean and pick the currants, grate the nutmeg. Put the breadcrumbs into a basin, boil the milk, and pour it over the crumbs. Let this soak until quite cold, then add the chopped suet, the sugar, currants, and nutmeg. Break the eggs into a basin, beat them well, then add them to the other ingredients. Stir in the wine or brandy, and mix all together thoroughly. Grease some small moulds or cups, put in the mixture, but do not quite fill the moulds; bake in a moderate oven for about thirty minutes. When done, take up, turn them out of the moulds on to a hot dish, pour the sauce round, and serve hot. Any kind of fruit or sweet sauce can be used instead of the wine sauce.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 persons.

2,226. COLLEGE PUDDINGS.

½ lb. beef-suet.	12 ozs. bread-	2 ozs. candied peel.	4 ozs. sugar.
4 ozs. currants.	crumbs.	grated nutmeg.	3 eggs.

Put the breadcrumbs into a basin, chop the suet finely, clean the currants, and shred the candied peel. Mix these ingredients with the breadcrumbs, add half a grated nutmeg. Beat up the eggs, stir into the dry ingredients, mix all well together. Make the mixture up into round balls, or into the shape of eggs, all the same size. Put some butter or lard into a frying-pan, place it on the fire, and as soon as the fat is very hot put in the puddings and fry them a golden brown. They should be cooked slowly, so that the puddings may be cooked through. Turn them several times, so that they may be evenly coloured. When done, take them up, drain on a piece of kitchen-paper, and serve with a suitable sweet sauce.

These puddings can also be baked or steamed. Grease some little moulds, put them into the oven or into a steamer, and cook for about half an hour.

Average cost, 1s. Time required, 30 minutes. Seasonable at any time. Sufficient for 7 or 8 puddings.

2,227. LEMON PUDDING (1).

¾ lb. flour. | 1 large lemon. | 1 egg. | 6 ozs. suet. | ¼ lb. sugar. | milk or water.

Shred the suet, chop it finely. Put the flour into a basin, add the suet, mix it in with the fingers. Grate the lemon-rind, and strain the juice. Stir these into the flour and suet, add the sugar, and mix all well together. Beat the egg in a small basin, add a little milk or water to it, stir into the dry ingredients, add more water or milk, if necessary, to make a paste. Grease a basin, put in the mixture, place a piece of greased paper over the top, put the pudding into a steamer, and steam for three to four hours. When done, turn out, and serve with lemon sauce (No. 165).

Average cost, 6d. Time required, 4 hours. Seasonable at all times. Sufficient for 6 or 8 persons.

2,228. LEMON PUDDING (2).

$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{2}$ lb. beef-suet.	2 lemons.	pinch of salt.
$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ lb. sugar.	3 eggs.	lemon sauce (No. 165).

Shred the suet, chop it finely. Put the breadcrumbs, suet, salt, and sugar into a basin; mix well. Grate the lemons, and add the rind and strained lemon-juice to the dry ingredients. Beat the eggs in a small basin, stir them into the mixture; mix all well together. Add a little water or milk, if necessary, to make into a stiff paste. Butter a pudding-basin, put in the mixture, place a piece of greased paper over, and steam for three to four hours. When done, turn out on to a hot dish, and serve with lemon sauce.

Average cost, 1s. 3d. Time required, 4 hours. Seasonable at all times. Sufficient for 6 persons.

2,229. CHRISTMAS PLUM-PUDDING.

$\frac{1}{2}$ lb. breadcrumbs.	$\frac{1}{2}$ lb. raisins.	$\frac{1}{4}$ lb. mixed candied	1 gill brandy.
$\frac{1}{2}$ lb. beef-suet.	$\frac{1}{2}$ lb. currants.	peel.	3 ozs. almonds.
$\frac{1}{2}$ lb. moist sugar.	2 nutmegs.	8 eggs.	pinch of salt.

Chop the suet finely, put it into a basin with the breadcrumbs, salt, sugar, grated nutmeg, the raisins (which should be weighed after stoning), the currants cleaned, and the peel cut into small pieces. Blanch and chop the almonds, add them to the rest of the ingredients. Break the eggs into a small basin, beat them thoroughly, pour them into the dry ingredients, and mix all well together. Lastly, stir in the brandy. The pudding will keep for two or three months if the brandy is added. It is a good plan to keep the pudding in the basin for a week, stirring it every day during that time. The flavours are better blended if this is done. When ready to cook, fill a buttered basin with the mixture, tie over a scalded and floured cloth, and boil for twelve hours. Keep well covered with boiling water during the cooking. After the pudding is done it can be hung up until wanted. It can be boiled or steamed for one hour when desired.

Average cost, 3s. Time required to make, $1\frac{1}{2}$ hours; 12 hours to boil. Seasonable at Christmas-time. Sufficient for 12 persons.

2,230. MINCEMEAT.

1 lb. beef-suet.	1 lb. apples.	2 nutmegs	1 gill brandy.	rind and juice of
$1\frac{1}{2}$ lbs. currants.	1 lb. raisins.	(grated).	$\frac{1}{2}$ oz. ground ginger.	4 lemons.
2 lbs. sugar.	$\frac{3}{4}$ lb. mixed peel.	$\frac{1}{2}$ oz. salt.	$\frac{1}{2}$ lb. sweet almonds.	$\frac{1}{2}$ pint raisin wine.

Chop the suet, peel and core the apples, stone the raisins; chop them, also the mixed peel, and add them to the suet. Clean the currants, stir into the rest of the ingredients, add the ginger, nutmeg, and salt. Blanch the almonds, chop, and add with the grated lemon-rind. Mix these dry ingredients all well together. Mix the three liquids—*i.e.*, the juice of the lemons, brandy, and raisin wine—pour them over the mincemeat, stir well. Keep in close-covered jars, well pressed down, in a cool place. When wanted, stir it from the bottom, and add half a glass of brandy to the quantity required.

Average cost, 5s. Time required, 1 hour. Seasonable at Christmas-time.

2,231. BOILED BREAD PUDDING.

stale bread.	$\frac{1}{4}$ lb. flour.	$\frac{1}{4}$ lb. raisins.	golden syrup.
$\frac{1}{4}$ lb. suet.	$\frac{1}{4}$ lb. currants.	2 ozs. candied peel.	1 teaspoonful of mixed spice.

Put some stale bread into a basin, cover it with cold water, and leave it to soak until perfectly soft; then strain off the water, put the bread into a clean kitchen-cloth, and wring out all the water. Prepare enough of this soaked bread to weigh 1 lb. after the water is removed, put the bread into a basin, and beat well with a fork until it is quite separate; then stir in the flour. Chop the suet finely, stone the raisins, and cut each in halves; clean the currants, and chop the peel.

Add all these ingredients and also the spice to the bread mixture. Mix thoroughly, and add enough golden syrup to bind the pudding. Well grease a pudding-basin, put in the mixture, press down well, and cover with a wetted and floured pudding-cloth. Put into a saucepan of fast-boiling water, and boil for three hours. Turn out, and serve with sweet sauce (No. 165).

Average cost, 7d. Time required, 4 hours. In season all the year. Sufficient for 6 persons.

2,232. HERODOTUS PUDDING.

$\frac{1}{2}$ lb. suet.	2 figs.	1 egg.	milk.
$\frac{1}{4}$ lb. breadcrumbs.	$\frac{1}{4}$ oz. allspice.	$\frac{1}{2}$ gill sherry or	$\frac{3}{4}$ lemon.
$\frac{1}{2}$ lb. raisins.	1 oz. sugar.	brandy.	brandy sauce (No. 149).

Chop the suet finely, removing all skin. Put it into a basin, add the breadcrumbs, sugar, and allspice. Stone the raisins, and cut each in halves. Chop the figs very finely, add these to the ingredients in the basin, also the grated rind of half a lemon. Break the egg into a basin, and beat thoroughly. Stir this into the pudding, and also the sherry or brandy. Mix thoroughly, and add a little milk if necessary. Butter a pudding-basin, and put in the mixture. Rinse a pudding-cloth in boiling water, sprinkle it with flour, and cover the pudding with it. Tie with string, and place in a saucepan of boiling water. Boil for four hours, keeping the pan filled with boiling water all the time. Turn it out, and serve with sherry or brandy sauce.

Average cost, 1s. 3d. Time required, 5 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,233. FIG DUMPLINGS.

$\frac{1}{2}$ lb. flour.	4 ozs. figs.	$\frac{1}{2}$ teaspoonful baking-	milk.
4 ozs. beef-suet.	1 oz. sugar.	powder.	pinch of salt.

Put a pinch of salt and the baking-powder with the flour, sieve into a basin; chop the suet finely, and mix it into the flour. Add the sugar, cut up the figs into small pieces, put them with the rest of the ingredients. Mix all well together, add a little milk, sufficient to mix. Divide the mixture into five or six equal parts, shape them into round dumplings, put them into a saucepan of boiling water, and cook for an hour or an hour and a half. Serve hot with a sweet sauce.

Average cost, 7d. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,234. POUDING À LA NESSELRODE (CHESTNUT PUDDING).

1 lb. chestnuts.	3 ozs. castor sugar.	glacé cherries.
vanilla-pod.	1 oz. butter.	angelica.
1 pint milk.	3 eggs.	apricot sauce (No. 148).

Slit the chestnuts with a sharp knife, put them on a baking-sheet, and put in a moderate oven until the shell and inner skin can be removed. When this is done, put them into a saucepan, pour over them $\frac{1}{2}$ pint of milk and $\frac{1}{2}$ pint of water; add a small vanilla-pod, put the pan on the fire, and cook until the chestnuts are tender. When done, remove the vanilla-pod, and rub the chestnuts through a wire sieve. Melt the butter in a stewpan, put in the chestnuts, and mix over the fire; then add $\frac{1}{2}$ pint of milk, the sugar, and the yolks of the eggs. Mix well off the fire, whip the whites of the eggs to a stiff froth, stir lightly into the mixture. Butter a timbale or charlotte mould, decorate it with glacé cherries and angelica; fill with the mixture, cover with a buttered paper, and put it into a steamer, and steam for about one hour. When done, turn the pudding on to a hot dish, pour the sauce round, and serve hot.

Average cost, 1s. Time required, 2 hours. Seasonable, November to February. Sufficient for 4 or 5 persons.

2,235. TIMBALES DE FLORADOR AUX ABRICOTS (FLORADOR TIMBALES WITH APRICOTS).

1 pint milk.	2 ozs. loaf sugar.	3 eggs.	glacé cherries.
4 ozs. florador.	1 lemon.	8 halves of preserved apricots.	apricot syrup.

Peel the lemon very thinly, put it into a stewpan with the milk, add the loaf-sugar, and bring the milk slowly to the boil ; then remove the lemon-rind, and sprinkle in the florador, stirring meanwhile. Boil for ten minutes. Take the pan off the fire, work in the egg-yolks one at a time ; beat well, whisk the whites of the eggs to a stiff froth, and stir them lightly into the mixture. Butter some small timbale-moulds, fill them with the florador preparation, put them into a steamer, cover with a buttered paper, and steam for thirty to forty minutes. Put the apricots into a stewpan with their syrup, warm them over the fire. When the timbales are done, turn them out on to a hot dish, decorate them with glacé cherries and angelica ; arrange the apricots in the centre of the dish. Reduce the syrup with a little sugar added to it, stir in the juice of half a lemon, and pour it round the timbales. Serve hot.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,236. BAKED RAISIN PUDDING.

1 lb. flour.	1 teaspoonful baking-	2 eggs.	1 gill milk.
8 ozs. dripping.	powder.	1 teaspoonful mixed	1 oz. candied lemon-peel.
4 ozs. moist sugar.	6 ozs. raisins.	spice.	castor sugar.

Put the dripping into a basin with the flour and baking-powder, rub together until it is quite fine, and resembles breadcrumbs ; then add the spice, the candied peel cut up finely, the moist sugar, and the stoned raisins. Mix these ingredients all well together. Beat the eggs, add the milk to them, and mix with the other ingredients. Stir all well together, turn the mixture into a well-buttered tin or pie-dish, put in a moderate oven, and bake for one hour. When done, take it out of the oven, turn the pudding on to a hot dish, sprinkle castor sugar over it, and serve hot.

Average cost, 8d. Time required, 1½ hours. Seasonable at all times. Sufficient for 5 persons.

2,237. RAISIN CRUSTS.

½ lb. raisins. | 2 ozs. castor sugar. | 1 gill white wine. | slices of stale bread. | 2 ozs. butter.

Stone the raisins, put them into a stewpan with the sugar and wine, and stew them for ten minutes or a little longer. Cut the slices of bread into squares, take off the crust. The bread should be about 3 inches square, and 1½ inches thick. Put the butter into a frying-pan, and, when hot, put in the squares of bread, and fry them until a golden colour. Drain them well on a piece of kitchen-paper, arrange them on a hot dish, pour the stewed raisins over the croûtes, dredge with castor sugar, and serve hot.

Average cost, 7d. Time required, 20 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

2,238. BREAD-AND-BUTTER PUDDING.

6 thin slices of bread and butter. | 1 oz. sugar. | a few currants. | 1 pint milk. | 2 eggs.

Well butter a pie-dish, fill it with alternate layers of the bread and butter and currants. Beat the eggs in a basin, add the milk and sugar, and pour it into the pie-dish. Put in a moderate oven, and bake for about twenty minutes or until it is set.

Average cost, 7d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

2,239. SPONGE PUDDING.

2 ozs. butter.	4 ozs. flour.	3 teaspoonfuls of milk or more.	jam, syrup, or marmalade.
2 ozs. sugar.	1 egg.	1 teaspoonful baking-powder.	

Grease a mould or basin, put a thick layer of marmalade, jam, or syrup at the bottom. Put the butter and sugar into a basin, cream them together until soft; work in the eggs one at a time, beat well. Sieve the flour, mix the baking-powder with it, stir it into the butter and eggs, add the milk. Turn this mixture into the prepared mould or basin, put it into a steamer, cover with a greased paper, and steam for one and a half hours. Turn out on to a hot dish, and serve.

Average cost, 8d. Time required, 2 hours. Seasonable at all times. Sufficient for 5 or 6 persons.

2,240. POUDING AU PAIN NOIR (BROWN-BREAD PUDDING).

8 ozs. brown breadcrumbs.	vanilla.	6 yolks of eggs.	custard sauce (No. 156).
1 pint milk.	4 ozs. sugar.	4 whites of eggs.	3 ozs. butter.

Put the breadcrumbs into a basin, boil the milk, and pour it on to the crumbs, and let them soak. Cream the butter and sugar together until soft; work in the yolks of the eggs, and beat well. Stir in the breadcrumbs, and flavour with vanilla. Beat the whites of eggs to a stiff froth, stir them lightly into the mixture. Have ready a buttered mould, pour the mixture into it, cover with a piece of buttered paper, steam for about forty-five minutes. When done, turn out the pudding on to a hot dish, and serve with custard sauce.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,241. CONSERVATIVE PUDDING.

3 ozs. sponge cake.	1 pint milk.	1 whole egg.	4 yolks eggs.
2 ozs. macaroons.	1 oz. ratafias.	1 tablespoonful apricot jam.	sweet sauce (No. 165).
	$\frac{1}{2}$ gill brandy.		glacé cherries.

Put the sponge cake, macaroons, and ratafias into a basin, pour the milk over them, and let them soak well; then beat up the cakes with a fork, mix in the brandy, beat the eggs well, and pour them into the rest of the ingredients. Mix all well together. Butter a charlotte or soufflé tin, decorate it with a few glacé cherries, put in half the mixture, then spread a layer of apricot jam. Add the rest of the mixture, cover with a piece of buttered paper, put the pudding into a steamer, and steam for one hour. When cooked, turn out the pudding on to a hot dish, and serve with a tureen of sweet sauce flavoured with brandy.

Average cost, 1s. 6d. Time required, 1½ hours. Seasonable all the year. Sufficient for 4 persons.

2,242. POUDING VIENNOISE (VIENNA PUDDING).

5 ozs. stale bread.	$\frac{3}{4}$ pint milk.	1 glass sherry.	2 ozs. candied peel.	1 lemon.
2 ozs. loaf sugar.	4 eggs.	$\frac{1}{2}$ gill cream.	3 ozs. sultanas.	wine sauce.

Cut the bread into small cubes, and put it into a basin. Cut up the candied peel small, clean and pick the sultanas. Add these to the bread, also the grated rind of the lemon. Put the loaf sugar into a saucepan on the fire, and let it remain until it is a brown colour; then add the milk, and stir until the sugar is melted. Beat the yolks of four eggs and two whites, whip them well, add the milk and sugar to them, and pour it over the bread and the other ingredients. Add the cream and wine, mix all well together. Butter a pudding-mould, put in the mixture, cover with a piece of greased paper, place in a steamer, and steam for one and a half hours. When done, turn out on to a hot dish, and serve with wine sauce.

Average cost, 1s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,243. OSBORNE PUDDING.

6 thin slices of bread and butter. | 1 oz. sugar. | 1 pint of milk. | 2 eggs. | marmalade.

Well butter a pie-dish, put in a layer of bread and butter, then a thin layer of orange marmalade, then more bread and butter. Continue in this way until the dish is full. Beat the eggs in a basin, add the milk and sugar, pour this into the pie-dish. Place in a moderate oven, and bake for about twenty minutes or until it sets. Turn out on to a hot dish. Have ready some marmalade which has been made hot over the fire. Pour this over and round the pudding. Serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 persons.

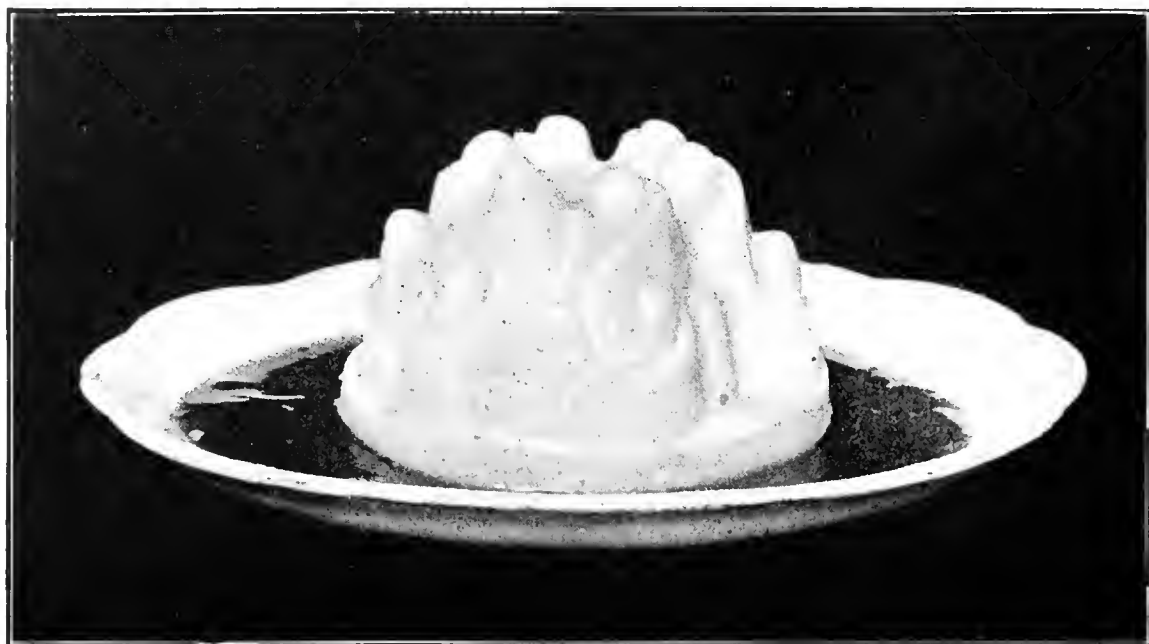


FIG. 160.—HOT FLORADOR SHAPE.

2,244. HOT FLORADOR SHAPE.

1 pint milk. | 2 eggs. | 2 tablespoonfuls florador | 1 oz. butter.
rind of $\frac{1}{2}$ a lemon. | 3 ozs. sugar. | (medium grain). | jam sauce (No. 163).

Peel the lemon very thinly, so as not to remove any of the white skin, put it into a saucepan with the milk, place the pan by the side of the fire, and let it remain until the milk is well flavoured with the lemon; then strain it, return the milk to the saucepan, and, when boiling, sprinkle in the florador. Simmer gently until the florador has absorbed the milk. The mixture must be kept well stirred. Add the sugar, and then let it cool a little. Beat the eggs well, and add them and the butter to the florador. Grease a mould well, turn the mixture into it, and steam for twenty to thirty minutes. To serve, turn it out of the mould on to a hot dish, and pour jam sauce flavoured with wine over or round it. Serve hot.

Average cost, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,245. BOILED BATTER PUDDING.

4 ozs. flour. | $\frac{1}{2}$ pint milk. | salt. | 1 oz. castor sugar. | 2 eggs.

Sieve the flour into a basin, make a hole in the centre, break in the eggs, add the sugar, a pinch of salt, and a little of the milk. Stir until smooth. Add the rest of the milk by degrees, beat the batter well, and let it stand for about half an hour or longer. Butter a pudding-basin just the right size to hold the mixture, pour in the

batter. Dip a pudding-cloth in boiling water, wring out, flour the centre of the cloth, place it over the pudding, tie it round with string. Have ready a saucepan of boiling water, put in the pudding, boil for one and a half hours. Turn out when done, and serve with sweet sauce, or with golden syrup or jam.

Average cost, 5d. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,246. BATTER PUDDING WITH FRUIT.

1 lb. apples or gooseberries. | 6 ozs. flour. | 1½ ozs. sugar. | pinch of salt. | 2 eggs. | ½ pint milk.

Peel and core the apples, or, if gooseberries are used, top and tail them (any fruit, such as currants, raspberries, rhubarb, etc., can be used for this pudding). Cut the apples in slices, sprinkle them with the sugar. Grease a pudding-basin, put in the apples, which should nearly fill the basin. Sieve the flour into a basin, add a pinch of salt, break in the egg, add the milk by degrees, and beat it until smooth and light. Pour the batter over the fruit, cover with a buttered paper, place in a steamer, and steam for one hour. Turn out when done on to a hot dish, and serve at once.

Average cost, 7d. Time required, 1½ hours. Seasonable, with apples, from September to May; with gooseberries, from May to June. Sufficient for 5 persons.

2,247. BOILED CUSTARD.

1 pint milk. | 6 yolks of eggs. | 2 ozs. loaf sugar. | 2 whites of eggs. | flavouring.

Break the eggs into a basin, putting aside four of the whites; beat the eggs thoroughly with a fork. Put the milk into a stewpan, and, if lemon is used for flavouring, the thinly peeled rind must be added to the milk. Bring to the boil, add the sugar, take off the fire, and let the milk cool a minute; then pour it on to the eggs, stirring meanwhile. Take out the lemon-rind, return the mixture to the stewpan, put it over a low fire, and stir until it thickens. The custard must not be allowed to boil or the eggs will curdle and the custard be spoilt. As soon as the custard is made, pour it into a basin, and let it get cold, then use as directed. A good way to make custard so as to be sure that it will not curdle is to put it in a jug, and stand the jug in a saucepan of boiling water.

Average cost, 8d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

2,248. RICE CUSTARD.

1 pint milk. | 1 oz. ground rice. | 2 eggs. | 2 ozs. sugar. | nutmeg. | lemon.

Break the eggs into a basin, beat them well with a fork, put the milk into a saucepan with the sugar and the lemon-rind, bring to the boil, and then sprinkle in the ground rice, stirring well. Boil for ten minutes, then cool a little, and add the eggs. Stir until it thickens, remove the lemon-rind, and turn into a dish. Grate some nutmeg over, and serve with stewed fruit, either hot or cold.

Average cost, 5d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 persons.

2,249. LITTLE BREAD-AND-BUTTER DUMPLINGS.

½ pint milk. | 1 oz. bread- | 3 eggs. | 1 oz. lemon-peel.
3 ozs. butter. | crumbs. | grated nutmeg. | jam sauce (No. 163).

Boil the milk, put the breadcrumbs into a basin, pour the milk over them. Melt the butter, and add it to the milk and bread. Let the mixture get cold, then beat the eggs, add them to the other ingredients; beat them all well together. Chop the lemon-peel, and add it with the nutmeg. Grease some dariole-moulds, put in the mixture, and bake in a quick oven for about half an hour. When done, turn out, and serve with wine sauce.

Average cost, 10d. Time required, 1 hour. Seasonable all the year. Sufficient for 3 persons.

2,250. BONNE-BOUCHES AUX FRUITS.

3 oranges.	2 apricots.	1 slice pineapple.	$\frac{1}{2}$ gill syrup.	$\frac{1}{2}$ gill claret or
2 bananas.	sugar.	glacé cherries.	2 whites of eggs.	sherry.

Cut the oranges in halves, take out the pulp carefully, so as not to break the skins. Pass the pulp through a sieve, add the syrup and the wine to it, and put into a stewpan. Peel the bananas, cut them in slices, cut the apricots and pineapple into dice. Put these with the syrup, add some glacé cherries, place the pan on the fire, and cook gently for about three to five minutes. Fill the orange-rinds with this fruit (any other fruit in season can be used). Whip the whites of eggs to a stiff froth, cover the top of each with it, dust thickly with castor sugar, and place in the oven to set and slightly brown the meringue. When done, dish up, and serve hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable, November to June. Sufficient for 6 persons.

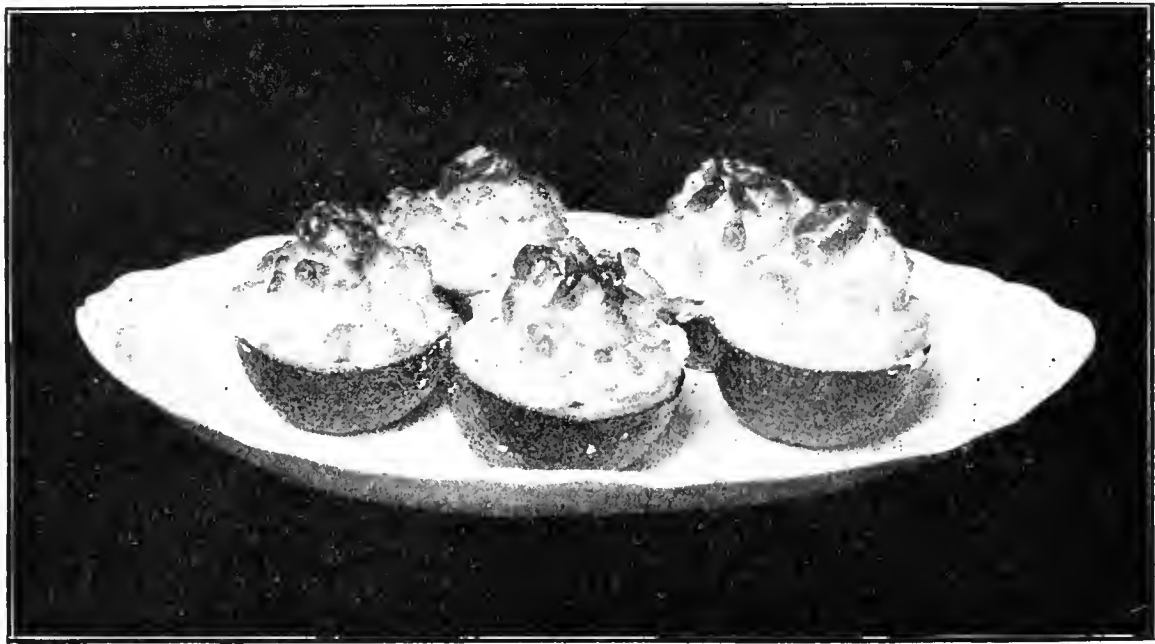


FIG. 131.—BONNE-BOUCHES AUX FRUITS.

2,251. FRIAR'S OMELET.

$1\frac{1}{2}$ lbs. apples.	1 gill water.	$\frac{1}{2}$ pint breadcrumbs.
3 ozs. sugar.	$1\frac{1}{2}$ ozs. butter.	a few brown breadcrumbs.

Peel and core the apples, cut them up, and put into a stewpan with the sugar and water. Let them stew until quite soft, then add the butter. Butter a pie-dish, sprinkle breadcrumbs all over it, fill with alternate layers of apple and breadcrumbs, sprinkle the top with brown crumbs, and bake in a hot oven for about ten minutes. When done, turn out on to a hot dish, sprinkle with castor sugar, and serve hot.

Average cost, 7d. Time required, 40 minutes. Seasonable, September to May. Sufficient for 6 persons.

2,252. KENTISH PUDDING PIE.

1 pint milk.	2 ozs. ground rice.	$\frac{1}{2}$ teaspoonful lemon-	6 ozs. flour.	1 egg.
2 ozs. sugar.	2 ozs. butter.	rind.	3 ozs. butter.	currants.

Put the flour into a basin, add the butter, break it up into small pieces, and rub it into the flour until it looks like breadcrumbs. Add sufficient water to make it into a stiff paste. Turn it on to a floured board, roll it out, and line a pie-dish

with it. Trim neatly round the edge. Mix the ground rice in a basin with a little of the milk, put the remainder of the milk into a saucepan, bring to the boil ; then add the rice, and stir over the fire. Let it boil for five minutes, then stir in the sugar and butter. Beat the egg, grate the lemon-rind finely, stir these into the rice. Turn this mixture into the prepared pie-dish, and sprinkle thickly with currants. Bake in a moderate oven for about twenty to thirty minutes. N.B.—If not liked, the lemon-peel may be omitted.

Average cost, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,253. CABINET PUDDING.

3 gills milk.	angelica.	6 glacé cherries.	1 oz. castor
sponge-cake.	4 eggs.	vanilla essence.	sugar.

Well butter a pint timbale-mould, decorate the bottom with cherries and angelica. Break into pieces sufficient sponge-cake to half fill the mould. Put two

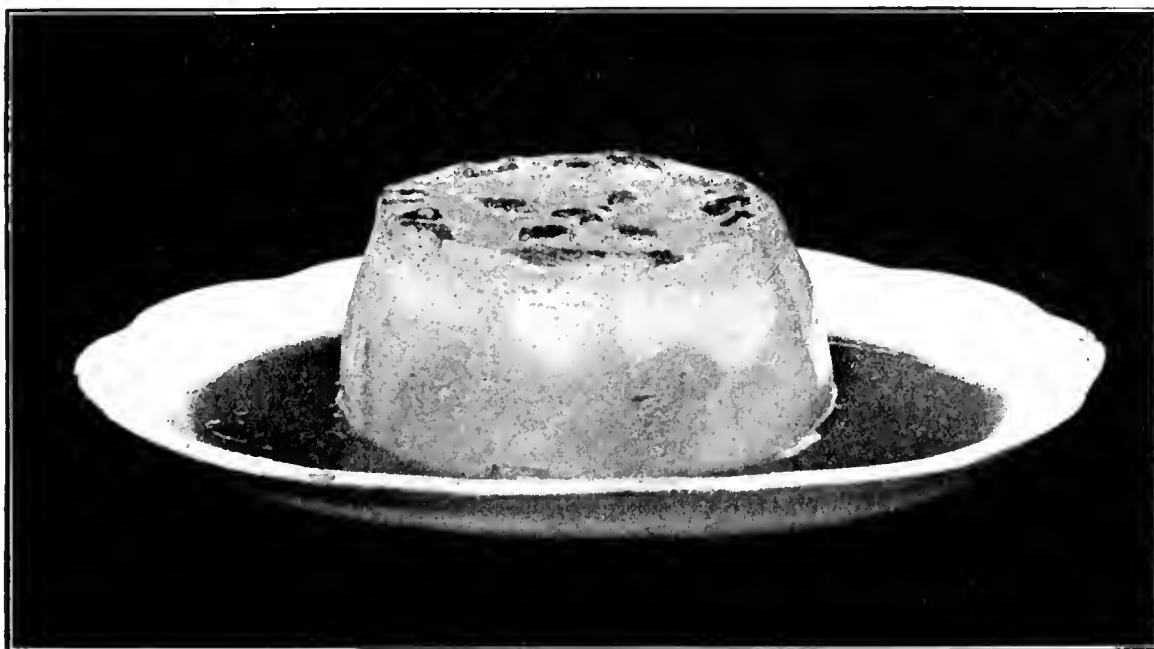


FIG. 162.—CABINET PUDDING.

whole eggs and two yolks into a basin, and beat them lightly. Boil up the milk and sugar together, let it go off the boil, add to it some vanilla essence, stir the milk into the eggs, and pour this over the sponge-cake in the mould. Cover with a piece of buttered paper, put into a steamer, and steam slowly for thirty minutes. Turn the pudding out on to a hot dish, and serve with jam, sweet or custard sauce.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

2,254. POTATO PUDDING.

$\frac{3}{4}$ lb. cooked potatoes.	salt.	2 ozs. butter.	2 eggs.	2 lemons.	3 ozs. sugar.
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Peel and cook the potatoes, drain and dry ; rub them while hot through a wire sieve. Put this purée into a basin, add the sugar, salt, and grated lemon-rind to it, stir all together. Beat the eggs, mix them and the lemon-juice into the dry ingredients, melt the butter, and add that. Turn the mixture into a buttered pie-dish, and bake in a moderate oven for about half an hour. Serve hot.

Average cost, 6d. or 7d. Time required, 1 hour. Seasonable always. Sufficient for 4 or 5 persons.

2,255. POTATO-AND-APPLE PUDDING.

2 ozs. butter.	2 eggs.	$\frac{1}{2}$ lb. stewed apples.
2 ozs. sugar.	rind of lemon.	$\frac{1}{4}$ lb. mashed potatoes.

Put the butter and sugar into a basin, work them together with a wooden spoon until creamy, break in one egg, stir it into the butter and sugar, and beat well, then add the second egg in the same way. Have the apples ready stewed to a pulp and the potatoes cooked and mashed. Stir these into the butter and sugar, grate the lemon-rind, and add. Butter a mould well, turn in the mixture, and bake in a moderate oven for about half an hour. Turn out when done on to a hot dish, and serve with a suitable sauce.

Average cost, 7d. Time required, 1 hour. Seasonable, September to May. Sufficient for 4 or 5 persons.

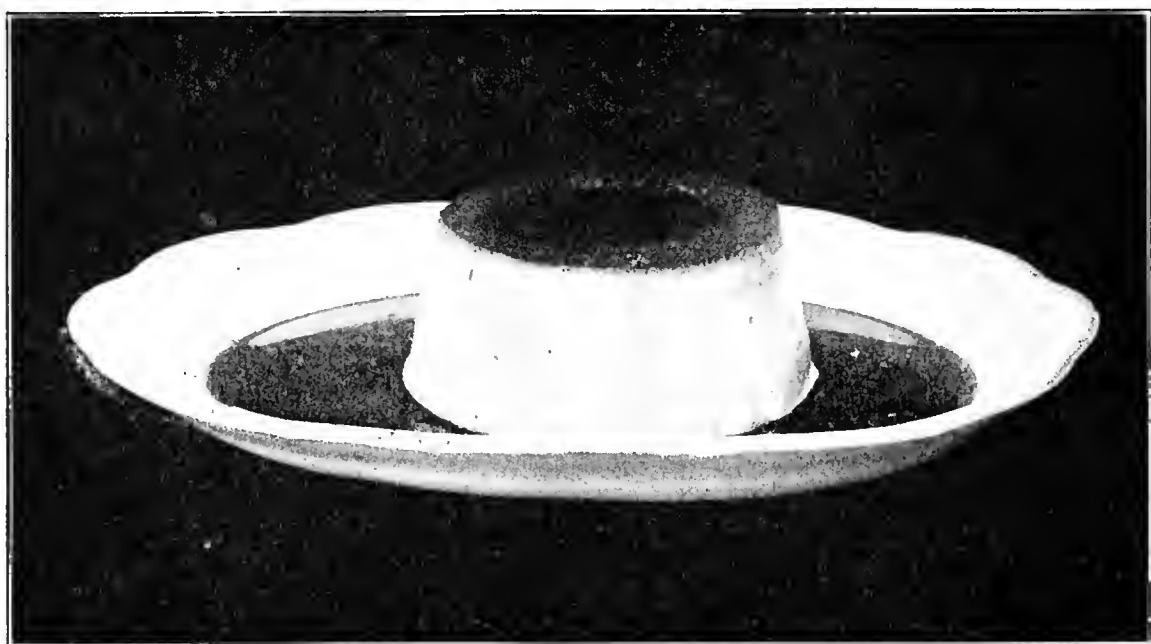


FIG. 163.—CARMEL PUDDING.

2,256. CARMEL PUDDING.

FOR THE CARMEL.

2 ozs. loaf sugar. | $\frac{1}{2}$ gill cold water.

FOR THE PUDDING.

4 yolks of eggs. | 2 whites of eggs. | $\frac{1}{2}$ oz. castor sugar. | $\frac{1}{2}$ pint milk. | $\frac{1}{2}$ lemon.

Put the loaf-sugar and the $\frac{1}{2}$ gill of water into a small stewpan, boil quickly without stirring until the water has evaporated and the sugar colours a dark brown. Now stir it so as to get it the same colour all through, and pour it into a dry, plain timbale or charlotte mould. Coat the mould with it. Break the four yolks and two whites of eggs into a basin, and beat well. Put the milk into a saucepan, add the sugar and the thinly peeled rind of the lemon (this can be omitted if not liked), bring slowly to the boil. Take off the fire, let cool a little, then strain it on to the eggs. Pour into the mould that has been coated with the caramel, put the pudding into a steamer, cover with a buttered paper, put on the lid, and steam slowly for half an hour. Turn out on to a dish, and the caramel will run over it to form a sauce. Serve hot or cold.

Average cost, 6d. or 7d. Time required, 40 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

2,257. POUDING AU CHOCOLAT MERINGUÉ (CHOCOLATE PUDDING MERINGUED).

1 pint milk. | $1\frac{1}{2}$ ozs. cornflour. | 4 eggs. | 3 ozs. chocolate. | 2 ozs. castor sugar. | vanilla.

Put the cornflour into a basin, and add sufficient milk to make it into a smooth paste. Chop the chocolate into small pieces, put it into a saucepan with the milk, bring to the boil, stir until the chocolate is melted, then add 1 oz. of the sugar. Stir in the cornflour, and cook until it thickens. Simmer for ten minutes, let cool a little, then add the yolks of the eggs and one white, add a few drops of vanilla essence. Butter a charlotte or soufflé tin, turn the mixture into it, and steam for about forty minutes, or the pudding can be baked in a moderate oven for about thirty minutes. When the pudding is nearly cooked, beat three whites of eggs to a stiff froth, mix with it 1 oz. of sugar. Turn the pudding out when done on to a hot dish, cover with the meringue mixture, sprinkle sugar over, and put into the oven to set the meringue and to let it colour. Serve at once.

Average cost, 10d. Time required, 45 minutes. Seasonable always. Sufficient for 4 persons.



FIG. 164.—CASTLE PUDDINGS.

2,258. CASTLE PUDDINGS.

2 eggs. | the weight of the eggs in butter. | flour. | sugar. | $\frac{1}{2}$ teaspoonful baking-powder.

Put the butter and sugar into a basin, work them with a wooden spoon until creamy, then break in one egg. Stir until thoroughly mixed with the butter and sugar, then beat the mixture, add the other egg, and proceed in the same way. Stir in the flour and baking-powder, mix quickly. Grease some small dariole-moulds or other fancy tins, fill half full with the mixture, place them on a baking-sheet in the oven, and cook for about fifteen minutes. Turn out, and serve with jam sauce (No. 163).

Average cost, 6d. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 or 8 moulds.

2,259. POUDING SAXON (SAXONY PUDDING).

2 ozs. loaf sugar.	2 ozs. castor sugar.	3 gills milk.	sabayon sauce
4 ozs. butter.	4 ozs. flour.	5 eggs.	(No. 173).

Put the butter and castor sugar into a basin, and cream together; add the flour. Put the loaf-sugar into a small stewpan, melt and colour to a light brown; then

add the milk, and boil up. Stir this into the butter and flour by degrees, put this mixture into a saucepan, and stir over the fire vigorously until it becomes a panada. Take it off the fire, and beat in the yolks of the eggs one at a time. Whisk the whites very stiffly, and stir them into the pudding lightly and quickly. Pour into a well-buttered mould, and steam for about one hour. When done, turn out, and serve with sabayon sauce.

Average cost, 1s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 4 persons.

2,260. MARIE PUDDINGS.

2 eggs.	the weight of the eggs in	jam.	½ teaspoonful baking-powder.
sugar and flour.	butter.	cocoanut.	jam sauce (No. 163).

Cream the butter and sugar together with a wooden spoon, beat in the eggs one at a time, stir in the flour and baking-powder, mix well. Put into small greased dariole-moulds, and bake in a moderate oven. When done, turn out of the moulds.

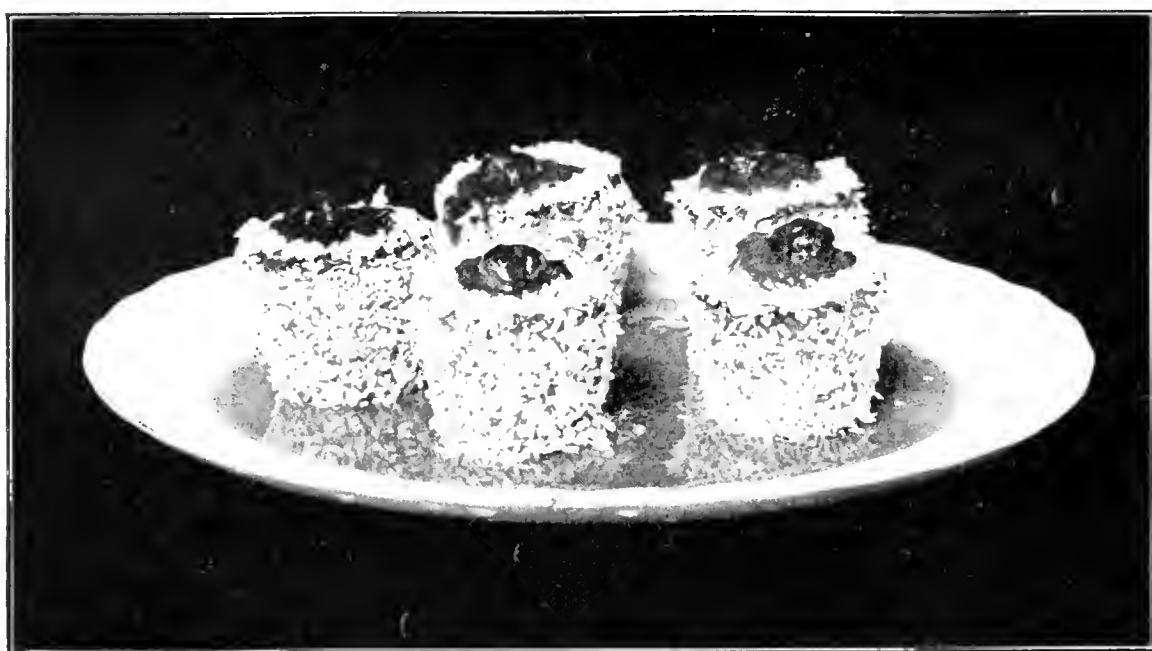


FIG. 165.—MARIE PUDDINGS.

Coat the shapes round the sides with jam, roll in cocoanut, place a teaspoonful of jam on the top of each, and serve hot with jam sauce poured round.

Average cost, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 or 8 moulds.

2,261. LITTLE CITRON PUDDINGS.

½ pint milk.	2 ozs. citron-peel.	½ oz. flour.	wine sauce or rum sauce
1 oz. sugar.	nutmeg.	3 yolks of eggs.	(No. 171).

Mix the flour with enough of the milk to make a smooth paste. Put the rest of the milk into a saucepan with the sugar, and, when boiling, stir it on to the mixed flour. Return to the saucepan, and cook over the fire for a few minutes, stirring all the time. Turn it into a basin, and, when cool enough, mix in the beaten yolks of eggs, a little grated nutmeg, and the citron cut in very fine pieces. Butter some dariole-moulds, pour the mixture into them, place them in a steamer, cover with buttered paper, and let them steam gently for twenty to thirty minutes. When set, turn them out on a hot dish, pour wine sauce round them, and also serve some separately in a sauce-boat.

Average cost, 10d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 persons.

FRUIT PUDDINGS—POMMES (APPLES)

2,262. POUDING À LA NORMANDE (NORMANDY PUDDING).

1½ lbs. cooking apples.	3 ozs. sugar.	3 eggs.	1 tablespoonful apricot jam.
2 ozs. butter.	4 ozs. brown bread-	2 gills claret.	1 tablespoonful red-currant
1 lemon.	crumbs.	½ gill cream.	jelly.

Peel and cut the apples in quarters, take out the cores, put them into a stewpan, add to them 2 ozs. of sugar, the butter, and the thinly-peeled lemon-rind, cover the pan, and cook the apples slowly until tender either in the oven or over a slow fire. Put the breadcrumbs and 1 oz. of sugar into a basin, add the eggs well beaten, and 1 gill of the wine. When the apples are soft, take them up, and strain the syrup from them into the other ingredients, add the cream, and mix all well together. Well butter a mould or pie-dish, place a layer of the mixture at the bottom of the dish, and then a layer of the apples. Continue in this way until the apples and mixture are used up. Bake in a moderate oven for forty-five minutes. Put the jam, red-currant jelly, 1 gill of claret, and the juice of the lemon into a small stewpan, bring to the boil, and simmer very gently for ten minutes. When the pudding is done, turn it out of the mould or pie-dish on to a hot dish, pour the sauce round, and serve hot.

Average cost, 2s. 3d. Time required, 1½ hours. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,263. CASSEROLE DE POMMES.

6 or 8 russet apples.	3 ozs. butter.	3 ozs. castor sugar.	1 gill water.
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Core the apples with a cutter, taking care not to break them. Put the butter into a basin, add the sugar, cream them together, divide this into equal parts, and fill the centre of each apple. Arrange the apples in an earthenware dish, pour in the water, and put them into a moderate oven and cook gently until the apples are tender. Serve in the dish they were cooked in.

Average cost, 6d. or 7d. Time required, ¾ hour. Seasonable, September to May. Sufficient for 6 or 8 persons.

2,264. POMMES À LA RUSSE.

6 apples.	½ oz. butter.	1½ gills	½ gill milk.	½ lemon.
3 ozs. sugar.	½ oz. flour.	water.	½ oz. sugar.	2 eggs.

Put the water and sugar into a stewpan, put on the fire, and cook until a thin syrup is made. Choose the apples all one size and a good shape, peel them, cut off a slice, and scoop out the pulp, so that they form cases. Put these into a stewpan, add the syrup to them, cover, and place them in the oven to cook. They must not be done too much, but should be firm. When done, drain them well. Stew the pulp that was removed from the inside of the apples with some of the syrup in which the apple-cases were cooked. When done, rub the stewed pulp through a sieve, fill the apple-cases one-third full with the purée. Melt the ½ oz. of butter in a stewpan, put in the flour, add the milk, and stir until it thickens and leaves the sides of the saucepan. Take the pan off the fire, stir in the sugar and the grated lemon-rind, and as soon as the mixture has cooled a little beat in the yolks of the eggs. Whisk the whites to a stiff froth, stir them lightly to the mixture, fill the apples with this preparation, place them on a baking-tin, and put in a cool oven for about twenty minutes. When done, dish up, and serve quickly.

Average cost, 9d. Time required, 1 hour. Seasonable, September to May. Sufficient for 6 persons.

2,265. POMMES À L'AMÉRICAINNE (APPLES, AMERICAN STYLE).

6 cooking apples.	1 egg.	apricot jam.	red-currant	frying-fat (No. 197).
1 oz. flour.	cakecrumbs.	6 glacé cherries.	jelly.	syrup.

Choose the apples as much as possible the same size, peel and core them carefully, so as not to break them. Put a gill of syrup into a stewpan or baking-tin, put in the apples, and cook over the fire or in the oven until nearly done. Baste them occasionally with the syrup. Let them get cold, then roll them in the flour, brush them over with beaten egg, toss in sifted cakecrumbs, and fry in boiling fat a golden brown. Drain on a piece of kitchen-paper, fill the centres with apricot jam, cut out some rounds of red-currant jelly, place one on the top of each apple and a glacé cherry on that. Dish up, and serve hot or cold. An apricot syrup should be sent to table separately with the apples.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable, September to May. Sufficient for 6 persons.

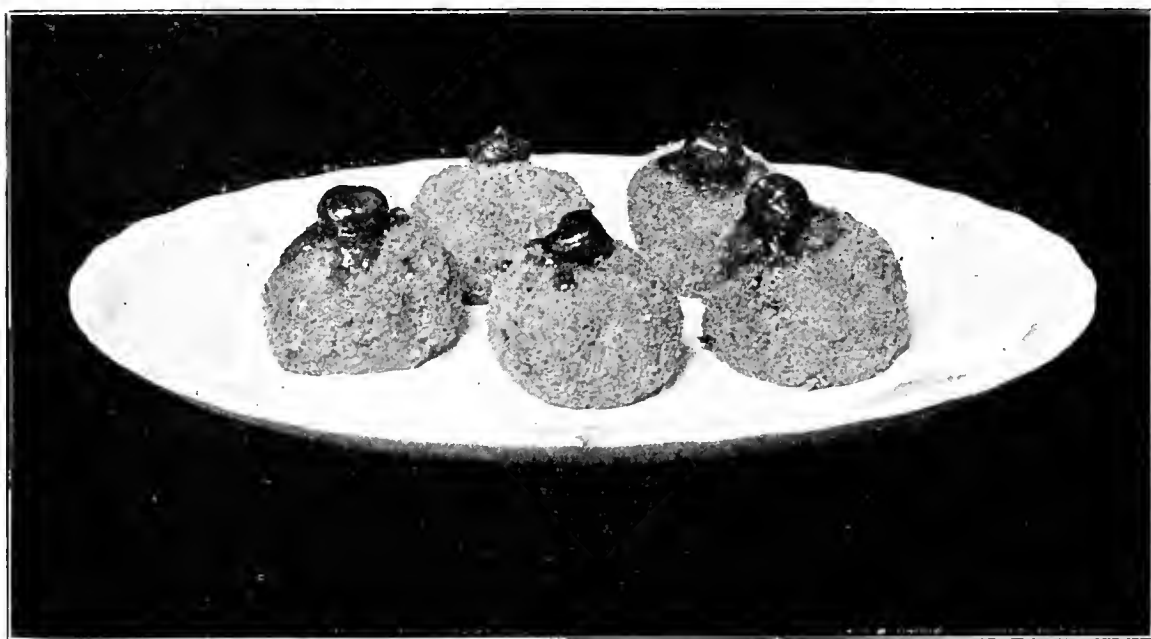


FIG. 166.—POMMES À L'AMÉRICAINNE.

2,266. POMMES AU BEURRE (APPLES WITH BUTTER).

8 russet apples.	lemon.	1 tablespoonful brandy or	4 ozs. sugar.
1 gill syrup.	4 ozs. butter.	sherry.	généoise croûtons.

Peel the apples, take out the core without breaking them, put them into a stewpan of boiling water seasoned with lemon-juice, and boil them for two minutes. Take them up, drain, and place them in a buttered stewpan. Add the syrup flavoured with lemon, put on the lid of the pan, and cook them in the oven. When done, dish them on little croûtons of généoise cake which have been glazed in the oven. Cream the butter and sugar together, work in the brandy or sherry, and fill the centre of each apple with it. Pour the syrup the apples were cooked in over them, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable, September to May. Sufficient for 8 persons.

2,267. POMMES À LA PARISIENNE.

6 apples.	1 glass kirsch.	2 whites	sugar.	½ pint milk.
généoise cake.	2 ozs. rice.	eggs.	syrup.	vanilla.

Put the milk into a stewpan. As soon as it boils, sprinkle in the rice, and boil until tender, stirring constantly until the rice is done. Sweeten to taste, and

flavour with vanilla. Peel the apples (they should all be the same size as far as possible), cut a slice off the top of each, and scoop out some of the pulp so that they resemble cases. Have ready a thin syrup in a stewpan, put in the apples, and cook them, keeping them rather firm. When done, drain well. Make a génoise cake in a flat, round cake-tin, place it on a dish, pour over it some syrup to which the kirsch has been added, arrange on this the apple-cases. Put the pulp taken from the centre of the apples through a sieve, mix it with the rice, fill the apples, and put the remainder of the mixture on the cake in the centre of the apples. Arrange it to the shape of a pyramid. Whip the whites of the eggs to a stiff froth, stir in 3 ozs. of sugar, mix lightly, put it into a forcing-bag with a rose-pipe, decorate the top of the apples with this, put a large rosette of the same on the top of the rice pyramid, and bake in a cool oven until the meringue is set. When taken from the oven, garnish with glacé cherries, and serve hot.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable, September to May. Sufficient for 6 persons.

2,268. POMMES À LA FLORENTINE (APPLES, FLORENTINE STYLE).

8 cooking apples.	2 ozs. rice.	apricot jam.	$\frac{1}{2}$ gill cream.	pistachio-
$\frac{1}{2}$ pint syrup.	$\frac{1}{2}$ pint milk.	1 lb. chest-	vanilla.	nuts.
$\frac{1}{2}$ lemon.	$\frac{1}{2}$ oz. sugar.	nuts.	sugar.	1 oz. butter.

Peel and core the apples without breaking them, put the syrup into a stewpan with the juice of the lemon, and cook over the fire or in the oven until tender, keeping them somewhat firm. Put the milk into a stewpan with $\frac{1}{2}$ oz. of sugar. As soon as it boils, sprinkle in the rice, and cook until tender, stirring constantly. Flavour with vanilla. Slit the chestnuts, put them on a baking-tin in the oven, and bake until the shells and inner skin can be removed easily; then boil them in water until tender. Drain, and rub them through a fine sieve. Melt 1 oz. of butter in a stewpan, put in the purée of chestnuts, add the cream, sugar to taste, and a few drops of vanilla. Mix all well together over the fire. Press this preparation into a flat buttered round tin, turn it out on to a hot dish, fill the centre of the apples with the prepared rice, arrange them on the chestnut-border, put a spoonful of apricot jam on the top of the apple over the rice, put the dish in the oven to get thoroughly hot. Before sending to table, sprinkle all over with chopped pistachio-nuts, and serve hot.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, November to February. Sufficient for 8 persons.

2,269. POMMES À LA CONDÉ.

6 apples.	1 $\frac{1}{2}$ pints milk.	1 gill syrup.	lemon.	glacé cherries.
6 ozs. rice.	2 ozs. sugar.	vanilla.	apricot jam.	angelica.

Boil the milk in a saucepan with the sugar and the thinly-peeled rind of the lemon. As soon as it comes to the boil, sprinkle in the rice, and cook until tender, stirring constantly. When done, take out the lemon-rind, and press the rice into a border-mould, and keep hot. Peel and core the apples, place them in a buttered stewpan, add the syrup, a little vanilla, put on the lid of the pan, and put them in the oven to cook. When done, drain, turn out the rice-border on to a hot dish, arrange the apples on it, pour the syrup over them, and decorate with glacé cherries and angelica. Serve hot.

Average cost, 1s. Time required, 1 $\frac{1}{4}$ hours. Seasonable, September to May. Sufficient for 6 persons.

2,270. POMMES À LA PORTUGAISE (APPLES, PORTUGUESE STYLE).

8 apples.	$\frac{1}{2}$ pint syrup.	maraschino.	apricot jam.	glacé cherries.	lemon-juice.
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Peel and core the apples, rub them over with lemon-juice, put them into a stewpan with the syrup, flavour with maraschino, put on the lid of the pan, and

cook them slowly either in the oven or over the fire until tender. Keep them somewhat firm. When cooked, take them up, dress them on a hot dish in a circle, fill the centre of each apple with apricot jam, and place a cherry on the top of each. Serve with the syrup the apples were cooked in.

Average cost, 1s. Time required, 30 minutes. Seasonable, August to June. Sufficient for 8 persons.

2,271. GRATED APPLE PUDDING.

apples.	1 lemon.	2 ozs. butter.
$\frac{3}{4}$ oz. ground rice.	sugar to taste.	puff-pastry (No. 2,185).

Line the sides of a pie-dish with puff-pastry, cut out some small stars of pastry, and decorate the edge of the dish with them, placing them overlapping each other. Peel and core some apples, grate enough of them to fill a breakfast-cup, put them into a basin, add the ground rice, the rind of one lemon, and the juice of half, sweeten to taste, and then stir in 2 ozs. of butter melted. Mix all these ingredients well together, and then turn into the prepared pie-dish. Bake in a moderate oven for twenty to thirty minutes. Take up, and serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 4 persons.

2,272. APPLE AND RICE MERINGUE.

1 lb. apples.	1 pint milk.	1 lemon.	3 ozs. sugar.
4 ozs. rice.	2 cloves.	3 whites of eggs.	1 gill water.

Peel and core the apples, cut them in quarters. Put the sugar and water into a stewpan, bring to the boil; then put in the apples, add two cloves, put on the lid, and put the pan in the oven and cook slowly until the apples are tender. When done, take up the apples, reserve the syrup. Put the milk into a saucepan with the rind of the lemon, bring to the boil, then sprinkle in the rice, simmer until the rice has absorbed the milk and is quite tender. The rice must be kept stirred as soon as it begins to thicken. Remove the lemon-rind, turn the rice on to a hot dish, shape it into a border round the dish, arrange the apples in the centre of the border of the rice, pour the apple syrup over them. Whip the three whites of eggs very stiffly, add a little sugar to them, and place this over the apples, piling it up in the shape of a pyramid. Sprinkle with sugar, and put in a mild oven to set the eggs. When done, remove from the oven, and serve at once.

Average cost, 9d. Time required, 1 hour. Seasonable, September to May. Sufficient for 5 persons.

2,273. APPLE AND FLORADOR PUDDING.

1 pint milk.	1½ lbs. apples.	2 ozs. sugar.	1½ gills water.	1 tablespoonful apricot
3 ozs. florador.	1 lemon.	pastry.	2 eggs.	jam.

Peel and core the apples, cut them in pieces, and put them into a stewpan with the thinly-peeled rind of half a lemon and the water. Put the pan on the fire, and cook until the apples are tender. Put the milk into a saucepan with the remainder of the lemon-rind and the sugar, bring to the boil slowly, then remove the lemon-rind, and sprinkle in the florador. Cook over the fire for ten minutes, stirring well all the time; then take out the lemon-rind, let the mixture cool a little, beat in one at a time the two yolks of eggs. Mix the apricot jam with the apples, stir them well together. Roll out some pastry, either short or puff, line the sides of a pie-dish with it, decorate the rim with stars of pastry or mark it with a fork. Put the apples at the bottom of the dish, arrange the florador in a layer over them. Whisk the two whites of eggs very stiffly, mix with it about 1 oz. of sugar, cover



the top of the pudding with this meringue, put it into a moderate oven, and bake for about twenty minutes. When done, dish up, and serve hot.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 6 persons.

2,274. POMMES MERINGUÉES (MERINGUED APPLES).

6 cooking apples.	1 gill water.	2 whites	apricot jam.
3 ozs. loaf sugar.	lemon-rind.	eggs.	castor sugar.

Put the loaf sugar and the water into a stewpan, simmer together until a syrup is formed. Peel and core the apples carefully, so as not to break them, put them in the syrup, cover with a buttered paper and the lid of the stewpan, place in the oven, and cook until the apples are tender. Butter a baking-tin, place the apples on it, fill the centres with apricot jam. Whisk the whites of eggs to a stiff froth, and add to them 1 oz. of castor sugar. Cover the apples completely with the meringue, put them into the oven, and bake for about ten minutes. When ready, dish them, and send to table hot.

Average cost, 10d. Time required, 30 minutes. Seasonable, September to May. Sufficient for 6 persons.

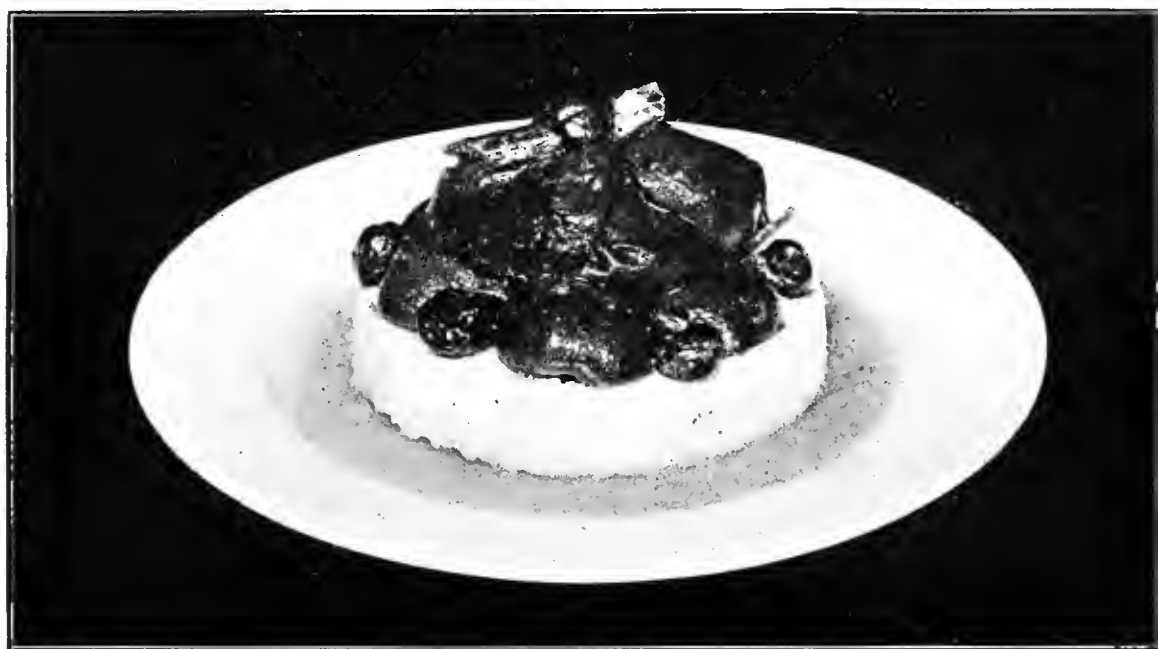


FIG. 167.—ABRICOTS AU RIZ.

ABRICOTS (APRICOTS)

2,275. ABRICOTS AU RIZ (APRICOTS WITH RICE).

12 preserved half-apricots.	1 lemon.	2 ozs. sugar.	angelica.
3 ozs. rice.	1 pint milk.	cherries.	apricot syrup.

Put the milk, grated lemon-rind, and the sugar into a saucepan, place on the fire, and as soon as the milk boils sprinkle in the rice, and simmer until the rice is tender and the milk has been absorbed. Keep stirred constantly while cooking to prevent burning. Turn into a flat, round, greased cake-tin, press it down well, then turn it out on to a hot dish. Heat the apricots in syrup (a little wine or liqueur can be added if liked), arrange the apricots on the rice, decorate with glacé cherries and angelica. Put the juice from the apricots into a stewpan, add one tablespoonful of sugar and the juice of the lemon, boil together until it becomes a syrup. Pour this all over the apricots and rice and round the dish, and serve hot.

Average cost, 1s. 2d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

2,276. ABRICOTS À LA CONDÉ.

6 half-apricots.

rice croquettes (No. 2,353).

6 rounds génoise
cake.

apricot sauce (No. 148).

glacé cherries.

Cut a génoise cake in rounds, about $\frac{1}{2}$ inch thick, a little larger than the apricots, pour over each piece of cake a few drops of wine or liqueur. On these set a half apricot cooked in syrup; on the top of each apricot place a glacé cherry. Arrange

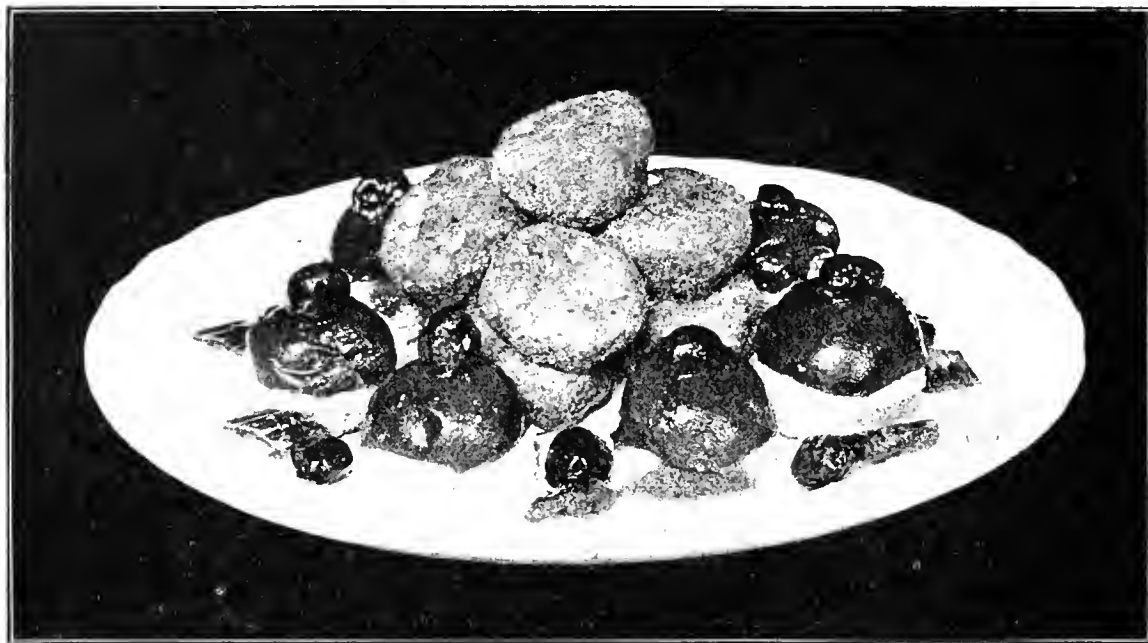


FIG. 168.—ABRICOTS À LA CONDÉ.

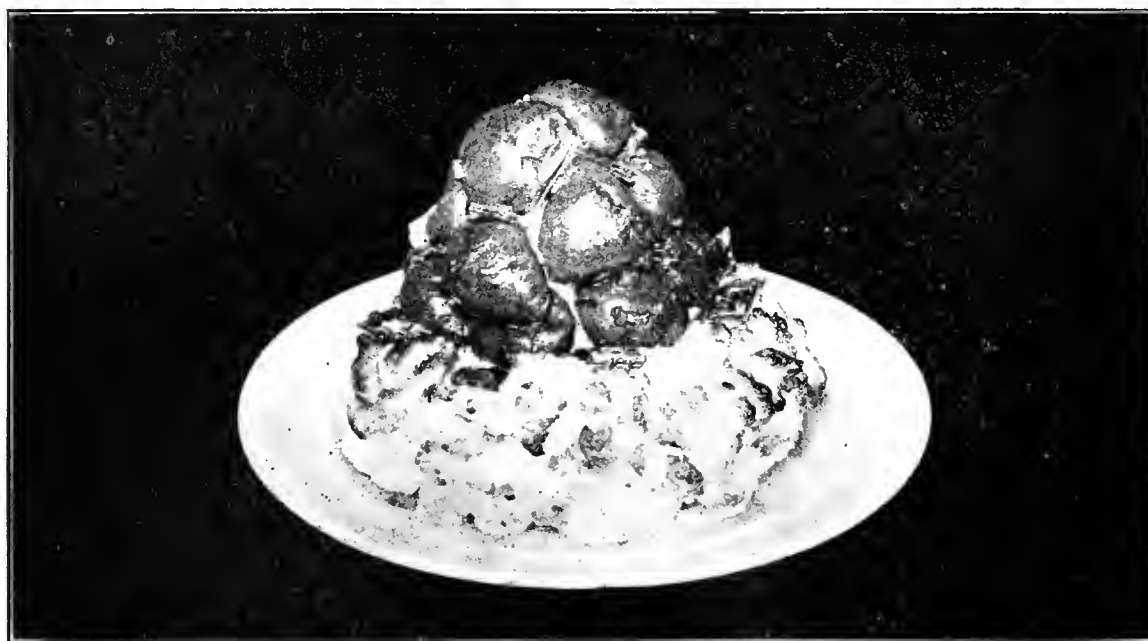


FIG. 169.—ABRICOTS À LA SULTANE.

the apricots in a circle on a hot dish, place some rice croquettes made in the shape of half apricots in the centre, and serve with an apricot sauce separately. Serve hot.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,277. ABRICOTS À LA SULTANE.

1 génoise cake.	3 whites of eggs.	4 ozs. rice.	lemon-rind.	cherries.
preserved apricots.	4 ozs. sugar.	1 pint milk.	vanilla.	angelica.

Make a génoise cake, butter a border-mould, put in the mixture, and bake. When cooked, turn it out, and let cool. Boil the milk with 2 ozs. of sugar and the lemon-rind ; when boiling, sprinkle in the rice, and cook until it is tender and the milk is absorbed. Whip the whites of eggs very stiffly, mix with them 2 ozs. of sugar. Spread this over the génoise cake, dust with sugar, and put into the oven to brown and set. Put on a hot dish when ready, fill the centre with the prepared rice, piling it up in the shape of a pyramid. Have ready some half-apricots warmed up in their own syrup, flavoured with vanilla, put these apricots all over the pyramid of rice. Decorate with glacé cherries and angelica, pour some apricot syrup round, and serve hot.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 or 6 persons.

ORANGES

2,278. ORANGE PUDDING.

2 ozs. stale cake or bread- crumbs.	2 oranges.	6 oz. puff-paste (No. 2,184).	1 gill milk. 3 eggs.
	2 ozs. castor sugar.		

Rub the stale sponge-cake through a sieve, put the crumbs thus made into a basin, add the sugar and the grated rinds of the oranges, mix together. Beat the eggs in a basin, add the milk to them, pour this over the dry ingredients in the basin, squeeze the juice of the oranges, and add it. Roll out the pastry, cut it in strips, and line a pie-dish with it. With a star cutter cut out from the remainder of the pastry a number of patterns, fix these round the edge of the dish overlapping each other, pour in the prepared mixture, and bake in a moderate oven for about thirty minutes. When done, remove from the oven, dredge the top with castor sugar, and serve.

Average cost, 10d. Time required, 1 hour. Seasonable, October to June. Sufficient for 4 or 5 persons.

2,279. ORANGE AND RICE MERINGUE.

6 ozs. rice.	1½ pints milk.	1 lemon.	6 ozs. loaf sugar.	6 oranges.	3 eggs.
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Put the milk into a saucepan with the thinly-peeled rind of the lemon and 2 ozs. of loaf sugar, bring to the boil, sprinkle in the rice, and cook until the rice is tender. As soon as it begins to thicken, the rice must be constantly stirred to prevent burning. When the rice is done, let it cool, remove the lemon-rind, and beat in the yolks of the eggs. Peel the oranges very thinly, put into a stewpan 4 ozs. of loaf sugar and 1 gill of water, cook over the fire until it becomes a thick syrup ; then put in the orange-peel, let it stand by the side of the fire for a few minutes, but do not let it boil. Take all the white pith away from the oranges, cut them in halves, and take out the pips. Arrange the rice on a fireproof dish in a flat bed, place the halves of oranges on this, and strain the syrup over them. Beat the whites of three eggs to a stiff froth, and spread it over the oranges ; dredge thickly with castor sugar. Put the dish in a slow oven, and bake for about twenty minutes. This pudding should be sent to table in the dish it was baked in. Serve hot.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable, October to June. Sufficient for 6 persons.

2,280. ORANGE AND RATAFIA PUDDING.

6 oranges.	castor sugar.	sponge	3 gills milk.	2 eggs.
1 lemon.	2 ozs. ratafias.	cake.	2 ozs. butter.	vanilla.

Peel the oranges and lemon very thinly, take away all the white pith from the oranges, cut them in slices, remove the pips and skin, leaving only the pulp of the oranges. Put this into a basin, cover it with castor sugar, and let stand for some time; then with a fork mash the pulp small. Chop very finely the rind of one orange and half of the lemon, add to the orange-pulp and the juice of the lemon. Cut some stale sponge-cake into slices, butter a pie-dish, melt the butter in a stewpan, arrange a layer of sponge-cake slices in the pie-dish, pour over them some melted butter; then put a layer of the orange-pulp, then another layer of cake, then butter, and again pulp. Continue in this way until the dish is filled to two-thirds of its height. Beat the yolks of eggs in a basin, add the milk, sweeten to taste, flavour with vanilla. Make a custard with this over the fire. When ready, pour it over the ingredients in the pie-dish, cover the top of the pudding all over with ratafias, put the pudding into a cool oven to bake for twenty to thirty minutes. Whisk the whites of the eggs, add a little sugar to them, cover the top of the pudding with it, and return to the oven to set the meringue. Dish up, and serve hot.

Average cost, 1s. 2d. Time required, 45 minutes. Seasonable, November to June. Sufficient for 6 persons.



FIG. 170.—BANANES À LA CONDÉ.

BANANES (BANANAS)

2,281. BANANES À LA CONDÉ.

6 ozs. rice.	4 bananas.	2 ozs. sugar.	vanilla.	$\frac{1}{2}$ pint syrup.
$1\frac{1}{2}$ pints milk.	glacé cherries.	rind of 1 lemon.	angelica.	6 or 8 rice croquettes (No. 2,353).

Peel the lemon very thinly, put it into a stewpan with the milk and the sugar. As soon as the milk comes to the boil sprinkle in the rice, cook over the fire until the rice is tender and the milk has been absorbed, stirring constantly. Remove the lemon-rind, and turn the mixture into a well-buttered border-mould. Keep hot until required. Heat the syrup, flavour it with vanilla, and as soon as it is hot peel the bananas, slit them in halves lengthways, and then each half again in half crossways. Put these pieces into the syrup, and stew them gently for a few minutes, taking care not to break the fruit. Make some rice croquettes, shape

them into balls. When ready to serve the sweet, turn out the border of rice on to a hot dish, arrange the bananas round the border overlapping each other, pour some of the syrup over, arrange the rice croquettes in a pyramid in the centre, decorate with cherries and angelica, and serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

2,282. BANANES SUR CROÛTES.

3 bananas.	1½ gills syrup.	angelica.	pistachio-
génoise cake.	glacé cherries.	½ gill sherry.	nuts.

Cut the génoise cake into pieces, 1 inch thick, and about 3 inches in length. Heat the syrup, add the wine to it, and pour half of it over the pieces of cake. Keep hot. Peel the bananas, slit them in halves, and cut them the same length as the croûtes. Put these into a stewpan with the remainder of the syrup, and cook for a few minutes, taking care not to let the fruit get too soft. Arrange the cake croûtes on a hot dish in the form of a star, place a banana on each croûte, pour the syrup over. Blanche, peel, and chop a few pistachio-nuts, sprinkle these on the bananas, arrange some glacé cherries that have been heated in syrup in the centre of the dish, garnish with a few leaves of angelica, and serve hot.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

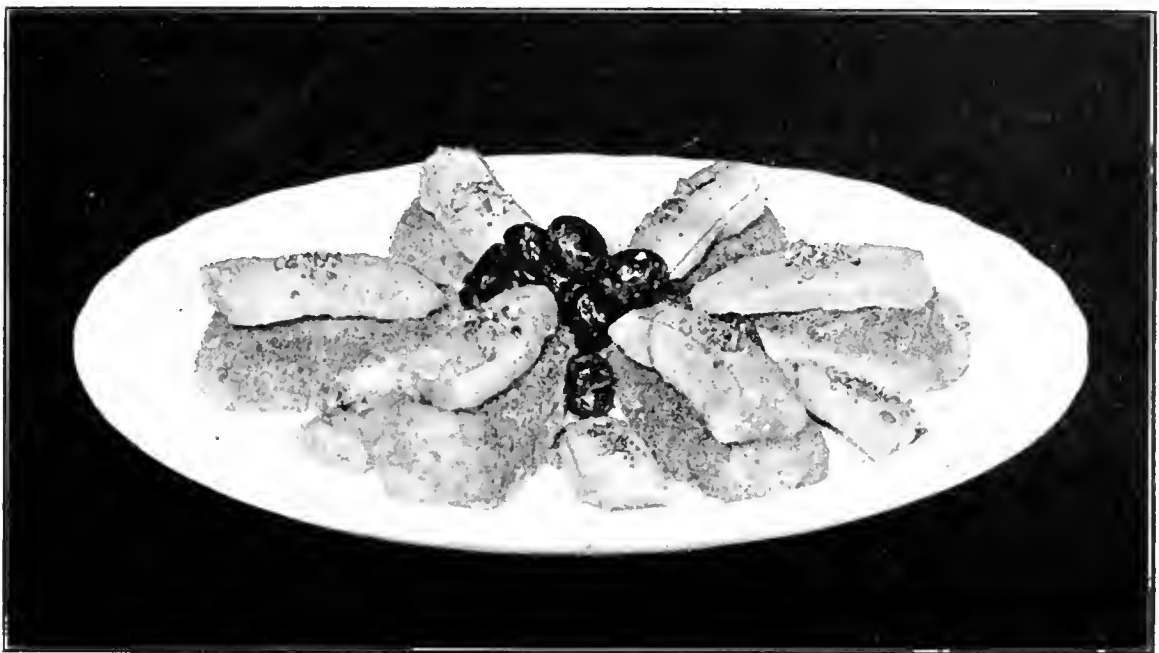


FIG. 171.—BANANES SUR CROÛTES.

2,283. POUDING DE BANANES (BANANA PUDDING).

2 eggs.	3 ozs. sugar.	2 bananas.	sweet sauce (No.
3 ozs. butter.	3 ozs. flour.	baking-powder.	165).

Uream the butter and sugar together in a basin until soft, then add the eggs one at a time. Beat the mixture thoroughly. Sieve the flour and the baking-powder, stir into the butter and eggs. Peel the bananas, cut them in thin slices, and mix into the preparation. Stir lightly until it is all thoroughly mixed. Butter some small dariole-moulds or other tins, fill them half full, cover with a buttered paper, place in a steamer, and steam for twenty minutes, or they can be baked in a moderate oven for the same length of time. When done, turn out on to a hot dish, pour sweet sauce round, and serve hot.

Average cost, 9d. Time required, 35 to 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,284. BANANES MERINGUÉES.

$\frac{1}{2}$ lb. short paste.	3 ozs. rice.	2 ozs. sugar.	whites of 3 eggs.	angelica.
6 bananas.	1 pint milk.	1 lemon-rind.	cherries.	syrup.

Roll out the pastry, and line a flan-ring with it. Line it with paper, fill with raw rice, and bake. When done, carefully remove the rice and paper. Boil the milk with the sugar and finely-peeled lemon-rind. As soon as the milk comes to the boil, sprinkle in the rice, boil until tender, stir constantly to prevent it burning, take out the peel, and cover the bottom of the flan-ring with a thick layer. Peel the bananas, cut each in half, cook them for ten minutes in a syrup flavoured with vanilla, arrange them in the crust on the rice. Beat up the eggs to a stiff froth, arrange this over the bananas, sprinkle with castor sugar, and put in the oven to brown and set. Before sending to table, garnish with cherries and angelica.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

PÊCHES (PEACHES)

2,285. POUDING AUX PÊCHES (PEACH PUDDING).

1 tin preserved peaches.	2 ozs. butter.	$\frac{1}{4}$ pint peach syrup.	1 oz. sugar.
$\frac{1}{4}$ pint milk.	4 eggs.	3 ozs. flour.	lemon sauce (No. 164).

Put the milk and peach-juice into a saucepan, add the butter, and bring to the boil. Sieve the flour, and as soon as the milk and butter come to the boil, stir in the flour very quickly. Mix vigorously until the mixture is smooth, and leaves the sides of the pan. Take the pan off the fire, and let the mixture cool a little; then add the sugar, beat in the yolks of the eggs one at a time. Whisk the whites of the eggs to a stiff froth, and stir lightly into the mixture. Butter a soufflé-mould, arrange a layer of peaches neatly on the bottom of the mould, then put a layer of the mixture. Cover again with some more peaches, and continue in this way until the mould is three parts full. The last layer should be the mixture. Steam in the oven for about forty-five minutes to one hour. When done, turn out, and serve with lemon sauce.

Average cost, 1s. 9d. Time required, 1 to 1 $\frac{1}{4}$ hours. Seasonable always. Sufficient for 6 persons.

2,286. CROÛTONS DE PÊCHES.

6 preserved peaches.	1 glass white wine.	2 ozs. black-currant jelly.
2 French rolls.	2 ozs. butter.	sugar.

Cut the rolls into six slices about $\frac{1}{2}$ inch thick. Melt the butter in a frying-pan. As soon as it is hot, put in the slices of bread, and fry them a golden brown. When done, take them up, and drain on paper. Keep hot in a cool oven. Put six half-peaches into a stewpan with their syrup, add a little sugar and the glass of wine, bring to the boil, and simmer gently for two or three minutes. They must be kept firm. Place half a peach on each slice of fried bread, the hollow side uppermost, place in each a small piece of black-currant jelly, dish the croûtons on a hot dish, dust with sugar, and put into the oven for a few minutes. Strain the syrup round the dish, and send to table with cream.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,287. CROUSTADE DE PÊCHES.

lb. short paste (No. 2,183).	frangipane cream (No. 2,171).	2 ozs. macaroons.
	preserved peaches.	butter.

Roll out the pastry, line a flan-ring with it, line it with paper, fill with raw rice, and bake in a moderate oven without letting the pastry colour. When done, let

it cool a little, then turn out the rice, and remove the paper. Turn the preserved peaches with their syrup into a stewpan, bring to the boil, and stew gently for two or three minutes. Add a few drops of lemon-juice or vanilla and sugar to taste. Drain the peaches when done. Prepare the frangipane cream, place a layer of this at the bottom of the baked crust, over this arrange a layer of half-peaches. Crush the macaroons, and put a layer over the peaches. Cover the top with another layer of the cream, sprinkle over the remainder of the macaroons, melt some butter, and pour it over the top. Put the croustade into the oven or under a salamander to glaze the top. Serve hot.

Average cost, 1s. 9d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

2,288. PÊCHES À LA CUSSY.

6 half-peaches.		apricot jam.		meringue.
1 génoise cake.		$\frac{1}{2}$ glass white wine.		apricot sauce (No. 148).

Cut the cake into rounds the size of a half-peach, and $\frac{1}{2}$ inch thick. Rub the jam through a hair sieve, put it into a small stewpan, add the wine to it, and stir over the fire until hot. Spread this over the rounds of cake, place a half-peach on each, cover with meringue, and put in a moderate oven to set the meringue. Dish up on a hot dish, and serve the sauce with it separately.

Average cost, 1s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

POIRES (PEARS)

2,289. COMPÔTE DE POIRES (COMPÔTE OF PEARS).

6 stewing pears.		$1\frac{1}{2}$ pints water.		1 lemon.		1 glass port wine.		8 ozs. sugar.
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Cut the pears in halves, take out the cores, peel them, put them into a stewpan, cover with the water, add the thinly-peeled rind of the lemon and the sugar. Stew gently until the pears are tender, then add the wine, and cook a little longer. Lift out the pears, place them on a dish, reduce the syrup, and pour it over the pears. Serve either hot or cold.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours. Seasonable, August to December. Sufficient for 6 persons.

2,290. POIRES AU RIZ (PEARS WITH RICE).

6 stewing pears.		1 glass port		1 pint milk.		2 egg-yolks.
syrup.		wine.		$\frac{1}{2}$ gill cream.		2 ozs. sugar.
vanilla.		3 ozs. rice.		lemon-rind.		1 oz. butter.

Cut the pears in halves, remove the cores, and peel them thinly. Put the pears into a stewpan, cover with syrup, add some vanilla essence and the wine, cook until the pears are tender. Put the milk into a stewpan with the thinly-peeled rind of a lemon, add the butter, and bring to the boil. Sprinkle in the rice, and cook until tender. When done, cool a little, mix in the two yolks of eggs, the cream, and the sugar. Mix thoroughly together over the fire for ten minutes longer. Dress the rice on a hot dish, pile it up in the centre, arrange the pears round, reduce the syrup, and pour it round the dish. If there is too much, the remainder can be sent up separately to table with the pears. Serve hot.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, August to December. Sufficient for 6 persons.

2,291. POIRES MERINGUÉES.

6 stewing pears.		1 glass port wine.		short pastry (No.		1 lemon.		cherries.
$1\frac{1}{2}$ pints water.		2 whites of eggs.		2,183).		8 ozs. sugar.		angelica.

Cut the pears in halves, put them into a stewpan with the water, sugar, the thinly-peeled rind of the lemon, and the wine. Stew gently until the pears are

tender. Roll out some pastry, line a flan-ring with it, line with paper, fill with raw rice, and bake. When done, take out the rice and paper. Take up the pears when done, drain them well, arrange them in a circle in the flan-crust. Whip the whites of the eggs, mix in a little sugar, and cover the pears with it. Put in the oven to set the meringue. When done, put it on a hot dish, and garnish with cherries and leaves of angelica. Serve hot.

Average cost, 1s. 4d. Time required, 1½ hours. Seasonable, August to December. Sufficient for 6 persons.

ANANAS (PINEAPPLE)

2,292. ANANAS À LA CRÉOLE (PINEAPPLE, CREOLE STYLE).

1 pineapple. | 4 ozs. rice. | 1 pint milk. | vanilla. | 2 ozs. sugar. | 6 bananas. | syrup.

Put the milk into a stewpan with a piece of vanilla-pod and the sugar, bring to the boil, sprinkle in the rice, and cook until the rice is tender and has absorbed the milk. Take out the vanilla-pod, and let the rice cool. Cut a pineapple in half lengthways, and each half into thin slices. Cook these in syrup flavoured with liqueur or wine (or a preserved pineapple can be used). Line a dome-mould with the pineapple slices, put over the pineapple a layer of the prepared rice, leaving a space in the centre, fill the space with dice of pineapple and bananas cooked in syrup. Cover over the top with some of the rice, and put the mould in a steamer with a paper over to get hot through. Cook three bananas in syrup, cut them in halves, turn out the pudding on a hot dish, decorate the top with pieces of angelica, and arrange the bananas round the base of the pudding. Serve hot.

Average cost, with preserved pineapple, 1s. 6d. Time required, 30 minutes. Seasonable always. Sufficient for 6 persons.

2,293. PINEAPPLE PUDDING.

8 ozs. flour. | 4 ozs. beef-suet. | 1 lemon. | 1 gill pineapple syrup. | 1 tablespoonful
½ gill cream. | pineapple. | salt. | 1 tablespoonful brandy. | sherry.

Chop the suet finely, put the flour into a basin, add a pinch of salt and the suet, rub it in lightly with the fingers, mix with sufficient water to make a stiff paste. Turn it out on to a floured board, roll it out rather thick. Chop some pineapple into small dice, mix with it one tablespoonful cream and the grated rind of a lemon, mix well together, and spread the preparation over the paste. Wet round the edge of the paste with a little water, and roll up. Close the ends of the roll by pressing the edges together. Wring a pudding-cloth out of hot water, dust it over with flour, put the roll in this, tie at each end securely, and put into a stewpan of boiling water and boil for two hours. Make a sauce by putting the pineapple syrup into a stewpan, add the remainder of the cream, the brandy, sherry, and a squeeze of lemon-juice. Mix well, and let it get quite hot. Turn the pudding out of the cloth on to a hot dish, pour the sauce over, and serve.

Average cost, 1s. 6d. Time required, 2½ hours. Seasonable always. Sufficient for 4 or 5 persons.

SOUFFLÉS

2,294. SOUFFLÉ À LA VANILLE (VANILLA SOUFFLÉ).

1 oz. butter. | 1 oz. flour. | vanilla essence. | 4 whites of eggs.
1 oz. castor sugar. | 1 gill milk. | 3 yolks of eggs. | jam sauce (No. 163).

Butter a soufflé-tin, put a band of buttered paper round the outside of the tin, so that it comes 2 inches above it, tie it round with string. Melt the butter in a stewpan, stir in the flour, add the milk, and boil over the fire until a thick paste is formed. Stir it well all the time it is cooking. Take it off the fire, and let it cool

a little. Stir in the castor sugar and sufficient vanilla essence to flavour. Beat in the eggs one at a time. Whisk the whites of eggs to a stiff froth, and stir them lightly and quickly into the mixture. Pour it into the prepared mould, which should be three parts filled with the preparation, steam for thirty to forty minutes. When done, turn it out on to a hot dish, and pour jam or any suitable sauce round it, and serve at once.

Average cost, 9d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

2,295. POUDING SOUFFLÉ À LA ROYALE (PUDDING ROYAL).

FOR CAKE.

2 eggs. | their weight in butter, sugar, and flour. | raspberry jam.

FOR SOUFFLÉ.

1 gill milk.	1 oz. flour.	vanilla essence.	sabayon sauce
1 oz. butter.	1 oz. sugar.	3 eggs.	(No. 173).

First prepare the cake in the following way : Put the butter and sugar into a basin, work them together until creamy, then stir in the eggs one at a time. Pass

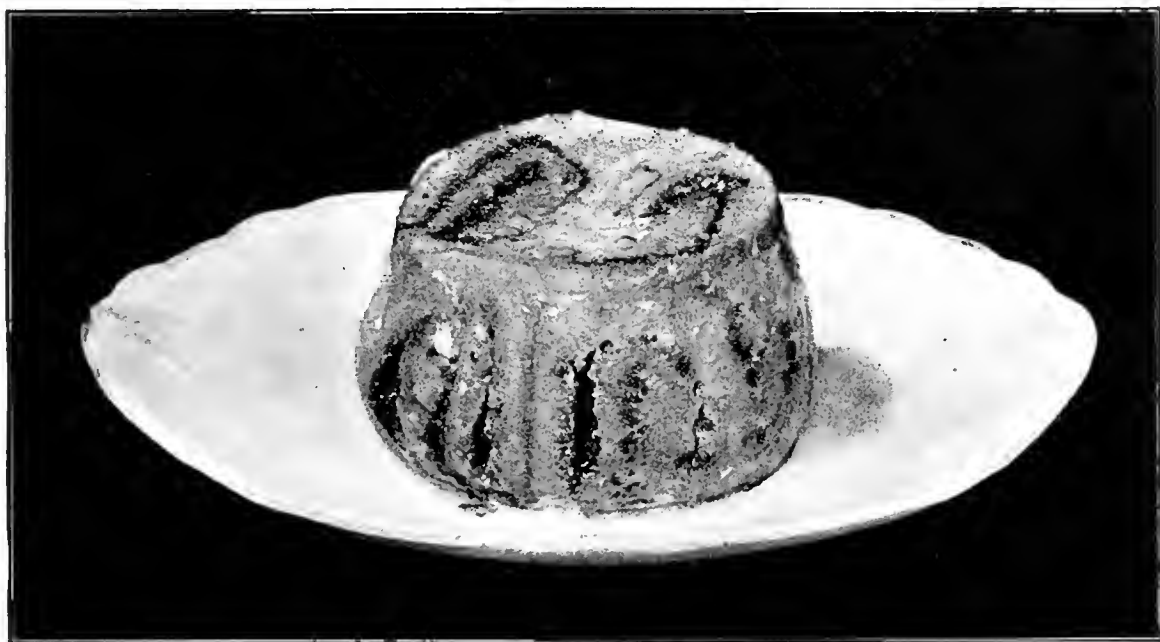


FIG. 172.—POUDING À LA ROYALE.

the flour through a sieve, add a little baking-powder to it, and stir lightly to the butter and eggs. Mix quickly, spread the mixture on a flat, well-greased baking-sheet, and bake in a hot oven. Heat the jam in a stewpan, and as soon as the cake is done turn it on to a sugar-dredged piece of paper. Spread the jam quickly all over it, roll up carefully, and place on a sieve to cool. When cold, cut the Swiss roll in thin slices, butter a large plain mould, line the bottom and sides with the slices. Melt 1 oz. of butter in a stewpan, stir in the flour, add the milk, and boil until a smooth paste is formed and it leaves the sides of the saucepan clean. Take the pan off the fire, stir in the sugar and a few drops of vanilla essence. When sufficiently cool, beat in the yolks of the eggs one at a time. Whisk the whites of the eggs to a stiff froth, stir them lightly into the mixture. Turn it into the prepared mould, place in a steamer, cover with a buttered paper, and steam for thirty to forty minutes. When done, turn out on to a hot dish, pour some sauce round it, and send up a tureen of the same to serve with it.

Average cost, 1s. 6d. Time required, 1 hour after the roll is made. Seasonable at all times. Sufficient for 6 persons.

2,296. SOUFFLÉ À LA LUCULLUS.

1 savarin cake baked in a border-mould.	1 gill syrup.	1 oz. butter.	1 gill milk.	3 eggs.
	1 glass kirsch.	1 oz. flour.	6 half-apricots.	1 oz. sugar.

Mix the glass of kirsch or any other kind of suitable liqueur into the syrup, pour this over the savarin, and let it soak. Tie a band of paper round the cake to protect the soufflé. Melt the butter in a stewpan, put in the flour, add the milk, and boil until it thickens and becomes a smooth paste and leaves the sides of the pan. Remove from the fire, and add the sugar; beat in the yolks of the eggs one at a time. Whisk the whites to a stiff froth, and stir them lightly into the mixture. Stew the half-apricots in syrup flavoured with vanilla, pour half the soufflé mixture into the centre of the savarin, then arrange on it the halved apricots. Put over the remainder of the mixture, and place in the oven to cook. It must do slowly. Serve quickly.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

2,297. SOUFFLÉ AU CAFÉ AU LAIT (COFFEE SOUFFLÉ).

1½ gills of coffee with milk.	1½ ozs. butter.	1 oz. sugar.
custard sauce (No. 156).	1½ ozs. flour.	3 eggs.

Melt the butter in a stewpan, stir in the flour, add the coffee, and stir vigorously over the fire until the panada leaves the sides of the saucepan. Take it off the fire, and mix in the sugar and the yolks of the eggs. Beat each one in well before adding the next. Whisk the whites of the eggs very stiffly, and stir them lightly into the mixture. Have ready a well-buttered soufflé or timbale mould, turn the mixture into it (the mould should have a buttered band of paper tied round it to prevent the soufflé falling over while cooking), put into a steamer, put a piece of buttered paper over the soufflé, place on the lid of the steamer, and steam slowly for thirty to forty minutes. When cooked, turn out on to a hot dish, and surround with custard sauce. Serve at once.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

2,298. SOUFFLÉ AU CITRON (LEMON SOUFFLÉ).

1 oz. butter.	1 gill milk.	3 yolks of eggs.	1 oz. castor sugar.
1 oz. flour.	½ lemon.	4 whites of eggs.	custard sauce (No. 156).

Butter a timbale or soufflé mould, tie a band of buttered paper round the outside, coming 2 inches above the top. This prevents the pudding falling over while cooking. Melt the butter in a stewpan, stir in the flour, add the milk, boil until it thickens and becomes a smooth paste and leaves the sides of the saucepan. Grate the lemon-rind, take the panada off the fire, stir in the lemon-rind and sugar, let it cool, and then beat in the yolks of the eggs one at a time. Beat the whites of the eggs to a stiff froth, and mix them in lightly. Pour this preparation into the prepared mould, and steam slowly for thirty minutes. When done, turn out on to a hot dish and pour the sauce round. Serve at once.

Average cost, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 5 persons.

2,299. SOUFFLÉ AUX MARRONS (CHESTNUT SOUFFLÉ).

½ lb. chestnuts (peeled).	1½ ozs. butter.	3 ozs. castor sugar.
custard sauce (No. 156).	3 eggs.	vanilla essence.

Slit the chestnuts, place them on a baking-sheet in the oven until the shell and inner skin can be removed. Put the chestnuts after peeling into a stewpan, cover them with water, add the sugar, and cook them until soft, then rub them through

a fine sieve. Melt the butter in a stewpan, add the purée of chestnuts, and stir over a quick fire until it becomes thick and dry. Take it off the fire, flavour with a few drops of vanilla essence, add the yolks of the eggs one at a time, beat well. Whisk the whites of eggs to a stiff froth, stir them lightly to the mixture, pour this mixture into a well-buttered soufflé or charlotte mould which has a band of buttered paper tied round it. Steam in a steamer for thirty to forty minutes slowly. Turn out when done on to a hot dish, and serve with custard sauce.

Average cost, 1s. Time required, 1 hour. Seasonable, October to February. Sufficient for 4 or 5 persons.

2,300. SOUFFLÉ AUX AMANDES (ALMOND SOUFFLÉ).

1 oz. almonds.	1 oz. butter.	$\frac{3}{4}$ oz. flour.	1 oz. ground almonds.
$\frac{1}{2}$ oz. ground rice.	$1\frac{1}{2}$ ozs. sugar.	3 eggs.	1 tablespoonful maraschino.

Blanch the almonds in boiling water; skin, wash, and dry them. Put the almonds into a mortar, add a few drops of water, and pound until they become a smooth paste; then add sufficient water to make 1 gill of almond milk, strain through muslin. Melt the butter in a stewpan, stir in the flour, mix the ground rice with the almond milk, and add to the flour. Stir well until the mixture thickens and becomes a smooth paste, and until it can be drawn away from the sides of the pan with a spoon, leaving them clean. Take the pan off the fire, stir in the sugar, the ground almonds, and the maraschino. Beat in the yolks of the eggs one at a time. Whisk the whites of eggs very stiffly, and stir in lightly to the mixture. Well butter a pie-dish, turn the preparation into it, place it in a baking-tin containing a little hot water, cover the pudding with a piece of greased paper, and put into a moderate oven to cook for about twenty to thirty minutes. When done, dredge the surface of the pudding with icing-sugar, and put it under a salamander to brown the top. Serve at once.

Average cost, 10d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

2,301. SOUFFLÉ D'ORANGES (ORANGE SOUFFLÉS).

6 oranges. | 2 ozs. butter. | $1\frac{1}{2}$ ozs. flour. | 1 glass marsala. | $1\frac{1}{2}$ ozs. sugar. | 3 eggs.

Cut a circular slice off the top of each orange, scoop out the pulp carefully, so as not to break the skins, rub the pulp through a fine sieve, add the wine to it. Melt the butter in a stewpan, add the flour, stir in the orange-pulp and wine, boil until thick; then remove from the fire, and let the mixture cool. Add the sugar and the three yolks one at a time. Whisk the whites very stiffly, and stir them lightly into the mixture. Fill the orange-skins with this preparation, set them on a baking-sheet, and bake in a moderate oven for about twenty minutes. Serve quickly.

Average cost, 1s. Time required, 45 minutes. Seasonable, November to June. Sufficient for 6 persons.

2,302. FLORADOR SOUFFLÉ.

1 pint milk.	3 ozs. florador (medium grain).	3 yolks of eggs.
1 lemon.	2 ozs. castor sugar.	4 whites of eggs.

Butter a plain charlotte-mould, tie a band of buttered paper round the outside, so that it comes 2 inches above the tin. Peel the lemon very thinly, put it into a stewpan with the milk, bring to the boil slowly; then sprinkle in the florador, stir until it thickens, then remove the lemon-rind, take the pan off the fire, stir in the sugar, and let cool a little, then beat in the yolks of the eggs one at a time. Whisk the whites of eggs very stiffly, and stir them lightly into the mixture. Pour into the prepared mould, and steam for about twenty minutes. Serve with a suitable sweet sauce.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

2,303. SOUFFLÉ AU THÉ (TEA SOUFFLÉ).

1 gill tea.	1 oz. flour.	1 oz. pistachio-	3 yolks of eggs.
1 oz. butter.	1 oz. sugar.	nuts.	4 whites of eggs.

Melt the butter in a stewpan, stir in the flour, add the tea, and boil until thick and the mixture becomes a smooth paste; then remove from the fire, stir in the sugar, add the eggs one at a time, beat thoroughly. Blanch the pistachios, and chop them finely. Stir them into the mixture. Whisk the whites of eggs very stiffly, mix them in lightly. Have ready a well-buttered soufflé or charlotte mould, with a band of buttered paper tied round it to protect the soufflé as it rises. Pour the mixture into the prepared mould, cover with a buttered paper, put it into a steamer, and steam for twenty to thirty minutes. When done, turn out, and serve with a suitable sweet sauce.

Average cost, 10d. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 persons.

2,304. POUDING SOUFFLÉ AU CHOCOLAT (CHOCOLATE SOUFFLÉ).

2 ozs. butter.	2 ozs. Mexican	custard sauce (No. 156).	3 yolks of eggs.	vanilla.
2 ozs. flour.	chocolate.	$\frac{1}{2}$ pint milk.	4 whites of eggs.	sugar.

Chop the chocolate into small pieces, put it into a small stewpan with $\frac{1}{2}$ gill of milk, put over a slow fire, and stir until it melts. Let it come to the boil. Melt the butter in a saucepan, stir in the flour, add $1\frac{1}{2}$ gills of milk, and boil until it thickens and a smooth paste is formed which leaves the sides of the pan. Take off the fire, and mix in the melted chocolate, vanilla, and sugar to taste. When cool enough, add the yolks of the eggs one at a time, and beat well. Whisk the whites of the eggs very stiffly, and stir them in lightly to the mixture. Have ready a well-greased soufflé-tin, tie a piece of buttered paper round to protect the pudding as it rises, turn the soufflé into this, put a piece of buttered paper over the top, and steam for about thirty minutes, or it can be baked in a moderate oven. Turn out on to a hot dish, and pour custard sauce round. Serve at once.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,305. SOUFFLÉ AUX PRUNES (PRUNE SOUFFLÉ).

$\frac{1}{2}$ lb. prunes.	3 ozs. sugar.	4 whites of	1 oz. flour.
1 lemon.	3 yolks of eggs.	eggs.	$\frac{1}{2}$ gill wine.

Soak the prunes in cold water for an hour. Put them into a stewpan, cover with cold water, add 1 oz. of sugar, wine, and lemon-rind to them, and cook gently over the fire until soft. Cream the yolks of the eggs with the remaining 2 ozs. of sugar, stir in the flour. Cut the prunes into small pieces, removing the stones in the process. Stir the prunes into the egg mixture, also the juice of the lemon. Whisk two whites of eggs very stiffly, stir these lightly into the pudding. Butter a pie-dish well, turn in the soufflé, and bake in a moderate oven for twenty to thirty minutes. When done, whisk up the remaining two whites of eggs very stiffly, and pile it on the top of the pudding. Sprinkle with castor sugar, and put in the oven again for a minute or two to set the eggs and lightly brown them. Serve hot.

Average cost, 9d. Time required, 2 hours. Seasonable at all times. Sufficient for 4 persons.

2,306. POUDING SOUFFLÉ À LA PARMENTIER (POTATO SOUFFLÉ).

$\frac{1}{2}$ lb. potato	2 ozs. butter.	$1\frac{1}{2}$ gills milk.	3 yolks of eggs.
purée.	2 ozs. sugar.	1 lemon.	4 whites of eggs.

Butter a china soufflé-dish, fasten a band of buttered paper round the outside of the mould, coming 2 inches above it to prevent the mixture from falling over. Bake four or five potatoes, sufficient to obtain the $\frac{1}{2}$ lb. of purée, scoop out the

pulp when cooked, and rub through a fine sieve. Melt the butter in a stewpan, put in the potato, sugar, and lemon-rind, the latter finely chopped. Mix all well together, then add the milk. Make thoroughly hot, take the pan off the fire, and beat well. Add the yolks of the eggs one at a time. Whisk the whites of the eggs to a stiff froth, mix lightly into the preparation, turn it into the prepared mould, and bake in a moderate oven for twenty or thirty minutes. Serve as soon as ready in the dish that it was baked in.

Average cost, 8d. Time required, 2 hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,307. POUDING SOUFFLÉ A L'INDIENNE.

2 ozs. butter.	$\frac{1}{2}$ pint milk.	4 eggs.	$\frac{1}{2}$ oz. ground ginger.
2 ozs. flour.	2 ozs. sugar.	2 ozs. preserved ginger.	custard sauce flavoured with ginger.

Melt the butter in a stewpan, stir in the flour, add the milk, and boil until a smooth paste is formed and it leaves the sides of the pan. Take it off the fire, let it cool for a few minutes. Stir in the sugar and ground ginger, cut the preserved ginger into dice, and add to the mixture. When cool enough, beat in the yolks of the eggs one at a time; whisk the whites of eggs very stiffly, and stir them in quickly and lightly. Turn the mixture into a well-buttered charlotte-tin, with a band of oiled paper tied round it, and steam for about forty-five minutes in a steamer. When cooked, turn out on to a hot dish, and pour the sauce round.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 4 or 5 persons.

2,308. SOUFFLÉ A L'ANANAS (PINEAPPLE SOUFFLÉ).

2 ozs. butter.	1 gill milk.	3 yolks of eggs.	2 ozs. pineapple.
$1\frac{1}{2}$ ozs. flour.	1 oz. castor sugar.	4 whites of eggs.	pineapple sauce.

Cut the pineapple into dice. Butter a plain charlotte-mould, tie a band of greased paper round the outside of the mould, so that it comes 2 inches above it. Melt the butter in a stewpan, stir in the flour, add the milk, and boil until the mixture becomes a smooth paste. It must be stirred vigorously while cooking. As soon as the mixture leaves the sides of the saucepan clean, take it off the fire, and let it cool a little. Stir in the sugar and the dice of pineapple. Add the yolks one at a time, beat well. Whisk the whites of the eggs very stiffly, stir them into the soufflé lightly. Pour the mixture into the prepared mould, and steam for about forty-five minutes. Turn out when done, and pour the following sauce round: Take 1 gill of the pineapple syrup, add to it 1 oz. of loaf sugar and a glass of white wine, simmer for a few minutes, and then pour round the pudding.

Average cost, 1s. Time required, 1 hour. Seasonable always. Sufficient for 4 or 5 persons.

2,309. MOUSSELINE PUDDING.

2 ozs. butter.	5 yolks of eggs.	vanilla.
2 ozs. castor sugar.	3 whites of eggs.	sabayon sauce (No. 173).

Put the butter and sugar into a basin, and work together until they become soft; then add the yolks of the eggs one at a time, stirring well. Put this mixture into a stewpan, place the pan on a slow fire, and stir vigorously until it coats the spoon when withdrawn. Whisk the whites of the eggs to a stiff froth, and stir lightly into the mixture. Butter a border-mould, fill it half full with the mixture, place in a steamer, cover with a buttered paper, and steam for thirty minutes. When cooked, allow the pudding to stand for a few minutes before turning it out of the mould. Serve with it a sabayon sauce.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,310. POUDING SOUFFLÉ À LA REINE.

4 ozs. butter.	3 eggs.	vanilla flavouring.	génoise cake or macaroons.
4 ozs. sugar.	1 gill cream.	1 glass sherry.	apricot sauce (No. 148).

Put the butter and sugar into a basin, cream them together until soft, then add the yolks of the eggs one at a time. Beat well, then add the cream slightly whipped. Flavour with vanilla, stir in the stiffly-whipped whites of the eggs. Cut the génoise cake into squares, put them into a basin, and pour over the wine, so that they are saturated with it. Butter a charlotte or soufflé mould, sprinkle it all over with crushed macaroons, fill it with alternate layers of the mixture and the soaked cake. Cover the pudding with a buttered paper, put it in a baking-sheet containing a little water, and place in a slow oven for about thirty minutes. When done, let it set for a few minutes before turning it out. Pour the sauce over, and serve hot.

Average cost, 2s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,311. POUDING SOUFFLÉ À LA PAYSANNE.

2 ozs. butter.	2 ozs. flour.	$\frac{1}{2}$ gill cream.	vanilla flavouring.
$\frac{1}{2}$ pint milk.	2 $\frac{1}{2}$ ozs. cream cheese.	5 eggs.	apricot sauce (No. 148).

Put the butter and milk into a stewpan, sieve the flour, and as soon as the butter and milk come to the boil put in the flour and stir vigorously until the paste thickens and leaves the sides of the pan. Take the pan off the fire, and let the mixture cool for ten minutes, then add the cream. Pass the cream-cheese through a fine sieve, and add. Beat in the yolks of the eggs one at a time, flavour with vanilla. Whip the whites to a stiff froth, and stir in lightly. Butter a mould, pour the mixture into it, and steam in a cool oven for one hour. Unmould, and serve with the sauce.

Average cost, 1s. 6d. Time required, 1 $\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,312. SOUFFLÉ D'ABRICOTS (APRICOT SOUFFLÉ).

6 apricots (preserved).	$\frac{1}{2}$ gill milk.	1 oz. butter.	3 eggs.
$\frac{1}{2}$ gill apricot syrup.	1 oz. flour.	1 oz. sugar.	apricot sauce (No. 148).

Butter a soufflé or charlotte mould, tie a piece of buttered paper round the outside, so that it comes 2 inches above the top of the mould. Melt the butter in a stewpan, put in the flour, add the milk and apricot syrup, and stir over the fire until the mixture thickens and leaves the sides of the pan. Take it off the fire, stir in the sugar, and as soon as the panada is cool enough, beat in the yolks of the eggs one at a time. Put the three whites of eggs in a basin, add a pinch of salt to them, and whisk to a stiff froth. Stir this lightly into the soufflé mixture. Cut the apricots into slices or pieces. Put a layer of the soufflé mixture into the prepared mould, upon this place a layer of the apricots, then some more of the mixture. Continue in this way until the soufflé preparation and the apricots are used up. The last layer should be the soufflé mixture. Cover over the top with a buttered paper, put the mould into a steamer, and steam slowly for thirty minutes. Turn out on to a hot dish, pour the sauce round, and serve at once.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,313. SOUFFLÉ DE POMMES (APPLE SOUFFLÉ).

$\frac{1}{2}$ lb. cooking apples.	1 lemon.	2 ozs. butter.	3 yolks of eggs.
	2 ozs. sugar.	icing sugar.	4 whites of eggs.

Peel and core the apples, chop them finely, or pass them through a mincing-machine. Put the butter into a basin, add the sugar to it, and work them together until they are creamy; then add the yolks of the eggs one at a time, beat the mix-

ture well, add the finely grated rind of the lemon and the chopped apples; mix thoroughly. Whisk the whites of the eggs to a stiff froth, stir these lightly into the mixture. Well butter a soufflé-mould, tie a band of buttered paper round the outside of it, coming 2 inches above the top of the tin; put in the soufflé mixture, and bake in a moderate oven for about thirty minutes. When done, take it out of the oven, dredge the top of the soufflé with icing sugar, and serve as soon as possible. This kind of pudding must not be allowed to wait before serving, as it begins to go down as soon as it is removed from the oven.

Average cost, 9d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 4 or 5 persons.

RIZ (RICE) AND OTHER PASTES

2,314. RIZ À LA CONDÉ.

1½ pints milk.	2 ozs. sugar.	2 eggs.	vanilla or	cherries.
4½ ozs. rice.	pinch of salt.	peaches.	lemon.	angelica.

Put the milk into a stewpan with the rind of a lemon or a piece of vanilla-pod; when boiling, sprinkle in the rice, boil until the rice is tender and has absorbed the milk. The rice must be stirred constantly while cooking to prevent it burning. When the rice is cooked, take out the lemon-rind or vanilla-pod, stir in the sugar and a pinch of salt, add the eggs, and stir over the fire again for two minutes to cook the eggs. Turn the rice on to a hot dish, pile it up high in the centre in the form of a pyramid. Heat up some preserved peaches in their own syrup, place these round the rice, decorate with pieces of angelica cut in diamond shapes, and glacé cherries. Reduce the syrup of the peaches, pour it round the dish, and serve hot.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 5 or 6 persons.

2,315. POUDING DE RIZ MERINGUÉ (RICE PUDDING WITH MERINGUE).

3 ozs. rice.	1 pint milk.	2 eggs.	rind of lemon.	jam.	sugar.
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Put the milk into a stewpan with the thinly-peeled rind of the lemon. As soon as it boils, sprinkle in the rice, and simmer until the rice is tender and has absorbed the milk. Remove the lemon-rind, and let the rice cool a little, then stir in quickly the two yolks of eggs. Pour this preparation into a greased pie-dish, put a thick layer of any kind of jam over the top, whisk the whites of the eggs to a stiff froth, and pile them on the top of the pudding. Dust over with sugar, and put it in the oven to get hot through and to crisp and colour the eggs. It will take about fifteen minutes to bake in a moderate oven.

Average cost, 6d. or 7d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

2,316. CUP PUDDINGS.

3 ozs. rice.	1½ ozs. beef-suet.	wine sauce (No.	2 eggs.
1 lemon.	1 pint of milk.	154).	1 oz. sugar.

Put the milk and sugar into a saucepan, and, when boiling, sprinkle in the rice. Stir over the fire until the milk is absorbed and the rice tender. Grate the rind of the lemon into it, chop the suet very finely, and add also. Beat the eggs in a basin, stir them thoroughly into the rice mixture. Butter some small dariole-moulds, fill them with the pudding, and put into a moderate oven for about twenty minutes. When firm, turn them out on to a hot dish, and pour wine sauce round them.

Average cost, 10d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

2,317. RICE BALLS À L'ITALIENNE.

4 ozs. rice. | 1 pint milk. | 1 oz. sugar. | lemon-rind. | jam. | 1 egg. | breadcrumbs.

Put the milk into a stewpan, add the thinly-peeled rind of the lemon. As soon as it comes to the boil, sprinkle in the rice, and cook until the rice is tender and has absorbed the milk. It must be kept well stirred to prevent burning. When done, stir in the sugar, turn on to a plate, and let the mixture cool. Divide the rice into equal portions, flatten out each piece, place in the centre a little jam, roll up into a cork shape or into balls, so as to enclose the jam. When all the portions are made up, beat up an egg on a plate, dip each ball into the egg, then toss in breadcrumbs, roll them with the hand, so as to shape them and to press on the crumbs. Fry in very hot fat a golden brown, serve hot. A suitable sauce or fruit syrup can be served with them.

Average cost, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 or 10 balls.

2,318. RICE BARS.

4 ozs. rice. | 1 pint milk. | jam. | lemon-rind or vanilla. | 1 egg. | breadcrumbs.

Put the milk and thinly-peeled lemon or vanilla-pod into a stewpan, bring to the boil, and then sprinkle in the rice. Cook until the rice is tender and has absorbed the milk; stir well during the process of cooking. Grease a flat tin or dish, spread the rice on it about $\frac{1}{4}$ inch thick, let it get cold; then cut it out in strips 3 inches in length and 1 inch in breadth, spread one bar with any kind of jam, place another bar on the top sandwich fashion. Continue in this way until all the bars are used up, then egg and breadcrumb them, and fry in very hot fat a golden brown. Dish up on a hot dish in lattice style, two bars one way, the next two across the first, and so on until they are all dished up. Serve hot.

Average cost, 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 8 or 10 bars.

2,319. BAKED RICE PUDDING.

3 tablespoonfuls rice. | $1\frac{1}{2}$ pints milk. | sugar to taste. | 1 oz. butter.

Sprinkle the rice at the bottom of a pie-dish, add the sugar, pour in the milk, break up the butter into small pieces, and put on the milk. Place the dish in a slow oven to cook for two hours or longer. The longer this pudding takes to cook, the better it will be. When done, it should be the colour and consistency of thick cream. Serve hot.

Average cost, 4d. Time required, 2 hours. Seasonable at all times. Sufficient for 4 persons.

2,320. GROUND RICE PUDDING.

3 ozs. ground rice. | $1\frac{1}{2}$ pints milk. | sugar to taste. | lemon. | jam.

Boil the milk and lemon-rind, sprinkle in the ground rice, and cook over the fire for five minutes. Let it get cold, then mix in the sugar. Place a layer of jam at the bottom of a pie-dish, put the rice on the top, bake in a moderate oven for twenty minutes. Let it colour on the top, sprinkle with sugar, and serve hot or cold.

Average cost, 4d. Time required, 1 hour. Seasonable at all times. Sufficient for 4 persons.

2,321. RICE AND FRUIT PUDDING.

$\frac{1}{4}$ lb. rice. | 1 pint milk. | 2 ozs. sugar. | 2 eggs. | $\frac{1}{2}$ lb. fruit (any kind).

Put the milk into a saucepan, bring to the boil, sprinkle in the rice, and cook until the rice is thick and has absorbed the milk. Stir constantly while cooking, add the sugar, mix well, take the pan off the fire, and let the rice cool a little, then

work in the eggs which have first been well beaten. Prepare the fruit (if rhubarb or apples cut it up small), mix it with the rice. Butter a pudding-basin, pour the mixture into it; scald a cloth, sprinkle with flour, and tie it over the top. Put the pudding into a saucepan of boiling water, and boil for one hour. When cooked, turn the pudding out of the basin on to a hot dish, and serve. A sweet or fruit sauce, if liked, can be served with the pudding.

Average cost, uncertain, according to the kind of fruit used. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,322. MACARONI PUDDING.

1 quart of milk. | 3 ozs. macaroni. | 2 eggs. | 2 ozs. sugar. | 1 oz. butter. | 1 lemon.

Break the macaroni into small pieces, put it into a pie-dish with the butter, the sugar, and the grated rind of one lemon. Beat the eggs in a basin, stir in the milk, and then pour it on to the macaroni. Put into a cool oven, and bake for about three hours. Care must be taken that this pudding does not bake quickly.

Average cost, 10d. Time required, 3 hours. Seasonable all the year. Sufficient for 4 persons.

2,323. VERMICELLI PUDDING.

1½ pints milk. | 4 ozs. vermicelli. | 2 eggs. | 1½ ozs. sugar. | 1 lemon.

Put the milk, sugar, and grated rind of the lemon into a saucepan; when boiling, stir in the vermicelli, and cook over the fire for five or ten minutes; then take it off the fire, and let it cool a little. Add the beaten eggs, and turn the mixture into a buttered pie-dish. Put in a moderate oven, and bake for about thirty minutes.

Average cost, 8d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 persons.

2,324. TAPIOCA PUDDING.

3 tablespoonfuls of tapioca. | 1 oz. sugar. | 1 oz. butter. | 1 quart milk.

Well wash the tapioca in cold water, drain it, and put it into a pie-dish. Add the butter in small pieces, the sugar, and the milk. Place in a moderate oven, and let the pudding cook gently for two hours or more. The surface of the pudding should be allowed to brown.

Average cost, 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 3 or 4 persons.

2,325. SEMOLINA PUDDING.

3 tablespoonfuls of semolina. | 1 oz. sugar. | 1 oz. butter. | 1½ pints of milk. | 1 lemon.

Put the milk, sugar, and grated lemon-rind into a saucepan, let it come to the boil, then sprinkle in the semolina. Stir this over the fire until it thickens, then add the butter. Pour this mixture into a pie-dish, place in a moderate oven, and bake for twenty to thirty minutes.

Average cost, 7d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 or 4 persons.

2,326. APPLE AND SAGO PUDDING.

1 lb. apples. | 2 cloves. | 3 tablespoonfuls of sago. | sugar. | 1½ pints milk. | 2 eggs. | 1 lemon.

Peel and core the apples, cut them in slices, place in a saucepan with the cloves, a little water, and sugar to taste. Cook them over the fire until soft. Wash the sago in cold water, and leave it to soak for one hour. Put the milk into a saucepan with a little sugar, and the grated rind of a lemon. When boiling, sprinkle in the sago, and let it cook until it becomes thick, stirring it occasionally. Take it off the fire, let it cool a little, and then add the beaten eggs. Stir them in thoroughly, and put a layer of this mixture in a buttered pie-dish. Cover with a layer of stewed

apples, then again with the sago. Continue in this way until the pie-dish is full. Place in a moderate oven, and bake for about twenty to thirty minutes. Serve hot.

Average cost, 9d. Time required, 2½ hours. Seasonable, September to May. Sufficient for 4 persons.

2,327. FLORADOR FRUIT SHAPE.

4 ozs. florador (medium). | 1 quart fruit. | sugar. | custard.

Wash the florador, put it into a basin, cover with water, and let it soak for three or four hours. Have ready prepared any kind of fruit, such as raspberries, currants, etc., add them to the florador, mix in sugar to taste. Put all into a saucepan, and stew over the fire until thick and a jelly, then pour it into a mould. If to be eaten hot, turn the mould out after standing for ten minutes. Serve a custard round it. Can be eaten either hot or cold. Jam can be used in the winter instead of fruit.

Average cost, uncertain, depending on the kind of fruit used. Time required, 4 or 5 hours. Seasonable all the year. Sufficient for 5 persons.

2,328. FLORADOR AND COCOANUT PUDDING.

2 tablespoonfuls florador. | 1½ pints milk. | 1½ ozs. butter.
1 tablespoonful cocoanut. | 2 eggs. | 3 ozs. sugar.

Put the milk into a saucepan, place the pan on the fire, and bring the milk to the boil; then sprinkle in the florador and cocoanut, stirring well. Let it boil until the florador has absorbed the milk, then add the butter and sugar, take the pan off the fire, let the mixture cool a little, then stir in the yolks of the eggs. Turn the mixture into a pie-dish, and bake in a moderate oven for twenty minutes. Whisk the whites of the eggs to a stiff froth, add about 1 oz. of sugar to them, and, when the pudding is cooked, put the meringue on the top. Return to the oven for a few minutes to set the egg. Serve hot.

Average cost, 9d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

2,329. CHOCOLATE AND RICE PUDDING.

4 ozs. rice. | 1 oz. chocolate. | 1 oz. butter. | 2 eggs.
1½ pints milk. | custard sauce (No. 156). | 2 ozs. sugar. | pastry.

Put 1 pint of milk into a saucepan, place it on the fire, and bring it to the boil; then sprinkle in the rice, cook until the rice is tender and has absorbed most of the milk, then add the sugar and butter. Chop the chocolate into small pieces, melt it in the remainder of the milk in a stewpan, mix it into the rice, add the yolks of the eggs; mix all well together. Whisk the whites of eggs to a stiff froth, and stir lightly to the mixture. Roll out some pastry, line a pie-dish with it, ornament the edge with stars of pastry, pour the mixture into the prepared dish, and bake in a moderate oven for twenty to thirty minutes. Dust over the top with sugar, and serve hot with custard sauce.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

BEIGNETS (FRITTERS)

2,330. APPLE FRITTERS.

6 apples. | castor sugar. | 1 gill tepid water. | salt.
1 lemon. | 1 tablespoonful salad-oil. | 2 whites of eggs. | frying-fat.

Russet apples are the best for this purpose. Stamp out the centre of the apples with a tube cutter, so as to remove the core and pips, peel and cut them in slices ½ inch thick. Put these slices on a plate, squeeze over them the juice of the lemon,

sprinkle thickly with castor sugar, and let them stand until the batter is ready. Sieve the flour with a pinch of salt into a basin, add the salad oil to the tepid water, mix into the flour by degrees, beat well until it is a smooth batter. Whisk the whites of the eggs very stiffly, and stir lightly into the batter. Dip the apple-rings into the batter, lift them out, and drop them one at a time into very hot fat. Drain on paper, dish up on a dish-paper, and dredge over with castor sugar. Serve hot.

Average cost, 9d. Time required, 20 minutes. Seasonable, September to May. Sufficient for 6 persons.

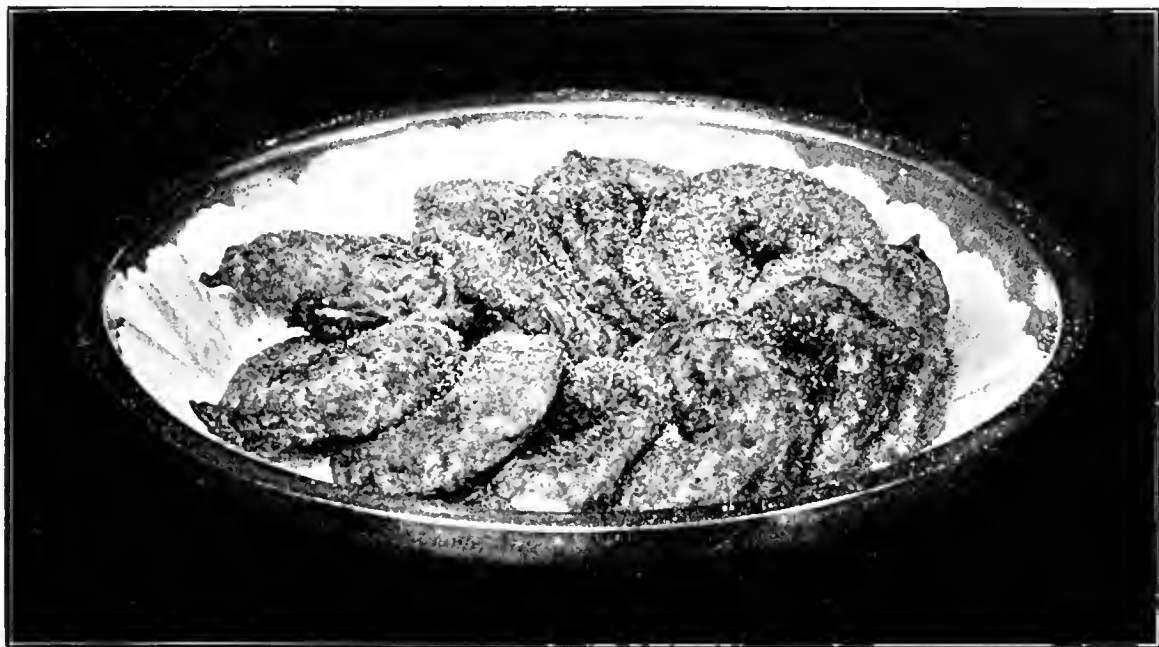


FIG. 173.—APPLE FRITTERS.

2,331. BEIGNETS D'ANANAS (PINEAPPLE FRITTERS).

$\frac{1}{2}$ preserved pineapple.	$\frac{1}{2}$ pint frangipane cream (No. 2,171).	sugar.
1 glass maraschino.	frying-fat (No. 197).	frying-batter.

Cut the pineapple into rounds $\frac{1}{8}$ inch thick, cut each slice in half, put the slices on a plate, sprinkle some sugar over them and the maraschino, and let them remain for twenty minutes. Take up, then drain, dry, and coat them with the frangipane cream. Put these aside to get quite cold and set. Prepare some frying-batter, dip each slice into it, drop into very hot fat, and fry a golden brown. Drain the fritters on paper, dish up on a napkin or dish-paper, dredge with castor or icing sugar, and serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.

2,332. BEIGNETS D'ABRICOT.

6 apricots. | $\frac{1}{2}$ pint syrup. | $\frac{1}{2}$ lemon. | frying-batter (No. 2,172). | frying-fat. | sugar.

Select firm, ripe apricots, or the preserved ones can be used, cut them in halves, and take out the stones. Stew them gently in the syrup with the grated rind of the lemon. When they are tender, drain well, and let them cool. Have ready some frying-batter, dip the apricots into it, then fry in plenty of very hot fat. When a nice golden colour, take them up, drain on paper, dish up on a napkin or fancy dish-paper, sprinkle with sugar, and serve hot.

Average cost, 8d. Time required, 30 minutes. Seasonable, if fresh fruit is used, August to September ; all the year if preserved fruit is used. Sufficient for 6 persons.

2,333. BEIGNETS DE BANANES (BANANA FRITTERS).

3 bananas. | sugar. | frying-batter (No. 2,172). | frying-fat (No. 197).

Select firm but ripe bananas. Prepare the frying-batter, and make the fat very hot. Skin the bananas, cut each in half lengthways, then each half across. Dip these pieces into the frying-batter, drop them into the fat, and fry a golden brown. Drain the fritters on paper, dish up on a napkin or dish-paper arranged on a hot dish, sprinkle with sugar, and serve hot.

Average cost, 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

2,334. BEIGNETS D'ORANGES (ORANGE FRITTERS).

3 oranges. | $\frac{1}{2}$ pint syrup. | frying-batter (No. 2,172). | sugar. | frying-fat.

Skin the oranges, take away all the white pith, cut the oranges in slices, take out the pips. Put the slices on a plate, and pour over the syrup. Let them stand in this for twenty minutes, then drain them, dip in frying-batter, and drop into very hot fat. Fry until a golden colour. Take up, drain on paper, dish on a napkin or dish-paper, sprinkle with sugar, and serve hot.

Average cost, 6d. Time required, 30 minutes. Seasonable, November to July. Sufficient for 3 persons.

2,335. BEIGNETS DE PAIN (BREAD FRITTERS).

stale bread.	2 yolks of eggs.	cinnamon or jam.
$\frac{1}{2}$ pint milk.	2 ozs. sugar.	frying-fat (No. 197).

Cut the bread into slices about $\frac{1}{4}$ inch thick, shape into squares about $1\frac{1}{2}$ inches. Beat the eggs in a basin, add the milk and half the sugar, mix well, soak the bread in this for about ten minutes. Have ready some very hot fat, drop the pieces of bread into it, and fry until a golden brown. Mix a little ground cinnamon with the remainder of the sugar on a piece of kitchen-paper, and as soon as the fritters are fried, lift them out of the fat, and toss them in the sugar and cinnamon. Dish up on a hot dish, and serve. If cinnamon is not liked, a piece of jam may be placed on each fritter.

Average cost, 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

2,336. BEIGNETS AU MOKA (COFFEE FRITTERS).

Vienna bread. | strong coffee. | sugar. | frying-fat (No. 197). | frying-batter (No. 2,172).

Cut the bread into slices $\frac{1}{4}$ inch thick, stamp these into rounds, ovals, or squares. Prepare about $\frac{1}{2}$ pint of strong coffee, sweeten to taste, and pour it over the pieces of bread. Have ready some light frying-batter, drain the bread, which should have been left to soak for ten minutes, dip in the frying-batter, drop the pieces into hot frying-fat, and fry until a golden colour. Drain on kitchen-paper, dredge with icing or castor sugar, dish up, and serve hot.

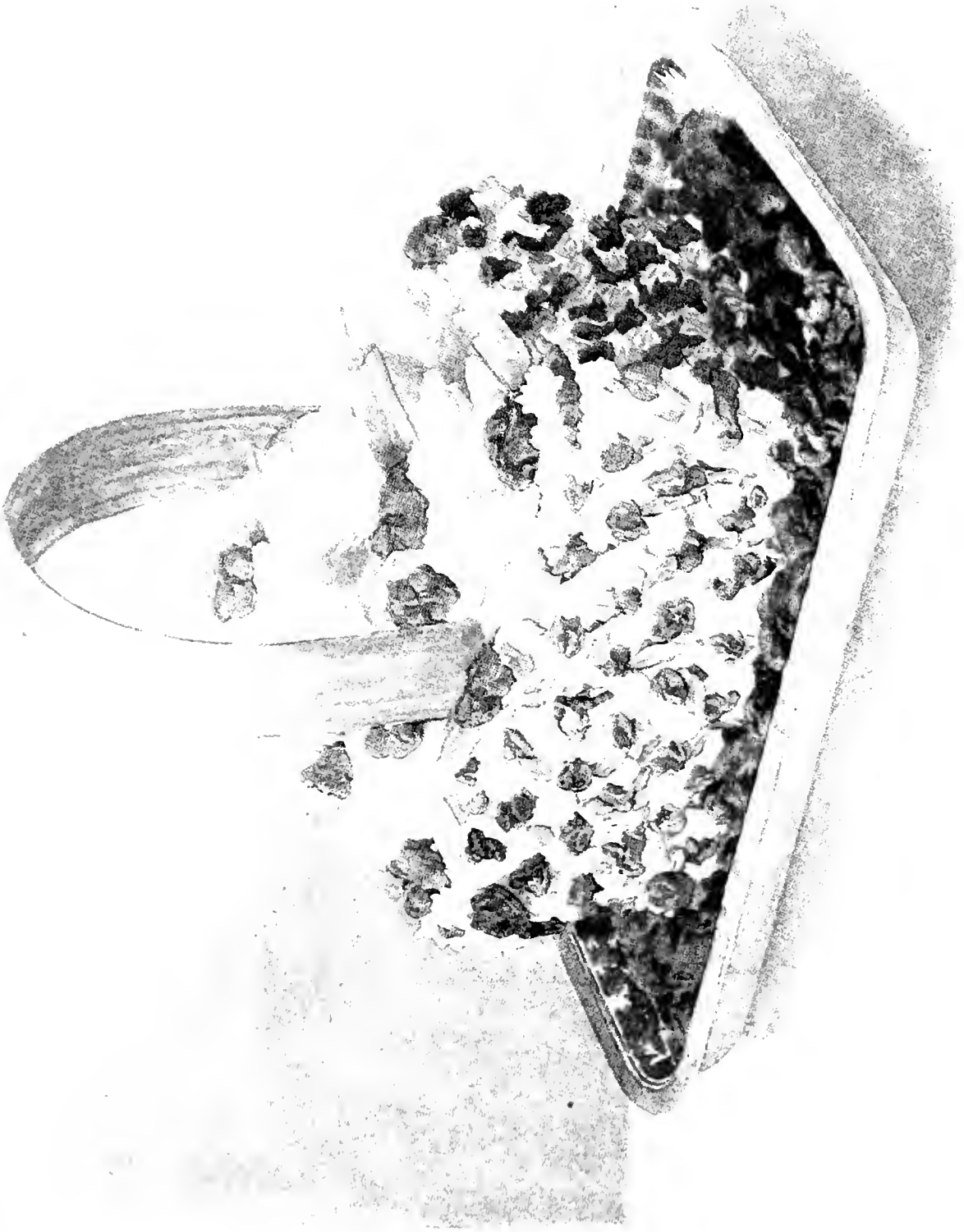
Average cost, 4d. Time required, 30 minutes. Seasonable at all times. Sufficient for 3 or 4 persons.

2,337. BEIGNETS À LA POLONAISE (POLISH FRITTERS).

6 thin pancakes.	apricot marmalade.	2 ozs. crushed macaroons.
sugar.		frying-batter (No. 2,172).

Prepare the pancakes (No. 2,173), spread one side of each with the apricot marmalade, over this sprinkle a layer of crushed macaroons, roll up the pancakes, and divide each into three. Dip these into frying-batter, and fry a golden colour in hot fat. Drain, sprinkle with sugar, and serve hot.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.



Corbeille aux Fruits

2,338. BEIGNETS AU RIZ (RICE FRITTERS).

$\frac{1}{4}$ lb. Carolina rice.	2 ozs. sugar.	vanilla.	frying-batter (No.	apricot jam.
1 pint milk.	1 oz. butter.	2 yolks of eggs.	2,172).	icing sugar.

Wash the rice well, put it into a saucepan, cover with cold water, and bring to the boil, then strain. Put the milk on the fire, let it come to the boil, then add the rice; boil quickly, stirring constantly, until the rice is tender (it should by that time have absorbed the milk); then mix in the sugar, butter, and a little vanilla. Let it cool, then add the yolks of the eggs, mix over the fire without breaking the rice-grains. Spread this mixture on a buttered dish or tin in a thin layer, and let it cool. Cut out rounds of the rice about 3 to 4 inches in diameter, put in the centre of each round a piece of stiff apricot jam, fold over the rice, and shape into balls, so that the jam is enclosed. Dip each ball into frying-batter, then drop them into very hot fat, fry a golden colour. When done, drain on paper, dredge with icing sugar, dish up, and serve.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,339. CUSTARD FRITTERS.

1 gill milk.	grated rind of 1 lemon or	1 oz. castor sugar.
3 eggs.	vanilla essence.	frying-batter (No. 2,172).

Put the milk into a stewpan, add the sugar to it, and the grated rind of the lemon, bring slowly to the boil. Beat the eggs in a basin, let the milk go off the boil, then stir it on to the eggs. Butter a mould, pour the custard into it, and steam slowly for about twenty minutes until quite firm. Let it get cold, then turn it out of the mould, cut in slices, and then into fancy shapes—rounds, ovals, or squares—not too large. Have ready some frying-batter, dip each piece of custard in it, so that it is quite coated, drop them into very hot fat, and fry until a golden colour. Drain on paper, dish up in a pile on a hot dish, and dust over with castor or icing sugar. Serve hot.

Average cost, 8d. Time required, 1 hour. Seasonable at all times. Sufficient for 3 or 4 persons.

2,340. BEIGNETS À LA BOURGEOISE (FRITTERS, BOURGEOISE STYLE).

1 stale génoise cake.	$\frac{1}{2}$ gill cream.	$\frac{1}{2}$ oz. castor sugar.
$\frac{1}{2}$ gill milk.	vanilla.	frying-batter (No. 2,172).

Cut the cake into slices $\frac{1}{4}$ inch thick, stamp out with a round or oval cutter into pieces $1\frac{1}{2}$ to 2 inches across. Mix together the milk and cream, add the sugar and a few drops of vanilla essence, or any other kind of flavouring desired. Dip the pieces of cake into this, drain them, dip them into frying-batter, and fry in very hot fat. Lift them out of the fat as soon as they are a golden brown colour, drain on paper, dish them on a napkin or fancy paper, sprinkle with sugar, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,341. BEIGNETS DE MACARONS.

12 macaroons.	$\frac{1}{2}$ gill white wine or	breadcrumbs.	egg.
apricot jam.	kirsch.	frying-fat (No. 197).	$\frac{1}{2}$ gill cream.

Dip the macaroons in the wine or kirsch, so as to soften them, then hollow them out. On the smooth side fill them with apricot jam, join two together, dip in cream; beat the egg on a plate, put the macaroons into it, brush them over, and then toss in fine, fresh breadcrumbs. Fry in plenty of very hot fat. Drain on paper, dish them on a napkin or dish-paper, sprinkle with icing sugar, and serve hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,342. FLORADOR FRITTERS.

3 tablespoonfuls of florador (medium grain).
1 lemon.

1 oz. sugar.
1 pint milk.

butter.
jam sauce.

Put the milk into a saucepan, add the sugar and the grated rind of a lemon. When boiling, sprinkle in the florador, and stir over the fire until it is cooked and very thick. Rinse a tin with cold water, and then spread the florador mixture over it, making it about $\frac{1}{2}$ inch thick. Put this aside in a cool place to get perfectly cold and set, then cut it into rounds with a pastry-cutter, press the trimmings together in order to cut out some more rounds. Melt some butter in a frying-pan, put in the fritters, and cook over the fire until one side is a golden brown; then turn them carefully, and fry on the other side. Take them up, and drain on paper. Dish them up neatly on a hot dish, and serve with jam sauce.

Average cost, 9d. Time required, 1 hour. Seasonable all the year. Sufficient for 3 or 4 persons.



FIG. 174.—BEIGNETS SOUFFLÉS.

2,343. BEIGNETS SOUFFLÉS (SOUFFLÉ FRITTERS).

2 ozs. flour. | 1 oz. butter. | 1 gill water. | 1 whole egg. | 1 yolk of egg. | sugar. | ground cinnamon.

Put the water and butter into a stewpan, and bring to the boil. Sieve the flour, and as soon as the butter is melted and the water boils put in the flour. Stir vigorously with a wooden spoon until the mixture becomes a smooth paste and leaves the sides of the saucepan. Remove from the fire, and allow the mixture to cool, then stir in the whole egg, and beat well; then add the yolk, and proceed in the same way. Have ready some hot fat, but it must not be too hot; drop the mixture into this by means of a teaspoon in small pieces about the size of a walnut. After the portions are in, increase the heat of the fat gradually, and cook the fritters until they are a nice golden colour, dry and crisp. Put some castor sugar on a piece of kitchen-paper, mix with it a small quantity of ground cinnamon. Lift the fritters out of the fat when done, and put them straight into the prepared sugar. Toss them about it, so that they get well coated. Dish in a pile on a napkin or dish-paper, and serve hot.

Average cost, 4d. or 5d. Time required, 30 minutes. Seasonable always. Sufficient for 3 or 4 persons.

2,344. BEIGNETS SOUFFLÉS EN SURPRISE (SURPRISE FRITTERS).

4 ozs. flour.	$\frac{1}{2}$ pint water.	2 yolks.	apricot jam.
2 ozs. butter.	$\frac{2}{2}$ whole eggs.	sugar.	frying-fat (No. 197).

Sieve the flour on to a piece of kitchen-paper. Put the butter and water into a stewpan, place this on the fire, and as soon as the butter is melted and the water boils add the flour. Stir quickly with a wooden spoon until the mixture becomes thick, and leaves the sides of the saucepan clean. Take the pan off the fire, and let the mixture cool a little, then beat in the eggs one at a time until the paste is smooth and light. Have ready some hot fat, not too hot, drop the mixture into this from a teaspoon, the portions being about the size of a walnut. Increase the heat of the fat gradually, and cook the fritters until they are a nice golden colour, dry and crisp. When done, take them up, drain well, make a small opening in each, and fill them with the apricot jam. Roll them in sugar, dish up in a pile, and serve hot. Instead of jam, stewed fruit, confectioner's custard (No. 2,170), or frangipane cream (No. 2,171) can be used for filling the fritters.

Average cost, 9d. Time required, 30 minutes. Seasonable always. Sufficient for 6 or 8 persons.

2,345. CRÊPES (PANCAKES).

4 ozs. flour.	2 eggs.	$\frac{1}{2}$ pint milk.	pinch salt.	sugar.	lemon.	lard.
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Put the flour and a pinch of salt into a basin, break the eggs into the flour, work them together, add the milk by degrees. When half the milk has been added, beat the batter for ten minutes, then stir in the remainder of the milk. Let the mixture stand, if possible, for one hour before using. To fry the pancakes proceed as follows: Melt a piece of lard in an omelet pan; when quite hot, pour in just sufficient of the batter to cover the bottom of the pan. Cook until it is lightly browned on one side, then toss it over, and let the other side brown. Have ready a piece of kitchen paper, sprinkle with sugar, turn the pancake on to it, dredge sugar over, and roll up. Proceed in the same way until the whole of the batter is used up. Dish up on a hot dish, and serve with sugar and lemon. Pancakes should be sent to table as soon as made, and should be served very hot.

Average cost, 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 3 or 4 persons.

2,346. FRENCH PANCAKES.

3 eggs.	3 ozs. flour.	3 gills milk.	2 ozs. sugar.	$2\frac{1}{2}$ ozs. butter.	jam.
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Put 2 ozs. of butter into a basin, add the sugar and cream together. Sieve the flour, add it to the butter and sugar, stir in by degrees the milk and eggs, beat well for about fifteen minutes. Let stand for one hour. Butter some saucers with the remaining $\frac{1}{2}$ oz. of butter, pour in the mixture, and bake quickly for about ten minutes. When done, turn the pancakes out of the saucers, place one on the top of the other with jam between, dredge with sugar, and serve.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,347. PANCAKES À LA NORMANDE.

pancake batter (No. 2,173).	butter or lard for	2 ozs. butter.
2 or 3 apples.	frying.	sugar.

Prepare the batter, and let it stand for one hour before using, if possible. Peel and core the apples, cut them in thin slices. Melt the butter in a sauté-pan, and, when hot, put in the slices of apple, and sauté them in the butter. Put a small piece of butter or lard into an omelet-pan; when hot, cover the bottom of the pan with the mixture, arrange over this a layer of the apple-slices, cover with some more of the batter. When lightly coloured, toss the pancake over, turn it out

when done on to sugared paper. Continue in this way until all the batter and apple is used up. Dish on a napkin, and serve very hot.

Average cost, 8d. Time required, $1\frac{1}{2}$ hours. Seasonable, September to May. Sufficient for 4 or 5 persons.

2,348. CRÊPES FARCIS.

pancake batter (No. 2,173).	1 teaspoonful lemon-juice.	2 ozs. butter.
2 tablespoonfuls red-currant jelly.	1 tablespoonful brandy.	sugar.

Work the butter in a basin until creamy, then add the red-currant jelly, lemon-juice, and brandy. Make the pancakes in the usual way, fill them with the prepared mixture, roll them up, and dish on a napkin. Sprinkle with sugar, and serve very hot.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

CROQUETTES AND RISsoles

2,349. CROQUETTES DE MARRONS (CHESTNUT CROQUETS).

1 lb. chestnuts.	3 ozs. sugar.	2 egg yolks.	sabayon sauce	1 whole egg.
$\frac{1}{2}$ pint water.	vanilla.	1 oz. butter.	(No. 173).	breadcrumbs.

Slit the chestnuts on their flat side, place them on a baking-tin, and put them in the oven for about ten minutes or until the shells and inner skins can be removed with ease. After the nuts are skinned, put them into a saucepan, cover with a syrup made with the water and sugar, flavoured with vanilla. Cook until the chestnuts are tender, then rub them through a fine sieve. Put this purée into a stewpan, and stir it over the fire until hot. Add the butter and the egg-yolks, and mix thoroughly. Turn the mixture on to a plate, and let cool. Divide the chestnut preparation into equal parts, make each part into a ball or cork shape, dip in beaten egg, toss in breadcrumbs, and fry them a golden colour in very hot fat. Drain well, and dish them on a napkin. Serve with a tureen of sabayon sauce separately.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, November to February. Sufficient for 8 or 9 croquettes.

2,350. RISsoles DE CERISES (CHERRY RISsoles).

$\frac{1}{2}$ lb. cooking cherries. | 2 ozs. sugar. | $\frac{1}{2}$ gill water. | 2 macaroons. | puff-paste (No. 2,184).

Stone the cherries, put them into a stewpan, add the sugar to them and the water, place the pan on the fire, and cook until the cherries are done. Crush the macaroons, roll out the puff-paste, stamp out some rounds with a cutter about 2 inches across, place in the centre of each round a small quantity of the stewed cherries, sprinkle over that some of the crushed macaroons. Wet round each piece of paste with a little water or white of egg, fold over to form a half-moon shape, press the edges together. Fry the rissoles a golden brown in very hot fat. Take up when done, drain well, dish up on a hot dish in a pile, sprinkle with castor sugar and serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 5 or 6 persons.

2,351. CROQUETTES DE CERISES (CROQUETS OF CHERRIES).

$\frac{1}{2}$ lb. cooking cherries. | 2 to 3 ozs. sugar. | cakecrumbs. | lemon-rind. | 1 egg.

Stone the cherries, put them into a stewpan with the sugar, a little grated lemon-rind, and about $\frac{1}{2}$ gill of water. Place the pan on the fire, and cook until the cherries are tender, then add sufficient génoise or sponge-cake crumbs to make into a fairly stiff paste. Turn the mixture on to a plate, and let it cool. When cold and set, divide the preparation into equal portions, make them up into rolls

the shape of corks. Beat the egg on a plate, put the croquettes into it, brush over, lift them into some of the génoise cakecrumbs, and coat well. Egg and crumb a second time. Fry in very hot fat until a golden colour, drain, dish up on a napkin or dish-paper, sprinkle with castor sugar, and serve hot.

Average cost, 6d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 4 persons.

2,352. RISSOLES D'ORANGES (ORANGE RISSOLES).

2 oranges. | castor sugar. | puff-pastry. | whipped cream. | frying-fat (No. 197).

Peel the oranges, take away all the white pith, divide the fruit into sections, taking care not to break the skin. Roll out the pastry, stamp out some rounds with a cutter, put some of the orange sections in the centre, dredge with sugar, fold over in half, first wetting round the edge of each with a little water or white of egg, press well together, and fry in very hot fat a golden colour. Take up, drain well, arrange in a pile on a hot dish, sprinkle castor sugar over, and serve with whipped cream.

Average cost, 1s. Time required, 45 minutes. Seasonable, December to July. Sufficient for 4 or 5 persons.

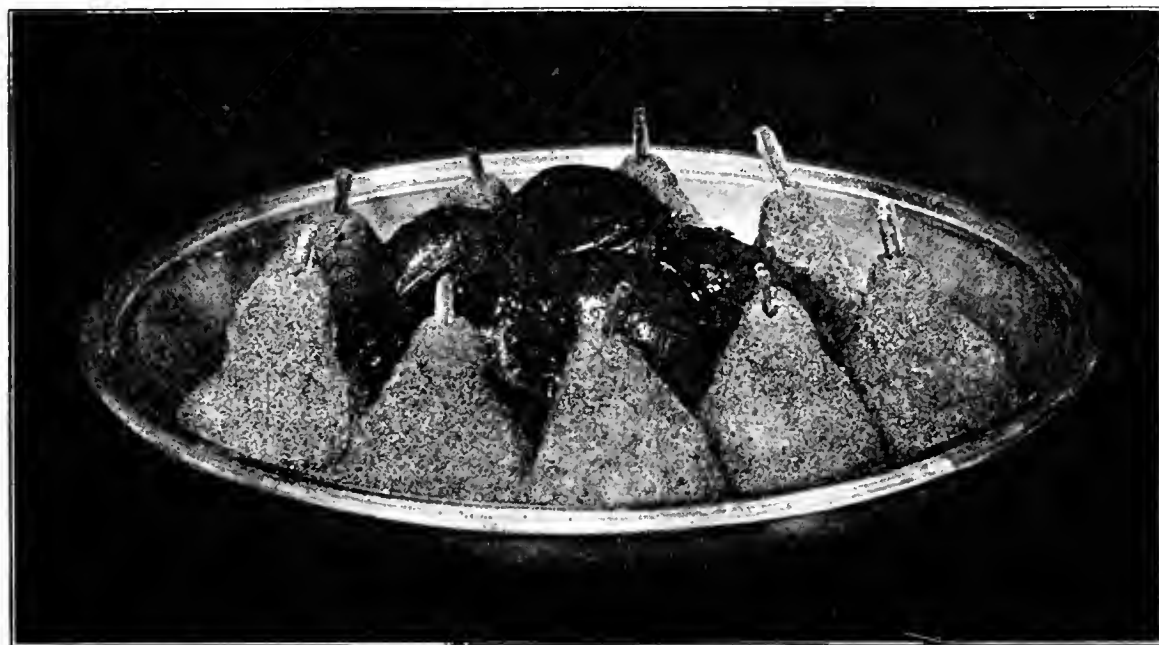


FIG. 175.—CROQUETTES DE RIZ.

2,353. CROQUETTES DE RIZ (RICE CROQUETTES).

½ lb. rice.	3 yolks of	4 ozs. sugar.	angelica.	breadcrumbs.
2 pints milk.	eggs.	1 lemon.	1 whole egg.	stewed apples.

Wash the rice, put it into a stewpan, cover with cold water, and bring to the boil, then drain. Put the milk on to boil in a saucepan, grate the lemon-rind, and add it and the sugar to the milk. Boil until the rice is tender and has absorbed the milk. It must be stirred constantly as soon as the rice begins to thicken, or it will burn. Let cool a little, then stir in the sugar. Work in the yolks one at a time, stir over the fire until set, turn the mixture on to a plate, and let it get quite cold. Divide the preparation into equal portions, make these into pear-shapes, dip them in beaten egg, toss in breadcrumbs, and fry them in very hot fat a golden colour. Drain them on kitchen paper, insert in the end of each a strip of angelica to represent a stalk. Dish in a circle, put some nicely stewed apples or apricots in the centre, and serve hot.

Average cost, 1s. 3d. Time required, 1½ hours. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,354. CROQUETTES DE POIRES (PEAR CROQUETTES).

6 halves of pears.	1 oz. sugar.	1 lemon.	savoy biscuits.
3 ozs. rice.	1 pint milk.	1 egg.	angelica.

Put the milk and sugar into a saucepan, bring it to the boil, and then add the rice and grated rind of the lemon. Stir this over the fire until the rice is tender and the milk absorbed, then turn it on to a plate, and put aside to cool. Stand the pears on a hair sieve until the syrup has drained away, then stuff the hollow side with the boiled rice, shaping it to a dome, so that they look like whole pears. Beat the egg on a plate, crush the savoy biscuits, and rub them through a wire sieve. Dip the stuffed pears in the egg, and toss in the savoy-crumbs. Have ready a pan of very hot fat, fry the croquettes in it until a golden brown. Take them up, and drain on paper. Insert a small piece of angelica in the end of each to represent the pear-stalk. Dish up on a dish-paper, and serve hot.

Average cost, 1s. 3d. Time required, 45 minutes. In season all the year. Sufficient for 6 pears.

OMELETTES SUCRÉES**2,355. SWEET OMELET.**

3 eggs. | 1 dessertspoonful cream. | $\frac{1}{2}$ oz. butter. | 1 teaspoonful castor sugar. | vanilla essence.

Break the eggs into a basin, beat them with a fork until the yolks and whites are thoroughly mixed, then add the sugar, cream, and a few drops of vanilla essence. Mix well together. Melt the butter in an omelet-pan; when hot, pour in the egg mixture, stir the eggs in the centre with a spoon until they begin to set, then roll the mixture towards the handle of the pan, shape into an oval, toss it over quickly with the spoon, remove from the fire at once. Turn it on to a hot dish, dredge some castor sugar over it, and serve quickly.

Average cost, 6d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

N.B.—Omelets should always be made at the last moment, just before they are wanted, and should not be kept waiting. If not eaten as soon as cooked, they become tough and leathery. New-laid eggs, if possible, should always be used for the making of omelets.

2,356. OMELETTE À LA CÉLESTINE.

3 eggs.	1 oz. macaroons.	1 dessertspoonful cream.
$\frac{1}{2}$ oz. butter.	$\frac{1}{2}$ oz. castor sugar.	any kind of jam.

Beat the eggs in a basin, yolks and whites together, until thoroughly mixed; crush the macaroons, and stir them into the eggs with the sugar and cream. Melt the butter in an omelet-pan, and when it is hot, pour in the egg mixture. Stir until it begins to set, then place in the centre a tablespoonful of any kind of jam, roll up towards the handle of the pan, let it lightly colour, turn over quickly, take it off the fire, and dish on a hot dish. Serve at once.

Average cost, 8d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

2,357. OMELETTE AU RHUM (RUM OMELET).

3 eggs. | $\frac{1}{2}$ oz. butter. | small glass rum. | $\frac{1}{2}$ oz. castor sugar. | pinch of salt.

Beat the eggs in a basin with the salt and sugar until they are thoroughly mixed. Melt the butter in an omelet-pan; when quite hot, pour in the eggs, stir until beginning to set, then roll towards the handle of the pan into the shape of an oval cushion. Turn over lightly, take the pan off the fire, and dish the omelet on a hot dish. Sprinkle with sugar, pour the rum round the omelet, set a light to it, and send to table at once.

Average cost, 8d. Time required, 10 minutes. Seasonable at all times. Sufficient for 2 persons.

2,353. OMELETTE AUX POMMES (OMELET WITH APPLES).

3 eggs.	$\frac{1}{2}$ oz. sugar.	1 tablespoonful stewed apple.
grated lemon-rind.	$\frac{1}{2}$ oz. butter.	1 dessertspoonful cream.

Beat the eggs in a basin with a fork until well mixed, then stir in the sugar, cream, and lemon-rind. Melt the butter in an omelet-pan, pour in the eggs as soon as the butter is hot, stir them in the centre with the back of a spoon until the eggs begin to set, then put the apple in the centre, fold over, and roll towards the handle of the pan. Shape into an oval cushion, turn over quickly, remove from the fire, and turn the omelet on to a hot dish, dust with sugar, and serve at once.

Average cost, 8d. Time required, 10-minutes. Seasonable always. Sufficient for 2 persons.

2,359. OMELETTE SOUFFLÉE.

4 yolks of eggs. | 6 whites of eggs. | 2 ozs. castor sugar. | vanilla essence. | $\frac{1}{2}$ oz. butter.

Put the yolks into a basin, add the sugar to them and a few drops of vanilla essence. Cream together with a wooden spoon. Put the whites of eggs into another basin, whisk them to a stiff froth, and stir lightly into the yolks. Butter a dish, dust it with sugar, place the preparation on it, pile it up into an oval shape, smooth it round with a knife, dust over with sugar, and place in a moderate oven for about ten minutes. Serve at once.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

N.B.—These omelets can be flavoured according to taste with lemon, orange, almond, etc.

2,360. OMELETTE SOUFFLÉE À LA CONFITURE (SOUFFLÉE OMELET WITH JAM).

2 yolks of eggs.	$\frac{1}{2}$ oz. castor sugar.	$\frac{1}{2}$ tablespoonful cream.	pinch salt.
3 whites of eggs.	$\frac{1}{2}$ oz. butter.	1 tablespoonful jam.	vanilla.

Put the yolks of eggs into a basin, add the sugar, and cream them together. Stir in the cream and vanilla. Put the whites into a basin with a pinch of salt and whisk until it becomes a stiff froth. Stir lightly into the yolks. Melt the butter in an omelet-pan, put in the mixture. As soon as the butter is hot, spread it over the pan, smooth it on the top, and place the pan over a low fire to cook for three minutes. Then place the pan containing the omelet in the oven for three minutes to brown the surface. Have ready a sugared piece of paper, turn the omelet, when done, out on to it, spread over half the omelet the jam, which has been heated over the fire, fold the omelet in half, turn on to a hot dish, and serve.

Average cost, 6d. Time required, 15 minutes. Seasonable at all times. Sufficient for 2 persons.

2,361. OMELETTE SOUFFLÉE À LA STÉPHANIE.

4 yolks of eggs.	2 macaroons.	1 tablespoonful maras-	1 small glass rum.
6 whites of eggs.	1 oz. sugar.	chino.	$\frac{1}{2}$ oz. butter.

Put the yolks and sugar into a basin, and cream them together. Crush the macaroons coarsely, pour the maraschino over them, and let them soak for ten minutes. Whisk the whites of the eggs to a stiff froth, stir the macaroons into the yolks, add the whites, and mix all lightly together. Butter a dish, sprinkle over some castor sugar, arrange the omelet on this, pile it up into an oval shape, smooth it round the sides with a knife, make a hollow in the centre, place in a moderate oven for about ten minutes. When cooked, pour the rum into the hollow in the centre, set a light to it, and serve quickly.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 3 persons.

TIMBALES AND CHARLOTTES

2,362. CHARLOTTE DE GROSEILLES (CURRANT CHARLOTTE).

gênoise cake. | $\frac{1}{2}$ lb. red currants. | $\frac{1}{4}$ lb. raspberries. | sugar to sweeten. | 4 ozs. butter.

Cut the cake into strips about $\frac{1}{8}$ inch thick; cut out some heart-shaped pieces for the bottom of the mould, and some strips about $1\frac{1}{2}$ inches wide to go round the sides. Well butter a charlotte-mould. Melt the butter, and dip the heart-shaped pieces of cake into it. Arrange these at the bottom of the mould, so that they overlap each other; dip the strips that are to go round the side also in the melted butter, stand these all round the mould overlapping each other. Pick the currants and raspberries, put them into a stewpan with the sugar, stew gently over the fire until the fruit is soft, cook the fruit as dry as possible, fill the lined mould with the fruit, pile it up rather high above the mould, as the fruit shrinks during the cooking. Put the charlotte in the oven, and bake for about thirty minutes. Turn out when done on to a hot dish, and serve at once.

Average cost, 1s. Time required, 1 hour. Seasonable, June to August. Sufficient for 4 persons.



FIG. 176.—TIMBALE AUX FRUITS À LA NATIONALE.

2,363. TIMBALE AUX FRUITS À LA NATIONALE.

mixed fruits.		"baba-paste" (No.		$\frac{1}{2}$ pint water.		angelica.
cherries.		2,369).		4 ozs. sugar.		1 glass wine.

Prepare the "baba-paste," sufficient to fill a quart timbale-mould, well buttered; bake in a moderate oven. When done, turn it out on to a sieve, and let it get cold. Put the half-pint of water into a stewpan, add the sugar, and boil until a thick syrup is made. Add the wine or maraschino, prepare some fruit (any different kinds that are in season, or preserved fruits, such as pineapple, peaches, apricots, etc.). Put these into the syrup, and simmer for two minutes, then drain. Scoop out the centre of the cake, fill it with the fruit, pour some of the syrup over the fruit and over the cake, decorate with glacé cherries and pieces of angelica cut in the shape of leaves. Place the timbale in the oven to get thoroughly hot through, and serve hot. This pudding can also be served cold. In that case, whipped cream served with it would be an improvement.

Average cost, uncertain. Time required, 2 hours. Seasonable all the year. Sufficient for 6 persons.

2,364. CHARLOTTE DE POMMES (APPLE CHARLOTTE).

stale bread. | butter. | 2 lbs. apples. | 2 ozs. sugar. | rind of 1 lemon.

Cut the bread into slices about $\frac{1}{8}$ inch thick, cut out some heart-shaped pieces for the bottom of the mould, and some strips about $1\frac{1}{2}$ inches wide to go round the sides. Well butter a charlotte-mould. Melt some butter, and dip the heart-shaped pieces of bread into it. Arrange these at the bottom of the mould (the pieces should overlap each other), place the strips standing up against the mould, having first dipped them into the melted butter. The slices should slightly overlap. Peel and core the apples, cut them up, and put them into a stewpan with the sugar, thinly-peeled lemon-rind, and a very little water. Put the pan on the fire, and stew them gently until they are tender and form a thick purée, then add 1 oz. butter. Mix well, stew a little longer, remove the lemon-rind, and fill the mould. Put into the oven, and bake for about thirty to forty minutes. Turn out on to a hot dish, and serve at once.

Average cost, 8d. Time required, 1 hour. Seasonable, September to May. Sufficient for 5 persons.



FIG. 177.—ABRICOTS, MARIE LOUISE.

2,365. TIMBALES D'ABRICOTS, MARIE LOUISE.

6 génoise cakes. | 6 half-apricots. | cherries. | apricot purée. | syrup. | 2 whites of eggs. | angelica.

Make some génoise mixture, half fill some small greased moulds, and bake in a moderate oven. When done, turn out of the tins, and let cool a little; then scoop out the centre of each; make an apricot purée, whisk the whites of eggs very stiffly, and stir it into the purée. Fill the cases with this, put into the oven, and bake for ten minutes. Cook the apricots in syrup, and place one on the top of each timbale when they are taken from the oven. Decorate with cherries and angelica, and serve with an apricot syrup.

Average cost, 1s. 2d. Time required, 40 minutes. Seasonable always. Sufficient for 6 persons.

2,366. TIMBALE DE POIRES.

1 oz. pistachios.	savarin paste	apricot jam.	sugar.	lemon.
2 ozs. butter.	(No. 2,367).	apricot sauce (No. 148).	vanilla.	4 or 5 pears.

Prepare sufficient savarin paste to fill a quart charlotte-mould. Butter the mould, put in the paste, and let it rise, then bake it. When done, turn out on to a

sieve, and let it cool. Cut a slice off the top, and scoop out the inside, leaving only a crust. Rub some apricot jam through a hair sieve, cover the outside of the cake with a thin layer of this. Chop the pistachio-nuts very finely, after they have been skinned; sprinkle these over the jam, so that the sides of the cake are quite covered. Prepare the slice that was cut off, and which will form the lid, in the same way. Cut the pears in quarters, peel them, take out the cores, and cut them into thick slices. Melt the butter in a stewpan, put in the pears, add the thinly-peeled rind of a lemon, sprinkle over a little sugar, cover the pan, and place it in a moderate oven to cook, or over a rather slow fire. When the pears are tender, mix with them two tablespoonfuls of apricot jam, add a little vanilla essence, and mix all well together. Fill the timbale with this preparation, put on the lid, and serve on a hot dish. Send the sauce to table separately.

Average cost, 1s. 8d. Time required, 2 hours. Seasonable, August to September. Sufficient for 5 persons.



FIG. 178.—BORDURE SAVARIN.

2,367. BORDURE SAVARIN AUX FRUITS (SAVARIN BORDER WITH FRUITS).

8 ozs. flour.	$\frac{1}{2}$ oz. sugar.	5 eggs.	1 gill sherry.	mixed fruits.
4 ozs. butter.	$\frac{1}{2}$ oz. yeast.	$\frac{1}{4}$ oz. salt.	about $\frac{3}{4}$ gill milk.	syrup.

Sieve the flour into a basin, put the yeast into a small basin, dissolve with the lukewarm milk, make a well in the centre of the flour, pour in the yeast mixture, add the eggs, mix all together with the hand for a few minutes. Put the butter into a clean cloth, and knead it well, so as to extract all the moisture from it and to render it soft, divide into small pieces, and arrange them over the paste. Cover the basin, and place it in a warm place until it has risen to twice its original size; then knead the paste, adding the salt until it has absorbed the butter and has become elastic. Lastly, add the sugar, and knead again until it is mixed in. Butter a savarin border-mould, sprinkle with sugar or chopped almonds, fill the mould with the savarin mixture, about half full, stand in a warm place until the paste rises to the top of the tin. Bake in a hot oven. Prepare $\frac{1}{2}$ pint of syrup, add the sherry to it, and keep hot. When the border is ready, turn it out on to a hot dish, soak it well with half of the prepared syrup. Have ready some fruits, mixed with the rest of the syrup, fill the centre of the savarin with these, and serve hot.

Average cost, 2s. 3d. Time required, uncertain. Seasonable at all times. Sufficient for 6 persons.

2,368. PRUNE CHARLOTTE.

1 lb. prunes.	1 lemon.	3 or 4 slices of bread	1 glass red wine.
$\frac{1}{4}$ lb. sugar.	$\frac{1}{2}$ pint water.	and butter.	butter.

Put the prunes into a stewpan with the water and sugar, the rind of the lemon thinly peeled, and the wine (the latter may be omitted). Stew gently by the side of the fire until the prunes are quite soft, then turn them into a basin, and, when cool enough, remove the stones. Butter a pie-dish, cut some slices of bread and butter in convenient pieces, and line the dish all over with them. Pour in the prunes and their liquor, cover the top with slices of bread and butter, put the pudding into a moderate oven, and bake for about thirty minutes. When done, turn it out of the dish on to a hot dish, sprinkle castor sugar over, and serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable at all times. Sufficient for 6 persons.



FIG. 179.—BABA AU RHUM.

2,369. BABA AU RHUM.

$\frac{3}{4}$ lb. flour.	6 ozs. butter.	1 gill milk.	1 oz. sultanas.	$\frac{1}{2}$ oz. castor sugar.	angelica.
$\frac{1}{2}$ oz. yeast.	5 eggs.	1 oz. currants.	mixed fruit.	rum syrup (No. 171).	cherries.

Sieve the flour into a basin, dissolve the yeast in lukewarm milk, make a well in the centre of the flour, pour in the yeast mixture, add the eggs, mix all together with the hand for a few minutes. Put the butter into a cloth, and knead it well, so as to extract all the moisture from it and to render it soft. Divide it into small pieces, and arrange them over the paste. Cover the basin, and place it in a warm place until it has risen to twice its original size; then knead the paste, adding the salt, until it has absorbed the butter and has become elastic. Lastly, add the sugar, the currants, and sultanas, and knead again until they are mixed in. Butter a large baba-mould, turn the mixture into it (it should not be more than half full), put into a warm place to rise to the top of the tin, then bake it in a moderate oven. When done, turn out on to a dish, pour some rum syrup over it, fill the centre with some fruits mixed with the same syrup, decorate with angelica and cherries, and serve hot.

Average cost, 2s. 6d. Time required, uncertain. Seasonable at all times. Sufficient for 6 or 8 persons.

CHAPTER XXVII

TARTS, FRUIT PUDDINGS, AND TARTLETS

2,370. APPLE TART.

1½ lbs. cooking apples. | ½ lb. short pastry. | 2 cloves. | sugar to taste. | water.

PEEL and core the apples, cut them in slices, taking care not to cut them too thinly. Put them into a pie-dish, add the cloves and a little water. Put the sugar in the centre, and cover it with the apples. Roll the pastry out about ½ inch in thickness, wet the edge of the pie-dish and lay on it a narrow band of the pastry. Wet this band of pastry, and lay the rest of the paste over. Press together lightly, trim the edges, and ornament them by scalloping with a knife. Make a hole at each end by slightly raising the pastry from the dish. Place in the oven, and bake for about thirty minutes. Take it up, and dredge castor sugar over the top. Serve hot or cold.

Average cost, 8d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 4 or 5 persons.

2,371. BAKED APPLE DUMPLINGS.

6 cooking apples. | ½ lb. short paste. | sugar.

Peel the apples thinly, and core them without breaking. Roll the pastry out about ¼ inch in thickness, cut out twelve rounds with a pastry-cutter, place an apple in one of the rounds, and work the pastry round the apple until it reaches to the middle of it; then fill the centre hole with sugar, lay another round of pastry on the top, and work it down to meet the other round. Fasten the join with a little water; continue in this way until all the apples are used. Place the dumplings on a floured tin, and bake for about half an hour. Take them up, and dredge with castor sugar. Serve hot.

Average cost, 8d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,372. BOILED APPLE DUMPLINGS.

6 apples. | ½ lb. flour. | ¼ lb. beef-suet. | sugar. | water.

Peel the apples thinly, and remove the core without breaking them. Sieve the flour into a basin, chop the suet finely, and add to the flour. Mix thoroughly, and add sufficient water to form a paste. Roll it out, and cut into twelve rounds with a pastry-cutter. Stand an apple in one round, and work the pastry up until it is half covered. Fill the centre with sugar, and cover the top with another round, making it meet the first. Tie each dumpling in a pudding-cloth which has been scalded and sprinkled with flour. Put them into boiling water, and boil for one hour. Remove the cloths, and serve hot.

Average cost, 6d. Time required, 1½ hours. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,373. BAKED APPLE PUDDING.

1 lb. flour. | ½ lb. beef-suet. | 2 cloves. | 1½ lbs. apples. | water. | sugar to taste.

Sieve the flour into a basin, chop the suet very finely, and add to the flour. Mix these together with enough water to bind them, divide the paste into two

equal portions, and roll them out. Butter a deep Yorkshire tin, and line it with one of the pieces of suet pastry. Peel and core the apples, cut into slices, and put into the prepared tin. Add the cloves and a very little water. Enough apples must be used to fill the tin. Wet round the edges of the pastry, lay the other half over, and pinch the edges together. Make a small hole at one end to allow the steam to escape, put into a moderate oven, and bake for thirty to forty-five minutes. Take it out of the tin, cut into neat squares, dish them on a hot dish, and dust over with castor sugar. Serve hot.

Average cost, 10d. Time required, 1 hour. Seasonable, September to May. Sufficient for 5 persons.

2,374. GOOSEBERRY PUDDING.

1½ pints green gooseberries. | sugar. | ½ lb. flour. | ¼ lb. beef-suet. | water.

Top and tail the gooseberries, sieve the flour into a basin, chop the suet very finely, removing all skin. Add this to the flour, and moisten with sufficient water to make a paste. Turn on to a floured board, and knead a little; then cut off one-third of the pastry, and put on one side for covering the top of the pudding. Well butter a pudding-basin, then roll out the larger piece of pastry, and line the basin with it. Fill with the gooseberries, sweeten to taste with sugar, and add about ½ gill water. Roll the rest of the pastry out, cover the top with it, press the edges together, and fold them over. Rinse a pudding-cloth in boiling water, then sprinkle it with flour. Place this over the pudding, tie with string, and put into a saucepan of boiling water. Boil for two hours, keeping it well covered with boiling water all the time. Take it up, remove the cloth, turn the pudding on to a hot dish, and serve.

Average cost, 8d. Time required, 2½ hours. Seasonable, May and June. Sufficient for 5 persons.

2,375. BAKED JAM ROLY-POLY.

¼ lb. short pastry. | jam.

Roll the pastry out about ¼ inch thick, spread over it a layer of jam, leaving a margin all round. Wet this edge slightly, and then roll the pudding up. Press the edges tightly together, place the roly-poly on a floured baking-tin, and bake for about thirty minutes. Take up, and serve hot.

Average cost, 4d. Time required, 45 minutes. Seasonable all the year. Sufficient for 3 persons.

2,376. ROLY-POLY PUDDING.

½ lb. flour. | ¼ lb. suet. | salt. | jam. | water.

Sieve the flour into a basin with a little salt, chop the suet finely, and add to the flour. Moisten with sufficient water to make into a paste. Turn on to a floured board, and roll it out. Spread the jam over (black currant for preference), wet the edges, and then roll it up. Tie it tightly in a pudding-cloth that has been scalded and then floured. Tie firmly at each end, and put into a saucepan of boiling water. Boil for two hours, then turn out of the cloth on to a hot dish, and serve.

Average cost, 6d. Time required, 2½ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,377. RAISIN ROLY-POLY PUDDING.

1 lb. flour. | ½ lb. beef-suet. | salt. | 1 lb. stoned raisins. | sweet sauce (No. 165).

Sieve the flour into a basin, chop the suet finely, mix it into the flour, add a pinch of salt, stir all together until well mixed, then add sufficient water to make into a stiff paste. Turn this out on to a floured board, roll out into a strip. Have

ready the raisins stoned and cut in halves. Sprinkle these thickly over the paste, wet round the edges with a little water, roll up, fold the ends in neatly. Scald a pudding-cloth, flour it well, put in the pudding, tie up the ends tightly, and put into a saucepan of fast-boiling water and cook for two to three hours. The water must not be allowed to go off the boil during the cooking, and the pudding must be kept covered with water. When cooked, untie the ends, take off the cloth, and put the pudding on to a hot dish. Serve hot, and send sweet sauce to table with it.

Average cost, 1s. Time required, 2 to 3 hours. Seasonable at all times, but most suitable in the winter. Sufficient for 6 persons.

2,378. ORANGE TART.

1 large orange.	4 ozs. butter.	4 whites of eggs.
4 ozs. sugar.	3 yolks of eggs.	puff-paste (No. 2,184).

Roll out the puff paste thinly, and line with it a buttered pudding-plate or round tin. Press the pastry lightly round the sides, ornament the edge according to taste. Grate the rind of the orange, and squeeze the juice into a basin. Cream together the butter and sugar until quite soft, beat in the yolks of the eggs one at a time, then add the orange-rind and the strained juice. Whisk two whites of eggs very stiffly, stir this lightly into the mixture. Turn into the lined plate, and bake in a quick oven for about twenty minutes. Beat the remaining two whites of eggs to a stiff froth, mix in a little sugar, and spread it over the top of the tart. When it is cooked, return to the oven to brown a light golden colour. Serve hot.

Average cost, 1s. Time required, 1 hour. Seasonable, November to June. Sufficient for 6 persons.

2,379. TREACLE TART.

6 ozs. short paste.	golden syrup.	breadcrumbs.	grated lemon-rind.
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Roll out the pastry, butter a large dinner-plate or a round flat tin, place the pastry on it so as to line it, press the paste down, and cut it round the edge. Ornament it round the sides with the prongs of a fork, pour some golden syrup on to the pastry, mix some grated lemon-rind with a few breadcrumbs, sprinkle these over the syrup. Roll out the trimmings of pastry, cut in strips, roll them, and fix them across the tart. Place in a moderate oven, and bake until the pastry is a golden colour. Serve hot or cold.

Average cost, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,380. OPEN JAM TART.

6 ozs. short paste.	jam.	$\frac{1}{2}$ oz. butter.
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Roll out the pastry, butter a plate or tin, line it with the pastry, trim and ornament. Roll out the trimmings of pastry, cut in strips, and twist them into cross-bars. Place these across the pastry, put in a moderate oven, and bake until a nice brown. When done, lift off the cross-bars of pastry carefully. Have some jam ready heated in a saucepan, put this into the pastry, replace the cross-bars over the jam, and serve hot or cold.

Average cost, 6d. Time required, 30 minutes. Seasonable always. Sufficient for 4 or 5 persons.

2,381. GERMAN APPLE TART.

$\frac{1}{2}$ lb. flour.	1 oz. sugar.	water.	$\frac{1}{2}$ lemon.
$\frac{1}{4}$ lb. butter.	1 yolk of egg.	apples.	2 whites of eggs.

Sieve the flour into a basin, rub in the butter lightly, and add the sugar. Beat the yolk of egg, mix into it about one tablespoonful of water. Add this to the pastry, using more water if needed to make it into a stiff dough. Roll out on a floured board, line a buttered shallow tin with it, prick the pastry with a fork all over, and bake in a hot oven. Have ready some nicely stewed apples flavoured with grated lemon-rind; turn the pastry out of the tin, and then fill with the apple

mixture, cover the top with the whites of eggs very stiffly beaten, dredge with castor sugar, and put back in the oven to set the whites.

Average cost, 1s. Time required, about 30 minutes. Sufficient for 4 or 5 persons.

2,382. JAPANESE TART.

short pastry. | apricots. | 3 eggs. | $\frac{1}{2}$ pint milk. | $\frac{1}{2}$ oz. sugar. | $\frac{1}{4}$ oz. cornflour.

Line a shallow cake-tin or a flan-ring with short pastry. Bake in a hot oven until the pastry is cooked. Turn out of the tin when done, and allow it to get cool. Mix the cornflour with a little of the milk, put the rest into a saucepan with the sugar. When boiling, stir in the cornflour, and simmer for five minutes. Beat the three yolks of eggs, add the cornflour and milk to them, and cook again for a few minutes. Place a layer of apricots at the bottom of the pastry-mould, and cover with a thick layer of the custard. Beat the whites of the eggs very stiffly, put a layer of it over the custard, sprinkle with castor sugar, and bake in the oven until a light brown colour. Serve hot.

Average cost, 1s. 6d. In season always. Time required, 1 hour. Sufficient for 5 or 6 persons.

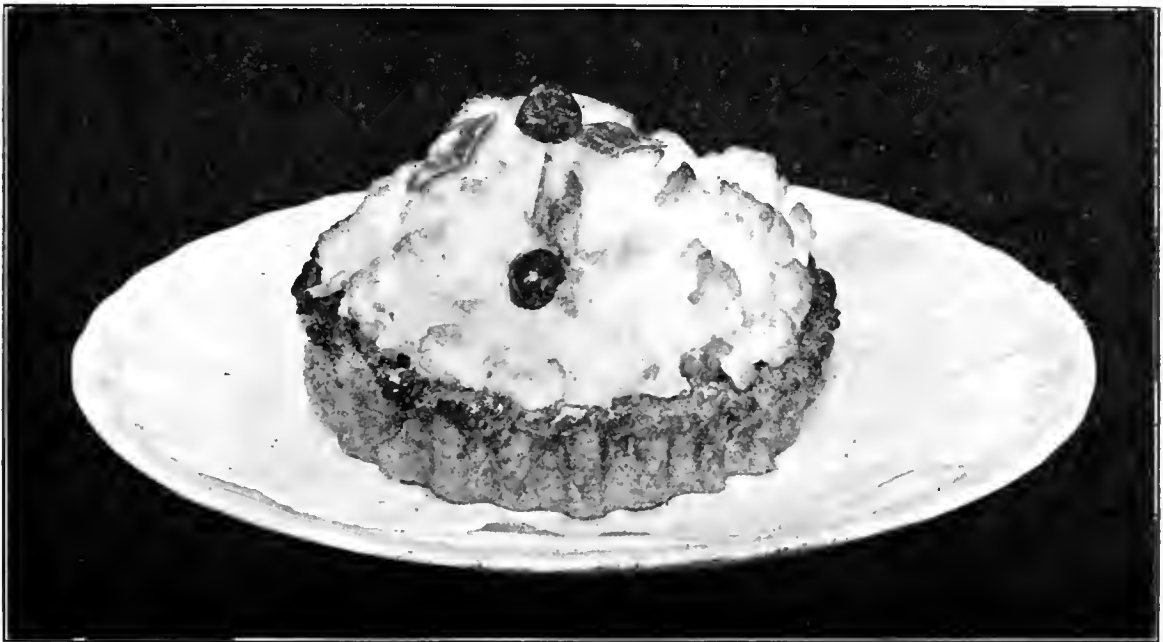


FIG. 180.—JAPANESE TART.

2,383. ALMOND CHEESECAKES.

$\frac{1}{4}$ lb. ground almonds. | $\frac{1}{2}$ lemon. | 3 eggs. | $\frac{1}{4}$ lb. castor sugar.
almond essence. | 3 ozs. butter. | vanilla. | $\frac{1}{2}$ lb. puff-paste.

Mix the almonds and sugar together in a basin, add a few drops of almond essence, half a teaspoonful of vanilla, and the grated rind of half a lemon. Melt the butter, and stir into the almonds; also the eggs well beaten. Roll out the puff-pastry, cut into rounds, and line some patty-pans with them. Fill with the almond cheesecake, and bake in a hot oven for about twenty minutes.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

2,384. WINDSOR CHEESECAKE.

2 ozs. butter. | 2 ozs. sponge- | 1 oz. sugar. | 2 ozs. currants. | 1 white of egg.
1 apple. | cake. | 2 ozs. raisins. | 2 yolks of eggs. | $\frac{1}{2}$ lb. puff-pastry.

Cream the butter and sugar together until soft, then add the eggs and beat well. Rub the sponge-cake through a sieve; peel, core, and chop the apple, clean the

currants, and chop the raisins. Add all these ingredients to butter and sugar. Roll out the puff-paste, cut it into rounds, and line some patty-pans with them. Fill with the prepared mixture, and bake in a hot oven for twenty minutes. Turn out, and dust with castor sugar.

Average cost, 1s. 4d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,385. CITRON CHEESECAKES.

$\frac{1}{2}$ pint milk.	1 oz. sugar.	1 oz. ground	1 oz. sponge-cake.	$\frac{1}{2}$ lb. puff-paste.
1 yolk of egg.	vanilla.	almonds.	2 ozs. citron peel.	1 egg.

Put the milk into a saucepan, put it on the fire, and, when hot, pour it on to the beaten yolk of egg. Let this get cold, and then return to the saucepan, and stir it until it boils and curdles, then strain it. Put the curd into a basin, add the sugar, almonds, sponge-cake crumbs, vanilla, beaten egg, and the citron chopped finely. Mix all well together. Line some patty-pans with the pastry, and fill them with the mixture. Bake in a moderate oven for twenty minutes.

Average cost, 1s. 4d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,386. RICE CHEESECAKES.

$\frac{1}{2}$ lb. puff-pastry.	2 ozs. butter.	1 saltspoonful of baking-	1 egg.
2 ozs. ground rice.	2 ozs. sugar.	powder.	$\frac{1}{2}$ lemon.

Put the butter and sugar into a basin, and cream them together until they are quite soft. Add the egg, and beat well. Mix the baking-powder with the ground rice, stir it into the butter and sugar; also the grated rind of half a lemon and a good squeeze of the juice. Stir all these ingredients well together. Roll out the pastry, cut it into rounds, and line some patty-pans with it. Put a teaspoonful of the rice mixture in each, and bake in a moderate oven for about twenty minutes.

Average cost, 10d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,387. CURD CHEESECAKES.

$1\frac{1}{2}$ pints milk.	1 egg.	1 oz. candied-peel.
1 teaspoonful of rennet.	2 ozs. currants.	$\frac{1}{2}$ lb. puff-pastry.
1 oz. sugar.	1 dessertspoonful of brandy.	1 tablespoonful of cream.

Put the milk into a saucepan, place on the fire, and bring to the boil, then curdle it with one teaspoonful of rennet. Break the curd with a wooden spoon, and drain off all the whey. Put the curd into a basin, add the well-beaten egg, the cream, brandy, and sugar. Clean the currants, removing all the stalks, chop the peel finely, and add these to the other ingredients. Roll out the puff-pastry, cut into rounds, and line some patty-pans with it. Fill with the curd mixture, and bake in a moderate oven for about twenty minutes.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,388. WEYMOUTH CHEESECAKES.

1 pint milk.	1 teaspoonful of	1 dessertspoonful of	$\frac{1}{2}$ lb. puff-pastry.
2 ozs. butter.	rennet.	cream.	1 oz. ground almonds.
2 ozs. sugar.	2 eggs.	$\frac{1}{2}$ lemon.	1 oz. sponge-cake.

Boil the milk and curdle it with the rennet. Break up the curd with a spoon, strain off the whey. Cream the butter and sugar until soft, beat in the eggs, add the curd, almonds, cream, sponge-cake crumbs, and the grated lemon-rind. Roll out the pastry, cut into rounds, and line some patty-pans. Fill with the mixture, and bake for about twenty minutes.

Average cost, 1s. 4d. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,389. APPLE CHEESECAKES.

1 lb. apples.	$\frac{1}{2}$ lb. puff-	1 oz. cakecrumbs.	1 lemon.
2 ozs. butter.	pastry.	2 ozs. sugar.	2 eggs.

Peel and core the apples, cut them in slices, put into a saucepan with the sugar, rind of the lemon, and a little water. Cook until they are quite soft, then run through a hair sieve. Return to the saucepan, add the butter, and stir over the fire until it is melted. Take the saucepan off the fire, mix in the cakecrumbs, and the eggs well beaten. Roll out the pastry, cut into rounds, and line some patty-pans with them. Fill them with the apple mixture, place in a hot oven, and bake for about fifteen to twenty minutes. Take them up, and dust over with castor sugar. Serve hot.

Average cost, 1s. Time required, 45 minutes. Seasonable, September to May. Sufficient for 6 persons.

2,390. COCOANUT CHEESECAKES.

$\frac{1}{2}$ lb. puff-paste.	$\frac{1}{4}$ lb. desiccated cocoanut.	3 ozs. butter.	2 ozs. sugar.	2 eggs.
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Cream the butter and sugar until soft, beat in the eggs one at a time. When very well beaten, stir in the desiccated cocoanut. Roll out the puff-pastry, cut it into rounds, and line some patty-pans with them. Nearly fill them with the cocoanut mixture, put into a hot oven, and bake for about twenty minutes. Take them up, and dust with sugar.

Average cost, 1s. Time required, 45 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,391. ORANGE CHEESECAKES.

$\frac{1}{2}$ lb. puff-paste.	2 oranges.	3 ozs. loaf sugar.	2 ozs. butter.	3 eggs.
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Put the butter and sugar into a saucepan, add the grated rind of the oranges, the strained juice, and the beaten eggs. Stir this over a slow fire until the sugar is melted, and the mixture begins to thicken. Roll out the puff-paste, cut out into rounds, and line some patty-pans with them. Fill with the mixture, and bake in a hot oven for about twenty minutes. Turn out, and dust with sugar.

Average cost, 1s. Time required, 45 minutes. Seasonable, November to June. Sufficient for 5 or 6 persons.

2,392. BALMORAL TARTLETS.

4 ozs. butter.	3 ozs. cakecrumbs.	2 ozs. glacé cherries or sultanas.
4 ozs. sugar.	3 ozs. flour.	$\frac{1}{2}$ lb. rough puff-pastry (No. 2,184), or
2 ozs. peel.	2 eggs.	short pastry (No. 2,183).

Roll out the pastry, cut it out with a round cutter a size larger than the patty-pans to be used, line the pans with the rounds. Put the butter and sugar into a basin, work them together until creamy. Separate the yolks and whites, beat the yolks into the butter and sugar one at a time. Pass the cakecrumbs through a fine sieve, cut the cherries in quarters (or if sultanas are used, clean and stalk them), chop the peel, stir these ingredients into the butter, sugar, and yolks. Whisk the whites of the eggs to a stiff froth, and stir in lightly to the other ingredients. Fill the patty-pans with the mixture. Roll out a piece of pastry, which should have been kept back for the purpose, cut it in strips, twist each strip, and place them across the patties, two on each, crossing each other. Put the tartlets into a moderately hot oven, and bake for about thirty minutes. When done, take them out of the tins, and place on a sieve to cool. These tartlets can be served either hot or cold.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

2,393. LEMON CHEESECAKES.

2 lemons. | 2 ozs. butter. | 3 eggs. | $\frac{1}{2}$ lb. sugar. | $\frac{1}{2}$ lb. puff-paste (No. 2,185).

Put the butter and sugar into a saucepan, grate the rind of one lemon into it, and add the strained juice of two. Beat the eggs well, and then pour into the saucepan with the other ingredients. Stir them over a slow fire until the sugar is melted and the mixture begins to thicken. Care must be taken to keep it well stirred, and not to have too great a heat under, as it burns very easily. Roll out the puff-pastry, cut it into rounds with a pastry-cutter, and line some patty-pans with them. Three-parts fill with the lemon-curd, put them in a hot oven, and bake for fifteen to twenty minutes. Take them up, remove from the tins, and serve either hot or cold.

This lemon cheesecake can be put into jars, and covered down, in which case it will keep good for some time.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

2,394. DAMES D'HONNEUR (MAIDS OF HONOUR).

puff-paste (No. 2,185).	vanilla.	$\frac{1}{2}$ oz. Brown and Polson's Paisley
3 ozs. ground almonds.	$\frac{1}{2}$ gill cream.	flour.
4 ozs. castor sugar.	2 yolks of eggs.	a few drops of almond essence.

Put the ground almonds and sugar into a basin, mix in the Paisley flour, add a few drops of almond essence and a little vanilla. Add the yolks of eggs one at a time, stir in the cream, mix all together thoroughly. Roll out the puff-pastry, cut out some rounds of the pastry with a round cutter a size larger than the patty-pans to be used, line the pans with these, fill with the mixture, and bake in a moderate oven. When done, turn them out of the patty-pans, and dish, if they are to be served hot; if cold, place them on a sieve as soon as they are removed from the tins.

Average cost, 1s. 4d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,395. STRAWBERRY TARTLETS.

puff-paste (No. 2,185). | $\frac{1}{2}$ pint strawberries. | $2\frac{1}{2}$ ozs. castor sugar. | 4 eggs.

Take the stalks off the strawberries, crush them with a fork, mix the sugar with them in a basin, beat the eggs well, and add to the strawberries and sugar. Beat the mixture a little. Roll out the pastry, cut it out with a cutter a size larger than the patty-pans to be used, line the pans with the rounds of pastry, fill with the mixture three-parts full. Bake in a moderate oven for fifteen to twenty minutes. Turn out of the tins when done, and serve hot or cold.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, June to August. Sufficient for 4 persons.

2,396. RASPBERRY TARTLETS.

puff-paste. | 1 gill raspberries. | red-currant jelly. | sugar.

Roll out the puff-paste, cut it in rounds, and line some patty-pans with it. Prick the paste all over, and bake in a hot oven, but do not let them brown. When done, turn out the pastry-cases on to a sieve, and let them get cold. Pick the raspberries, sprinkle them with sugar, fill the pastry-rounds with the fruit, put a piece of red-currant jelly on the top of each, place them in the oven again for about eight to ten minutes. When done, take out of the oven, and serve hot or cold.

Average cost, 1s. Time required, 30 minutes. Seasonable, June to August. Sufficient for 4 or 5 persons.

2,397. BANBURY CAKES.

4 ozs. butter.	4 ozs. currants.	4 ozs. macaroons.	$\frac{1}{2}$ teaspoonful mixed
4 ozs. castor sugar.	2 ozs. candied peel.	$\frac{1}{2}$ teaspoonful ground	spice.
4 ozs. sultanas.	1 lemon.	ginger.	1 lb. puff-paste.

Cream the butter and sugar together, clean the currants and sultanas, and remove the stalks. Chop the peel and the sultanas finely, mix these with the butter and sugar, stir in the spice and the grated rind of the lemon, crush the macaroons, and add them to the rest of the ingredients. Mix all well together with the juice of a lemon. Roll out the paste to about $\frac{1}{4}$ inch thick, cut out with an oval cutter about 4 inches in length and 3 inches wide. Place some of the above mixture in the centre of each piece of paste, bring the two edges together to the centre, press together, flatten the ends to about $\frac{1}{2}$ inch thick. A flat-iron is the best thing for pressing the pastry. Sift some sugar over, and press again with the iron, so that the surface is smooth. Place the cakes on a baking-sheet, and place in a moderate oven to bake. They will take about thirty minutes to cook. When done, place them on a sieve to cool.

Average cost, 2s. 6d. Time required, 30 minutes to bake. Seasonable all the year. Sufficient for 6 or 7 persons.

2,398. CANNELONS.

$\frac{1}{2}$ lb. pt ff-paste. | 1 white of egg. | jam. | frying-fat (No. 197). | sugar.

Roll out the pastry into a long strip from 3 to 4 inches wide, cut this again into pieces about 2 inches in width. Spread some jam over these pieces, leaving a clear space round the edge. Brush round the edges with white of egg, roll up the pastry, close the ends carefully. When all the cannelons are ready, fry them in hot fat until a golden brown. They will take about five minutes to cook. Drain them well on a piece of kitchen paper when removed from the fat. Dish them on a hot dish on a napkin or dish-paper, place one layer crossing another. Serve hot.

Average cost, 1s. Time required, 15 minutes. Seasonable all the year. Sufficient for 4 persons.

2,399. TARTELETTES AU CHOCOLAT (CHOCOLATE TARTLETS).

FOR PASTRY.

$\frac{1}{2}$ lb. flour. | 1 teaspoonful sugar. | 1 gill milk. | 4 ozs. butter.

FOR MIXTURE.

2 eggs.	3 ozs. sugar.	2 ozs. chocolate.	3 ozs. stale sponge-cake.
2 ozs. butter.	$\frac{1}{2}$ oz. cornflour.	$\frac{1}{4}$ teaspoonful allspice.	chocolate icing (No. 2,177).

Sieve the flour into a basin, break up the butter, and rub it into the flour. Add the sugar, mix with enough milk to make a stiff paste. Roll it out thinly, cut into rounds with a round cutter a size larger than the patty-pans to be used, line the pans with these rounds of pastry, prick the bottom of each with a fork, and fill with the mixture. Put the yolks of the two eggs into a basin, add the sugar to them, and beat together until creamy. Grate the chocolate, stir it into the eggs and sugar, add the spice and cornflour. Rub the sponge-cake through a sieve, and mix with the rest of the ingredients. Melt the butter, whisk the whites very stiffly, work in the butter, then add the whites, stirring them in quickly and lightly. When the tartlet-pans are filled, place them on a baking-sheet, and put in the oven to bake for twenty to twenty-five minutes. When done, take them out of the tins, and put them on to a sieve to cool. Cover the top of each tartlet with chocolate icing, let it set, and serve cold.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

2,400. EMPRESS ROLLS.

$\frac{1}{2}$ lb. puff-pastry.	$\frac{1}{2}$ lemon.	4 ozs. raspberry	2 ozs. ground rice.
4 ozs. sponge-cake.	1 egg.	jam.	castor sugar.

Rub the sponge-cake through a sieve, put these crumbs into a basin, add the rice, grated rind of the lemon, and a little sugar. Mix well together, then add the yolk of an egg, the jam, and the juice of the lemon. Stir well until thoroughly mixed. Roll out the pastry rather thinly, cut it into squares 2 inches in size, divide the mixture into equal portions (as many as there are squares of pastry). Roll these pieces out similar in shape to the puff-paste, brush some white of egg round the edges of the pastry, place a piece of the raspberry paste on each square of pastry, roll up carefully, and leave the ends open. Put the rolls on a baking-sheet, the side where the rolls join downwards, place in a hot oven, and bake. When nearly done, brush over with white of egg, sprinkle with castor sugar. Dish up, and serve hot.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,401. PARISIAN TARTLETS.

$\frac{1}{2}$ lb. puff-paste.	1 white egg.	sugar.	jam.
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Make some puff-paste, roll into a thin strip, fold in half, cut out some shapes with a round or oval cutter, brush over the top of each with white of egg, sprinkle with castor sugar, bake in a hot oven. When cooked, split each in half, spread one half with any kind of jam, place the other half on the top, press lightly together, and serve hot or cold.

Average cost, 1s. Time required, 10 minutes to bake. Seasonable all the year. Sufficient for 3 or 4 persons.

2,402. RASPBERRY CREAM TART.

$\frac{1}{2}$ lb. short paste.	1 lb. raspberries.	$\frac{1}{2}$ gill cream.	sugar to taste.	$\frac{1}{2}$ pint custard (No. 2,247).
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Roll out the pastry, line a shallow pie-dish with it, pick the raspberries, put them into the pie-dish, add sugar to taste, cover the top with the rest of the pastry, but the edges of the pastry should not be closely fastened. Put into a moderate oven, and bake until the pastry is lightly coloured and the fruit cooked. Have ready $\frac{1}{2}$ pint of custard, mix with it $\frac{1}{2}$ gill of cream. Take the pie out of the oven when done, lift the crust, pour in the custard on the top of the fruit, put the top on again, let it get cold, and serve.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable, June to August. Sufficient for 4 persons.

2,403. CHEESE CAKES.

1 pint milk.	$\frac{1}{2}$ tablespoonful	essence of lemon or	1 egg.
2 ozs. butter.	rennet.	vanilla.	2 ozs. sponge-cake.
a little nutmeg.	puff-paste.	a few currants.	2 ozs. castor sugar.

Put the milk into a stewpan, make it lukewarm, blood heat, then add the rennet. Let it stand at the side of the fire until the curd is firm. Strain it, so as to remove the whey, put the curd into a basin, add the butter and sugar, stir in the well-beaten eggs, and mix all well together. Stir in a little grated nutmeg, a few drops of lemon or vanilla essence, the currants cleaned, and the sponge-cake previously rubbed through a sieve. Mix thoroughly. Roll out some puff-paste, line some patty-pans with it (this is best done by cutting out the pastry with a cutter a size larger than the pans), fill with the mixture, sprinkle with castor sugar, and bake in a moderate oven. Serve hot or cold.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

2,404. FRUIT RISSOLETTES.

$\frac{1}{2}$ lb. puff-paste. | jam. | 1 white of egg. | water icing (No. 2,176). | red-currant jelly.

Roll out the pastry (it should be about the thickness of a florin), have a cutter 2 inches in diameter, put in the centre of each round a small piece of any kind of jam, wet round the edge, place another round on the top, press the edges together. Put them on a baking-sheet, and brush over with white of egg. Cut out a little ring of paste for each round, and fix in the centre. Bake in a moderate oven. When cooked, take up, and pour over them some water icing. Let them get cold, and then put a round of red-currant jelly in each. Dish up, and serve cold.

Average cost, 1s. 2d. Time required, 15 minutes to bake. Seasonable all the year. Sufficient for 4 persons.

2,405. VOL AU VENT DE FRUITS.

$\frac{3}{4}$ lb. puff-pastry (No. 2,185). | mixed fruits. | sugar to sweeten. | 1 glass white wine.

Prepare the puff-paste, give it six turns, fold in three, and cut it out into a large round or stamp it out with an ornamental cutter. Mark the centre of the pastry with a smaller cutter to form the lid, leaving 1 inch all round, place the shape on a baking-tin, and bake in a hot oven a golden colour. When done, take it out of the oven, put it on a sieve to cool. Lift the cover carefully, and put aside. Scoop out the soft inside from the case. Have ready some different kinds of fruit, such as apricots, peaches, pineapple, etc., make a syrup of water and sugar, add the wine to it, and boil until it is thick. Put the fruit into this, and cook for a few minutes over the fire. Arrange the fruit in the vol au vent, pour the syrup over it. If the fruit is large, it should be divided into pieces. This sweet can be served hot or cold. If served cold, whipped cream is an improvement; if hot, it could be decorated with a meringue and ornamented with glacé cherries and pieces of angelica, cut in the shape of leaves.

Average cost, uncertain. Time required, 45 minutes after the pastry is made. Seasonable all the year. Sufficient for 4 or 5 persons.

2,406. PASTRY CUSTARDS.

$\frac{3}{4}$ pint milk.		$\frac{1}{2}$ lb. puff-paste		3 eggs.		lemon.
$\frac{3}{4}$ oz. cornflour.		(No. 2,184).		$1\frac{1}{2}$ ozs. sugar.		nutmeg.

Put the cornflour into a basin, add sufficient milk to it to make it into a thin paste. Put the remainder of the milk into a stewpan with the sugar, and bring to the boil, then add the cornflour. Cook a minute, then take it off the fire, and let it cool. Beat the eggs well, add them to the cornflour, mix in the sugar and the grated lemon-rind. Roll out the pastry, and line some patty-pans with it. Fill with the custard mixture three parts full, grate over each a little nutmeg. Put the custards into a moderate oven, and bake a golden brown colour. They will take fifteen to twenty minutes to cook. When done, turn them out of the pans, and serve them hot or cold.

Average cost, 1s. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,407. STRAWBERRY SHORT CAKE.

1 lb. flour. | $\frac{1}{2}$ lb. butter. | 2 eggs. | 2 ozs. castor sugar. | strawberries. | cream.

Sieve the flour into a basin, rub in the butter until like breadcrumbs, mix in the sugar, beat the eggs, and stir into the other ingredients. Mix all together into a paste, turn it out on to a floured board, and knead it until it no longer clings to the hand. Roll it into a rather thick round, and bake in a moderate oven a light brown. Take the stalks off some strawberries, mash them with a fork, sweeten to taste. When the pastry is done, let it cool, then split it in half, cover the lower half thickly with the strawberries, put the upper half of the pastry upon them, cover the top

with more of the strawberries, whip some cream, and cover over with it. Serve cold.

Average cost, 1s. 2d. Time required, 1 hour. Seasonable, June to August. Sufficient for 5 or 6 persons.

2,408. FLAN DE FRAISES MERINGUÉ (STRAWBERRY TART WITH MERINGUE).

$\frac{1}{2}$ lb. short paste. | 1 lb. strawberries. | sugar. | whites of 2 eggs.

Roll out the pastry, line a flan-ring, place it on a baking-sheet, line it with paper, and fill with raw rice. Put into a moderate oven, and bake a golden colour. When done, take it out of the oven, lift out the rice and paper. Take the stalks off the strawberries, fill the pastry-case with them, and sprinkle sugar over. Beat the whites of the eggs to a stiff froth, mix with about 2 ozs. of sugar, put this over the fruit, place the case in the oven, and cook for about fifteen minutes. The oven should be rather cool. Serve cold.

Average cost, 10d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 4 or 5 persons.

2,409. APPLE CUSTARD TARTS.

1 lb. apples.		8 ozs. puff-		1 oz. breadcrumbs.		3 ozs. butter.
1 lemon.		paste.		2 ozs. sugar.		3 eggs.

Peel and core the apples, cut them up, put them into a stewpan, add a little water, place the pan on the fire, and stew until the apples are soft; then rub them through a sieve, grate the lemon-rind, and add it and the strained juice to the apples. Stir in the breadcrumbs. Cream the butter and sugar together, add the eggs one at a time, beat well, then add the apple mixture. Stir all well together. Roll out the puff-paste, line some patty-pans with it, put some of the mixture in each, dredge with castor sugar, and bake in a moderate oven for about twenty minutes. When done, turn them out of the tins, and serve hot or cold.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable, September to May. Sufficient for 4 or 5 persons.

2,410. GOOSEBERRY CUSTARD TARTS.

$\frac{1}{2}$ pint milk. | 3 eggs. | 4 ozs. sugar. | $\frac{1}{2}$ pint gooseberries. | $\frac{1}{2}$ lb. puff-paste.

Put the milk into a stewpan, add the sugar, and bring to the boil. Beat the eggs well in a basin. As soon as the milk has cooled a little, pour it on to the eggs, whisking all the time. Put again on the fire to make the custard. It must not boil. Pick the gooseberries, put them into a stewpan with a little water, and, when soft, rub them through a sieve. Mix them with the custard, turn into a basin, and let cool. Roll out the pastry, line some patty-pans with it, fill them with the custard, and bake in a moderate oven for about ten minutes. Serve hot or cold.

Average cost, 1s. Time required, 45 minutes. Seasonable, May and June. Sufficient for 4 or 5 persons.

2,411. ORANGE CUSTARD TARTS.

3 ozs. butter. | 3 ozs. sugar. | 3 yolks. | 1 orange. | $\frac{1}{2}$ gill cream. | puff-paste.

Cream the butter and sugar together until soft, then work in one at a time the three yolks of eggs. Beat well, grate the orange-rind, and add it to the other ingredients with the strained juice of half the orange. Add the cream, and mix all well together. Roll out the pastry, line some patty-pans with it, fill them with the mixture, and bake in a moderate oven for about twenty minutes. When done, turn them out of the patty-pans, and serve them hot or cold.

Average cost, 1s. 3d. Time required, 45 minutes. Seasonable, November to June. Sufficient for 3 or 4 persons.

2,412. D'ARTOIS OF APRICOT.

1 lb. puff-paste (No. 2,185). | apricot jam. | 1 egg. | sugar.

Roll out the puff-paste (it should have had seven turns), cut the paste in half, and put it on to a baking-sheet. Spread over it a thick layer of apricot jam over the paste, leaving about 1 inch bare all round. Put the other half of the paste over the apricot, press the two halves together at the edge, and cut the paste round with a knife. Now mark the top of the paste with the back of a knife in oblong shapes, brush it all over with a beaten egg. Put into a good oven, and bake a golden colour. When they are done, dredge with castor sugar, and return to the oven for a few minutes to melt the sugar. Take out of the oven, and let it get cold, then cut them into the oblong shapes, and serve piled on a napkin or dish-paper. Serve cold.

Average cost, 1s. 6d. Time required, 15 minutes after the pastry is made. Seasonable all the year. Sufficient for 5 or 6 persons.

2,413. APRICOT TART.

preserved apricots.		rind of 1 lemon.		pinch of ground cinnamon.
$\frac{1}{2}$ lb. short paste.		2 ozs. sugar.		choux pastry (No. 2,186).

Put half the apricots into a stewpan with the sugar and a little of their juice. Put the pan on the fire, and stir until the fruit has become a jam, then remove the pan from the fire. Roll out the pastry into a round about 8 inches across, place this on a baking-sheet. Have ready-made sufficient choux pastry to form an edge all round the ring of pastry $\frac{1}{2}$ inch high, fill the centre of the pastry with quartered apricots, dredge with castor sugar, sprinkle over some grated lemon-rind, put into the oven, and bake. When cooked, pour over it the stewed apricots, mix a little ground cinnamon with castor sugar, and sprinkle it over the top. Dish the tart, and serve either hot or cold. Any kind of fruit can be used instead of the apricots.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

2,414. POLISH TARTS.

$\frac{1}{2}$ lb. puff-paste (No. 2,185). | egg. | sugar. | apricot jam. | raspberry jam.

Make the pastry, and give it seven turns. Roll it out, and cut into square pieces 2 inches each way. Wet the centre of each square with a little water, and then fold the corners so that they all meet in the centre of the paste squares. Place a small button of pastry in the centre of each, egg over, put into a rather hot oven to bake. Just before they are done, dredge with sugar, and glaze in the oven. Put a piece of jam on each fold of the pastry, alternate colours. Serve hot or cold.

Average cost, 1s. Time required to bake, 15 minutes. Seasonable always. Sufficient for 8 to 10 tarts.

2,415. CORNETS À LA CRÈME.

$\frac{1}{2}$ lb. puff-pastry (No. 2,185). | jam. | pistachio-nuts. | 1 gill cream. | sugar. | vanilla.

Roll the puff-paste into a long strip about $\frac{1}{8}$ inch in thickness, cut it into long pieces 1 inch wide. Have ready six cornet tins, grease them lightly, and then roll a strip of pastry round each, beginning at the tip, and letting each round overlap the last by about half its width. Take care that the join is underneath the tin, or the appearance of the cornets will be spoilt. Lay them on a baking-tin, brush each with water, and then dust with castor sugar. Place in a hot oven, and bake them for about ten minutes. When done, remove the tins, while still hot; place the pastry on a sieve to cool. Whip the cream firmly, sweeten to taste with sugar, and flavour with vanilla. When the pastry is quite cold, put a spoonful of jam at the bottom of each, and fill with the whipped cream. Sprinkle a few chopped pistachio-nuts on the top of each.

Average cost, 1s. 3d. Time required, 45 minutes, exclusive of making the pastry. Seasonable all the year. Sufficient for 6 cornets.

CHAPTER XXVIII

ENTREMETS FROIDS (COLD SWEETS)

JELLIES

2,416. LEMON JELLY.

1½ pints water.	½ pint lemon-juice.	6 ozs. loaf sugar.
rind of 2 lemons.	2 ozs. gelatine.	whites and shells of 2 eggs.

PEEL the lemons very thinly, put the rind into a large stewpan, add the water, lemon-juice, gelatine, and sugar. Whip the whites of the eggs to a froth, crush the shells, and mix them with the rest of the ingredients. Stir over the fire until the gelatine is melted, then whisk until the mixture boils; draw it to the side of the fire, and let it stand for five minutes. Scald a clean cloth, place it on a soup stand, and pour the jelly through. It must be put through the cloth several times until it runs clear. The jelly must not be stirred or interfered with during the process of straining. When the jelly has run through the cloth, it can be used as desired; either put into a mould and allowed to set, or used for garnishing other sweets.

N.B.—The amount of gelatine used for jellies must be regulated by the weather. If hot, more gelatine will be required; in very cold weather, less might be used.

Average cost, 1s. Time required, 30 minutes to make. Seasonable always. Sufficient for 1½-pint mould.

2,417. WINE JELLY FROM GELATINE.

1½ pints water.	½ gill brandy.	6 ozs. loaf sugar.	rind of 2 lemons.	2 whites and shells
1 gill sherry.	1½ gills lemon-juice.	2 cloves.	2 ozs. gelatine.	of eggs.

Peel the lemons very thinly, put the rind into a stewpan; add the water, lemon-juice, sugar, gelatine, and cloves; whip the whites of the eggs, and crush the shells. Add these to the rest of the ingredients, place the pan on the fire, and stir until the gelatine is melted; then whisk until it boils, add the wine and brandy, bring to the boil again, draw to the side of the fire, and let it stand for a few minutes. Strain through a clean cloth, through which some boiling water has been passed. The jelly must be put backwards and forwards through the cloth until the jelly runs through clear. The jelly must on no account be stirred while running through the cloth, or it will be cloudy. As soon as the jelly is strained, it can be used as desired. In summer, more gelatine may be necessary, in order to set the jelly.

Average cost, 2s. 3d. Time required, 30 minutes to make. Seasonable at all times. Sufficient for 1½-pint mould.

2,418. WINE JELLY FROM CALF'S FEET.

2 feet.	2 whites of eggs.	2 egg-shells.	6 pints cold	½ gill brandy.
2 lemons.	4 ozs. loaf sugar.	1 gill sherry.	water.	2 cloves.

Wash the feet, chop each foot into three or four pieces, put them into a stewpan, cover with cold water, and bring to the boil; then drain and wipe them, put the pieces into a clean stewpan, cover with the six pints of cold water. Bring to the boil, and simmer gently for four or five hours; skim it while boiling, strain off the stock, and let it stand until quite set; take off every particle of fat from the stock.

before it is used. Peel the lemons very thinly. Put into a stewpan with the stock the strained juice of the lemons, the sugar, cloves, the whipped whites of eggs, and the shells crushed. Place the pan on the fire, and whisk until it boils. As soon as it boils draw the pan to the side of the fire, put on the lid, and let it stand for fifteen minutes. Then strain the jelly through a jelly-bag or clean cloth, which has first had boiling water run through it. After the jelly is strained, add the wine and brandy. The jelly is then ready to mould. Rinse out a jelly-mould with cold water, pour in the jelly, and set.

Average cost, 2s. Time required, 5 hours to make the stock. Seasonable all the year. Sufficient for 1½-pint mould.

2,419. ORANGE JELLY.

½ pint orange-juice.	½ pint water.	3 ozs. loaf sugar.
rind of 3 oranges.	1 gill sherry.	1¼ ozs. gelatine.

Peel the rind of the oranges very thinly, taking care not to remove any of the white pith, as this would make the jelly bitter. Put the rind of the oranges, the water, sugar, and gelatine into a saucepan; stir over the fire until the gelatine is melted, then let it simmer very gently for ten minutes. Add the orange-juice and

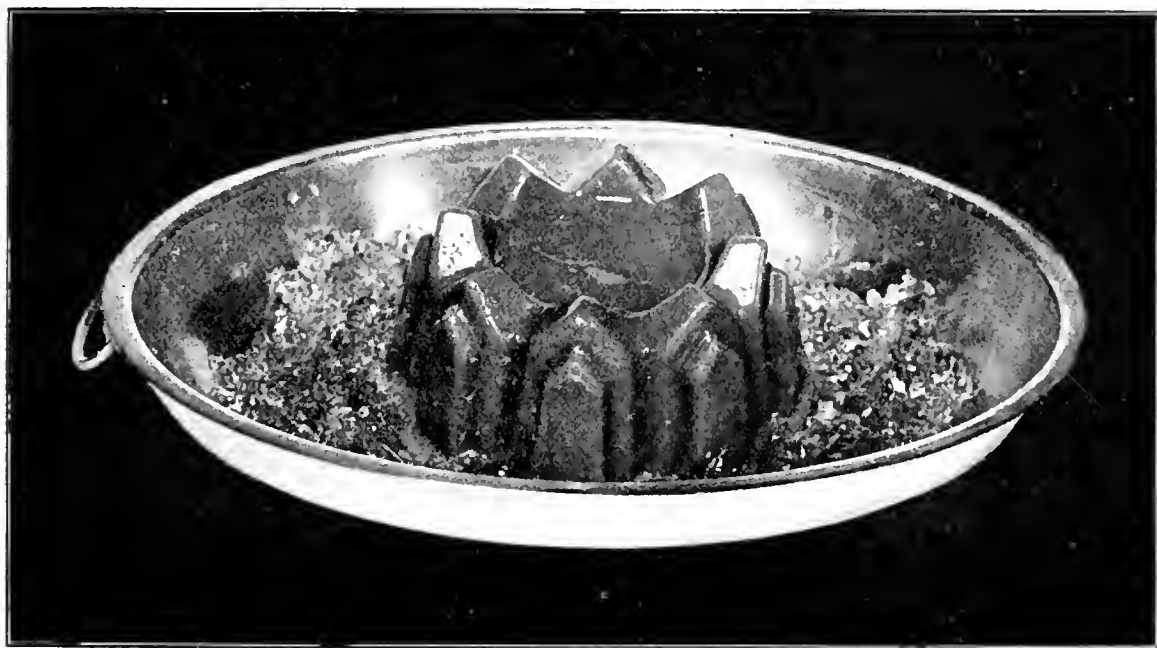


FIG. 181.—ORANGE JELLY.

the sherry. Rinse a jelly-mould in cold water, and strain the jelly into it through a fine strainer. Put in a cool place to set. Turn out on to a glass dish, and serve.

Average cost, 9d. Time required, 20 minutes. Seasonable, November to June. Sufficient for 4 persons.

2,420. CLARET JELLY.

1 pint claret.	1 tablespoonful red-currant	¾ pints water.	cochineal.
¼ pint lemon-juice.	jelly.	6 ozs. sugar.	2 whites of eggs.
2 cloves.	rind of 2 lemons.	2 ozs. gelatine.	2 egg-shells.

Peel the rind of the lemons very thinly, put it with the lemon-juice into a large stewpan, add the sugar, water, cloves, gelatine, and claret. Whip the whites of the eggs and crush the shells; mix these with the rest of the ingredients. Place the pan on the fire, stir until the gelatine is melted, then whisk until the jelly boils; draw to the side of the fire and let it stand for five minutes; strain through a clean cloth that has had boiling water run through it. If necessary, to improve the colour,

add a few drops of cochineal. When strained, the jelly can be moulded, and when set is ready for use.

Average cost, 2s. 6d. Time required to make, 30 minutes. Seasonable at all times. Sufficient for 1½-pint mould.

2,421. MARASCHINO JELLY.

1 quart lemon jelly (No. 2,416). | 1 liqueur glass maraschino.

Prepare the lemon jelly. As soon as it comes to the boil, add a liqueur glass of maraschino, boil up, draw to the side of the fire, and let it stand for five minutes, then strain off in the usual way. Use as directed.

Average cost, 1s. 6d. Time required, 30 minutes to make. Seasonable all the year. Sufficient for 1½-pint mould.

2,422. PORT-WINE JELLY.

½ pint port-wine.		1 tablespoonful red-		1 oz. gelatine.		2 whites of		1 oz. sugar.
½ pint water.		currant jelly.		1 lemon.		egg.		2 egg-shells.

Put the water, sugar, gelatine, and red-currant jelly into a stewpan, peel the lemon very thinly, taking care not to remove any of the white pith. Squeeze the juice from the lemon; add these to the rest of the ingredients. Whip the whites of the eggs and crush the egg shells; put them into the pan. Stir over the fire until the gelatine is melted, then whisk until it boils. As soon as it boils, pour in the port wine, bring to the boil again, and let it simmer for a few minutes. Pour the jelly through a jelly-bag or a clean cloth until clear. The bag or cloth must be scalded before use. If the jelly is not a good colour, a few drops of cochineal can be added before straining. Rinse a jelly-mould in cold water, fill with the jelly, and put in a cool place to set. When firm, dip the mould in a basin of warm water, and turn out quickly on to a glass dish.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

2,423. BLANC-MANGE.

1 pint milk. | 1 lemon. | ½ oz. gelatine. | 2 ozs. sugar. | compôte of fruit.

Peel the rind of the lemon very thinly, put it into a saucepan with the milk and sugar. Put the pan on the side of a slow fire, and let stand until the milk is well flavoured with the lemon. Add the gelatine, and stir over the fire until it is melted. Turn the mixture into a basin, and stir it occasionally until cold and beginning to set, then pour it into a mould that has been rinsed out in cold water. When set, turn out into a glass dish, and pour round it a compôte of fruits. Any other flavouring, such as vanilla, orange flower water, almond, etc., can be used instead of lemon if preferred.

Average cost, 10d. Time required, 2 hours. Seasonable at all times. Sufficient for 3 or 4 persons.

2,424. APPLE JELLY.

2 lbs. apples.		5 ozs. loaf		rind of 1 lemon.		3 gills water.
1 oz. gelatine.		sugar.		juice of 2 lemons.		cochineal.

Peel the apples, core them, and cut in small pieces. Put these into a stewpan with the loaf sugar, lemon-rind, and the water; place on the fire, and cook until the apples are tender, then rub them through a fine sieve. Melt the gelatine in a little water, add it to the apple purée, stir in the lemon-juice, colour a pretty pink with a few drops of cochineal, or it can be left the original colour. Rinse out a fancy mould in cold water, pour in the jelly, and let set. When ready to serve, dip it quickly into hot water, turn it out on to a dish, and serve.

Average cost, 9d. Time required, 1 hour. Seasonable, September to May. Sufficient for 4 or 5 persons.

2,425. EGG AND LEMON JELLY.

4 egg-yolks. | 5 ozs. sugar. | 2 lemons. | 1 pint water. | pistachio-nuts. | $\frac{3}{4}$ oz. gelatine.

Peel the lemons very thinly, squeeze the juice into a basin, add the lemon-peel and $\frac{1}{2}$ pint of water. Melt the gelatine in the other $\frac{1}{2}$ pint of water over the fire. When melted, add the sugar. Beat the yolks well, and strain to them the lemon-juice water. Mix well together, then put into a saucepan, and stir until nearly boiling. The eggs must be cooked, but they must not actually boil, or they will curdle. Next strain in the gelatine and sugar. Rinse out a mould with cold water, pour in the mixture. When set, dip the mould into hot water, turn out quickly on to a glass dish, and sprinkle the top with chopped pistachios, and serve.

Average cost, 8d. Time required, 20 minutes to make. Seasonable all the year. Sufficient for 4 persons.

2,426. GOOSEBERRY JELLY.

2 lbs. green gooseberries. | 1 pint water. | $\frac{1}{2}$ lb. loaf sugar. | 1 lemon. | 1 oz. gelatine.

Put the gooseberries into a stewpan, add the water, sugar, and the rind of the lemon; let it stew over the fire until the fruit is reduced to a pulp; rub through a fine sieve. Melt the gelatine in a little water, strain it into the gooseberry purée, add the lemon-juice and a little spinach greening to make it a nice colour. Turn the jelly into one large mould, or into several small ones. Put on ice to set. When ready to serve, dip in hot water quickly, and turn on to a glass dish.

Average cost, 8d. Time required, 30 minutes to make. Seasonable, April to June. Sufficient for 5 or 6 persons.

2,427. GELÉE À LA FRANÇAISE (JELLY À LA FRANÇAISE).

1 quart lemon jelly	spinach greening.	silver-leaf.	vanilla.
(No. 2,416).	gold-leaf.	1 tablespoonful brandy.	sherry.

Divide the jelly into three equal parts. To one part put a few drops of spinach greening, so as to give it a pale green tint; flavour with the brandy. Into one of the other parts stir some broken-up gold leaf, and to the third part some silver leaf. These two latter ingredients must be added when the jelly is cold and just beginning to set. Flavour the part garnished with gold leaf with sherry, and the silver leaf with vanilla. Put a layer of the green jelly at the bottom of a fancy mould; let this set, then add an equal layer of the gold-leaf jelly. When this is firm, pour in some silver-leaf jelly, each layer to be of the same depth. Continue in this way, alternating the jellies until the mould is filled up. Put on ice to set, then turn out in the usual way, and serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,428. GELÉE À LA CONSTANTINE.

1 $\frac{1}{2}$ pints wine jelly (No. 2,418).	12 halves preserved apricots.	whipped cream.
1 oz. almonds.	pistachio-nuts.	sugar.

Obtain a tin or bottle of apricots, place the fruit on a sieve, and let them drain; then cut each half-apricot into three or four pieces. Blanch the almonds and a few pistachio-nuts, chop them rather coarsely, mix together. Pour into an ornamental border-mould a thin layer of jelly. When this is set, sprinkle the bottom with the chopped almonds and pistachios, pour in a little more jelly. When this is set, arrange over it a layer of the strips of apricots, then more jelly, then the almonds and pistachios, and continue in this way until the mould is full; each layer must set before the next is put in. Put the mould on ice or in a cool place until quite firm. When required to serve, dip the mould into warm water, turn out quickly on to a dish, whip sufficient cream to fill the hollow in the centre of the

mould, sweeten and flavour to taste, fill the cavity with this, piling it up high ; sprinkle with a few chopped pistachios, and serve.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

2,429. GELÉE NAPOLITAINE.

1 quart wine jelly (No. 2,418).	2 whites of eggs. a few glacé cherries.	8 pistachio-nuts. vanilla essence.	cochineal. spinach greening.
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Line a quart jelly-mould with wine jelly in a thin layer. Cut the cherries into small pieces, blanch the pistachio-nuts, and chop them finely. Whip the whites of eggs stiffly, melt $\frac{1}{2}$ pint of jelly, pour it into a basin, add the whites of the eggs, and whip all together on ice until it commences to set. Divide this into three equal parts. Colour one part a pretty pink colour with cochineal, stir in the cherries, and put into the lined mould in a layer, so as to fill one third ; leave one part white and flavour it with vanilla. Put this on the top of the red as soon as the latter is set. The third part is coloured green with spinach greening ; add the chopped pistachios, and put the green on the top of the white. When this is set, put over the top a layer of wine jelly ; place on ice and let set. When ready to serve, turn it out and serve, with chopped wine jelly round the base.

Average cost, 2s. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

BAVAROIS AND CREAMS

2,430. BAVAROIS À LA VANILLE.

3 gills milk. $1\frac{1}{2}$ ozs. sugar.	vanilla. 4 yolks of eggs.	1 gill cream. $\frac{3}{4}$ oz. gelatine.	wine jelly (No. 2,418).	cherries. pistachio-nuts.
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Put the milk and sugar into a saucepan. When nearly boiling, pour it on to the beaten yolks of eggs. Return to the saucepan, and stir over the fire until the eggs are cooked. It must not be allowed to boil, or the eggs will curdle. Pour it into a basin and flavour with vanilla. Rinse a jelly-mould with cold water, pour in a thin layer of wine jelly. When this has set, decorate the mould with glacé cherries and chopped pistachio-nuts ; set these in carefully with another layer of wine jelly. When the vanilla custard is cold, whip the cream slightly, and stir into it. Melt the gelatine in a little water, and add it to the bavarois. As soon as the mixture begins to set, pour it into the decorated mould. When quite firm, turn it out on to a dish and garnish round with chopped wine jelly.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,431. BAVAROIS DE BANANES (BANANA CREAM).

$\frac{1}{2}$ pint milk. 4 yolks of eggs.	2 ozs. sugar. 3 bananas.	$\frac{1}{2}$ teaspoonful vanilla essence.	2 gills cream. $\frac{3}{4}$ oz. gelatine.
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Put the milk and sugar into a stewpan ; beat up the eggs in a basin. As soon as the milk is hot, stir it on to the eggs. Return to the stewpan, and proceed to make the custard, stirring it all the time. The milk and the eggs must not be allowed to boil, or the eggs will curdle. When made, turn into a basin to get cold. Melt the gelatine in a little water, and add it to the custard. Peel the bananas, and rub them through a hair sieve. Mix the purée into the custard. Whip the cream lightly, and add to the rest of the ingredients ; flavour with the vanilla. Mix all well together, and stir occasionally until the mixture begins to set. Pour it into a wetted fancy mould ; put on the ice or in a cool place to set. When firm, dip the mould in warm water, turn out on to a dish, and serve cold.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,432. BAVAROIS AUX PÊCHES.

$\frac{1}{2}$ pint milk.	1 oz. gelatine.	$\frac{1}{2}$ pint cream.	pistachio-nuts.
4 yolks of eggs.	$\frac{1}{2}$ pint peach purée.	wine jelly.	2 ozs. sugar.

Line a fancy mould with a thin layer of wine jelly, blanch and chop a few pistachio-nuts, decorate the bottom of the mould with these, set them in with a few drops of jelly, place on ice, and let it set. Put the milk and sugar into a stewpan, beat the yolks of the eggs in a basin, and as soon as the milk is hot, pour it on to the eggs, return to the stewpan, and proceed to make the custard. Strain it into a basin when made, and let it get cold. Melt the gelatine in a little water, whip the cream lightly, add the peach purée and the whipped cream to the custard, strain in the gelatine, mix all well together. Put the basin containing the bavarois on ice or in a cool place, stir it occasionally until it begins to set, then pour it into the decorated mould, put on ice. When firm, dip the mould into warm water, turn it out on to a dish, and garnish round the base with chopped wine jelly. It is then ready to serve.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable always, if preserved fruit is used. Sufficient for 4 or 5 persons.

2,433. CRÈME DE PISTACHES (PISTACHIO CREAM).

2 gills milk.	$\frac{1}{2}$ oz. gelatine.	$1\frac{1}{2}$ ozs. pistachio-nuts.	$\frac{1}{2}$ gill water.
$1\frac{1}{2}$ ozs. sugar.	4 yolks of eggs.	wine jelly.	$\frac{1}{4}$ pint cream.

Put the $\frac{1}{2}$ pint of milk into a saucepan with the sugar and put on the fire; beat the eggs well, and as soon as the milk is hot, pour it on to the eggs, whisking meanwhile. Return the milk and eggs to the pan, and stir over the fire until thick; but it must not be allowed to boil. Turn the custard into a basin, and let it get cold. Blanch the pistachio-nuts, take off the skins, put the kernels into a mortar, and pound them until they become a paste. Whip the cream lightly, add this and the pistachio-nuts to the custard, melt the gelatine in the water, and strain it into the rest of the ingredients; put on ice until half set, stirring it occasionally. Rinse out a mould with cold water, and then with wine jelly, leaving a thin layer of the latter in the bottom of the mould; decorate with chopped pistachio-nuts; set in the decoration with a few drops of wine jelly sprinkled over. When firm, pour in the cream, and let it set. When ready to serve, dip the mould quickly into hot water, and turn on to a glass dish. Garnish the base with chopped wine jelly.

Average cost, 1s. 8d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 persons.

2,434. CRÈME AU GINGEMBRE (GINGER CREAM).

$\frac{1}{2}$ pint milk.	2 ozs. preserved ginger.	1 gill wine jelly (No. 2,418).
4 yolks of eggs.	$\frac{1}{2}$ gill ginger syrup.	$\frac{3}{4}$ oz. gelatine.
1 oz. castor sugar.	$\frac{1}{2}$ pint cream.	pistachio-nuts.

Put the milk into a saucepan with the sugar, beat the yolks of eggs in a basin, and when the milk is hot, pour it on to the eggs, stirring meanwhile. Return to the saucepan, and stir until it thickens, but it must not boil. Pour into a basin and let it get cold. Melt the gelatine in the ginger syrup, whip the cream, stir it into the custard, strain in the gelatine. Have ready a fancy mould decorated with pieces of preserved ginger and pistachio-nuts, the mould first to have a layer of wine jelly in the bottom, set in the decoration with a little more jelly. After the mould is decorated, cut up the remainder of the ginger into small dice, and add it to the cream. Mix all well together, and turn it into the prepared mould. When set, dip in hot water, turn out, garnish round the base with chopped wine jelly, and serve.

Average cost, 2s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 5 persons.

2,435. CRÈME DE MARRONS (CHESTNUT CREAM).

24 chestnuts.	1 gill water.	3 yolks of	1 gill cream.	½ oz. gelatine.	cherries.
½ pint milk.	4 ozs. sugar.	eggs.	vanilla.	wine jelly.	pistachio-nuts.

Make a slit in each chestnut, put them into the oven until the shells can be removed easily, take off both the shell and inner skin, cook the chestnuts in boiling milk and water until quite tender. Strain away the liquor, and rub the chestnuts through a hair sieve. Make a custard with the milk and eggs ; pour it into a basin as soon as it thickens, and leave to cool. Boil the sugar and water until it is a thick syrup, stir it on to the chestnuts. Set a little wine jelly in a mould, decorate with glacé cherries and chopped pistachio-nuts ; pour a little more jelly on these decorations. Whip the cream, stir it into the custard, also the sieved chestnuts and a little vanilla essence. Melt the gelatine in water, strain it into the chestnut cream. As soon as it begins to set, pour into the decorated mould. Turn out when firm, and garnish with chopped wine jelly.

Average cost, 1s. 6d. Time required, 2 or 3 hours. Seasonable, November to February. Sufficient for 4 or 5 persons.

2,436. CRÈME DE CHOCOLAT (CHOCOLATE CREAM).

½ pint milk.	2 ozs. sugar.	1 oz. gelatine.	1 gill wine jelly.
2 yolks of eggs.	3 ozs. Mexican chocolate.	½ pint cream.	few pistachio-nuts.

Take one half of the milk, put it into a stewpan with the sugar, put it on the fire, and when hot pour it on to the well-beaten yolks of eggs ; return to the saucepan, and thicken without boiling. When the custard is made, pour it into a basin and let it get cold. Cut up the chocolate and melt it in the remaining half of the milk, boil it, and then add to the custard. Melt the gelatine in a little water, and strain into the other ingredients. Whip the cream lightly and not too much, stir it into the custard and chocolate, put it on ice or in a cool place, and let it half set. Rinse out a fancy mould with cold water, and then with liquid wine jelly, leave a thin layer of the jelly at the bottom of the mould, let this set, then decorate with chopped pistachio-nuts ; sprinkle a few drops of jelly over the decoration in order to set it, then pour in a little more jelly, so as to well cover. When set, pour in the prepared cream, put on ice, and, when firm, turn it out on to a glass or silver dish. Garnish round the base with chopped wine jelly, and serve.

Average cost, 1s. 6d. Time required, 45 minutes to make. Seasonable all the year. Sufficient for 5 or 6 persons.

2,437. CRÈME DE VELOUR (VELVET CREAM).

½ pint cream.	1½ ozs. sugar.	½ lemon-	1 gill water.	pistachio-nuts.
1 glass sherry.	½ oz. gelatine.	rind.	wine jelly.	cherries.

Put a thin layer of melted wine jelly into a fancy mould ; when this is set, decorate with chopped or shredded pistachio-nuts and glacé cherries. Whip the cream, add to it the grated rind of half a lemon and the sherry. Melt the gelatine in 1 gill of water ; strain this into the cream after it has cooled a little. Pour the cream into the decorated mould, and let it get firm. When set, turn out and garnish round the base with chopped wine jelly.

Average cost, 1s. 6d. Time required, 20 minutes to make. Seasonable all the year. Sufficient for 4 or 5 persons.

2,438. GÂTEAU AUX PRUNES.

1 lb. prunes.	1 lemon.	½ oz. gelatine.	cochineal.
3 ozs. castor sugar.	1 glass port-wine.	3 gills water.	1 gill cream.

Put the prunes into a saucepan, add the sugar, lemon-rind, and water, and cook them until soft. Strain the prunes, put the syrup back into the saucepan, put in the gelatine, and melt it ; add the wine, lemon-juice, and a few drops of cochineal.

Take the stones out of the prunes, crack some of the stones and take out the kernels, put these and the prunes into the liquor ; simmer gently for fifteen minutes. Rinse out a border-mould with cold water, fill it with the prune mixture, and let it set. When the shape is set, turn it out on to a dish, and fill the centre with whipped cream, sweetened and flavoured to taste.

Average cost, 1s. 6d. Time required, 1 hour to make. Seasonable all the year. Sufficient for 4 persons.

2,439. RIZ À L'IMPÉRATRICE.

3 ozs. rice.	1 gill wine jelly.	$\frac{1}{2}$ oz. gelatine.	cherries.	1 lemon.	mixed fruits.
1 pint milk.	2 ozs. sugar.	angelica.	1 gill cream.	symp.	1 glass white wine.

Put the milk, sugar, and thinly peeled lemon-rind into a saucepan, bring it to the boil, then sprinkle in the rice. Cook until it is tender and has absorbed the milk ; the rice must be kept stirred as soon as it begins to thicken, or it will burn. Take out the lemon-peel, and turn the rice into a basin. Put a thin layer of wine jelly into a fancy border-mould ; when this is set, decorate tastefully with cherries and angelica.



FIG. 182.—RIZ À L'IMPÉRATRICE.

Set in the decoration with another layer of wine jelly, added by degrees. Melt the gelatine in a little water, stir it into the rice ; whip the cream and mix with the other ingredients. As soon as this preparation is cold, put it into the decorated mould, put on ice, and let set. Have ready some fruits—*i.e.*, grapes, apricots, oranges, bananas, etc., according to the season—prepare them, put them into a syrup, flavoured with wine, place on the fire in a saucepan, and bring to the boil ; then turn the fruit into a basin, and let it get cold. When the rice is ready to serve, turn it out of the mould, and fill the centre with the fruit, after they have been drained from the syrup. Stand on ice till required, and serve cold.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 6 or 7 persons.

2,440. STONE CREAM.

$\frac{1}{2}$ lb. apricot jam.	1 lemon.	1 pint cream.	$\frac{1}{2}$ oz. almonds.	$\frac{1}{2}$ oz. isinglass.
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Put the apricot jam in a layer in a glass dish ; pour over this the juice of a lemon, and a little of the grated rind. Put the cream and isinglass into a saucepan, stir it over the fire until it is dissolved ; let it cool, stirring occasionally ; pour it over the

apricot jam, and put aside to get quite firm. Blanch the almonds, cut them in strips, and decorate the cream with them. This sweet is best made the day before it is wanted.

Average cost, 2s. 6d. Time required, 20 minutes to make. Seasonable all the year. Sufficient for 5 or 6 persons.

2,441. CRÈME NAPOLITAINE (NEAPOLITAN CREAM).

1 pint milk.	2 whole eggs.	4 yolks of	vanilla.	1½ ozs. gelatine.
2 ozs. sugar.	2 ozs. chocolate.	eggs.	1 gill cream.	¼ gill sherry.

Put the milk and sugar into a saucepan ; when nearly boiling, pour it on to the well-beaten eggs. Return to the saucepan and stir over the fire until the eggs are cooked ; it must not be allowed to boil. Turn the custard into a basin, and leave it to cool. Whip the cream slightly, and stir into the custard. Divide this into three equal portions ; colour one pink with cochineal, and flavour it with vanilla ; leave one yellow, and flavour with sherry ; the last one is flavoured with the chocolate, which has been melted in as little milk as possible. Stiffen each of these custards with ½ oz. gelatine, melted in a little water. Rinse a jelly-mould with cold water, then place it in a basin of ice, laying it almost on its side. Pour in about ½ gill of the yellow custard, allow this to set ; then turn the mould to the opposite side, and pour in ½ gill of pink custard. When this is set, again reverse the mould and put in ½ gill of chocolate custard. Continue filling with alternate layers in this manner until the mould is full. When quite set, turn out and serve.

Average cost, 2s. Time required, 2 to 3 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,442. CRÈME À LA PRINCESSE (PRINCESS CREAM).

3 ozs. mixed preserved fruits.	½ pint cream. ½ oz. gelatine.	1 tablespoonful brandy or sherry.	1 oz. sugar. wine jelly (No. 2,418).
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Rinse a jelly-mould with cold water, pour into it a layer of wine jelly ; when this is set, decorate the mould with some of the preserved fruits, having the colours as varied as possible ; set these with a little more wine jelly. Whip the cream until the marks of the whisk can be seen. Cut the rest of the preserved fruit into small pieces, add them to the whipped cream. Melt the gelatine in a little water, add the sugar, and let it dissolve over the fire ; strain this into the cream, and mix in the brandy also. Stir this occasionally until it begins to set, then turn it into the prepared mould. This cream should not be put into the mould too soon, or the fruit will sink to the bottom. When quite firm, dip it into a basin of warm water, turn out on to a dish, and garnish round with chopped wine jelly.

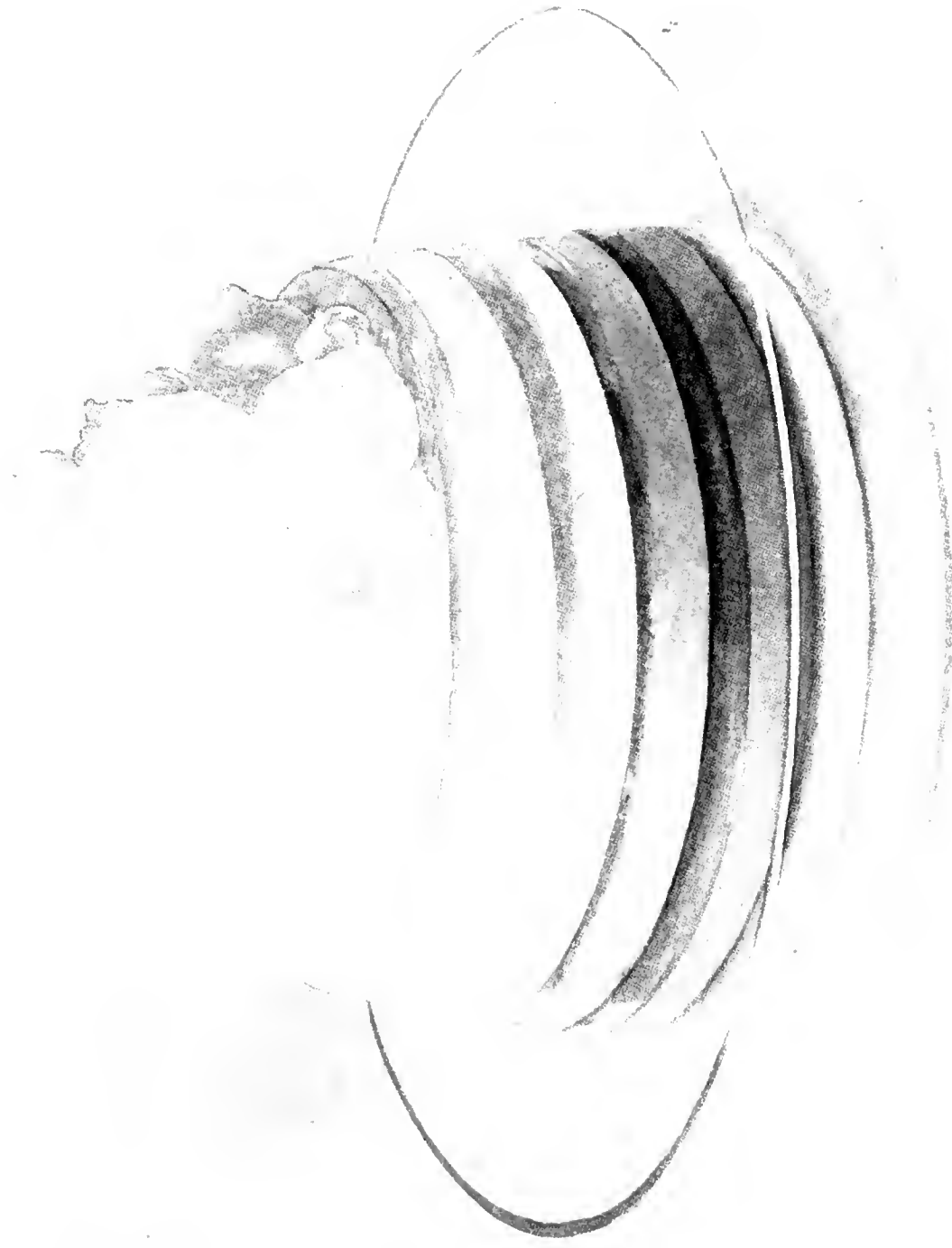
Average cost, 2s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

2,443. CRÈME D'ORLÉANS.

1½ gills cream.	½ oz. gelatine.	2 ozs. red-currant	½ gill port-wine.
1½ gills raspberry purée.	½ oz. sugar.	jelly.	cochineal.

Line a plain charlotte-mould with a thin layer of wine jelly. Rub sufficient raspberries through a hair sieve to make 1½ gills of purée. Whip the cream, add the raspberry pulp to it. Melt the gelatine in a little water, add the sugar, and dissolve over the fire. Strain into the raspberry cream, and colour with a few drops of cochineal. Put a layer of this at the bottom of the lined mould ; when it is quite set, place a tumbler or small jar in the centre, and pour the rest of the raspberry cream round it. Melt the red-currant jelly, add to it 1 gill of wine jelly and the port-wine. Stir this until it begins to set ; then remove the tumbler by filling it with warm water, and pour the prepared jelly in the centre. Put this in a cool place to set, turn out, and garnish round with chopped wine jelly.

Average cost, 2s. 9d. Time required, 2 to 3 hours. Seasonable in June and July. Sufficient for 5 or 6 persons.



Timbale de Bavaroises aux Meringues

2,444. CRÈME À LA GÉNOISE (GENOESE CREAM).

1½ gills milk.	2 ozs. sugar.	½ orange.	1½ ozs. glacé fruits	½ gill white wine.
3 yolks of eggs.	1½ gills cream.	½ oz. gelatine.	1 gill wine jelly (No. 2,418).	2 ozs. macaroons.

Decorate a fancy mould with wine jelly and glacé fruits, cut up into convenient pieces ; set the decoration with wine jelly, put on ice to set. Crush the macaroons, put them into a small basin, and pour the wine over them. Cut the remainder of the fruit into strips or dice. Put the milk and sugar into a saucepan ; beat the egg yolks in a basin, add the milk to them as soon as it is hot, stirring meanwhile ; return to the saucepan, and stir until it thickens. Pour into a basin, and let cool. Peel the orange very thinly, then either cut it in very fine strips or chop it finely. Melt the gelatine in the juice of the orange ; whip the cream. As soon as the custard is cool enough, stir in the soaked macaroons, the fruit, and the orange rind ; strain in the gelatine, and add the whipped cream ; mix all well together. When the mixture begins to set, pour it into the decorated mould, and put on ice until quite firm. When ready to serve, dip the mould quickly into hot water, turn out, and serve.

Average cost, 2s. Time required, 30 minutes to make. Seasonable all the year. Sufficient for 4 persons.



FIG. 183.—CRÈME À LA GÉNOISE.

2,445. CRÈME HARLEQUIN AUX MERINGUÉS (HARLEQUIN CREAM WITH MERINGUES).

1 pint wine jelly (No. 2,418).	2 gills cream.	cochineal.	meringue mixture (No.
¾ pint milk.	2 ozs. sugar.	2 ozs. chocolate.	2,457).
4 yolks of eggs.	2 ozs. gelatine.	lemon.	vanilla essence.

Rinse out a quart mould with cold water, then at the bottom put a thin layer of wine jelly ; place this on ice, and let it set. Put the milk in a saucepan with the sugar ; beat the eggs in a basin, and, when the milk is hot, but not boiling, pour it on to the eggs ; return to the saucepan, and make the custard. When done, turn it into a basin to get cold. Melt the gelatine in a little water, strain this into the custard ; whip 1½ gills of cream lightly, and stir it in. Divide this mixture into three equal parts ; colour one part with cochineal a pink colour ; melt the chocolate in a little water, and add it to the second part ; the third part leave plain. Flavour the pink custard with lemon, and the yellow with vanilla. As soon as the wine

jelly is set at the bottom of the mould, put in a layer of one of the custards. When that is set, a layer of jelly ; then another coloured custard. Continue in this way until the mould is full, taking care that each layer is set before putting in the next. Put on ice until thoroughly set. Make with the meringue mixture some small round meringues, shaping them by means of a forcing-bag, bake, and let them get quite cold. Turn the shape out on to a dish, mount the meringue on the top in a pyramid, decorate between with whipped cream through a forcing-bag. Garnish the base with chopped jelly, and serve. (See coloured plate.)

Average cost, 2s. 3d. Time required, 2 hours. Seasonable always. Sufficient for 6 or 7 persons.

2,446. CRÈME DE MOCHA À LA CHANTILLY.

1 pint milk.	3 ozs. castor sugar.	1½ gills strong coffee.	cherries.
6 eggs.	1½ ozs. gelatine.	8 marrons glacés (chest-	angelica.
¾ pint cream.	pistachio-nuts.	nuts).	wine jelly (No. 2,418).

Put the milk and sugar into a saucepan ; beat the eggs in a basin, leaving out two of the whites. As soon as the milk is hot, pour it on to the eggs, stirring meanwhile ; return to the saucepan, and make a custard, taking care not to let it boil. When made, pour it into a basin to cool. Melt the gelatine in the coffee, strain it into the custard ; cut up three marrons glacés into dice, whip the cream, and stir these into the custard. Put into a cool place to partly set. Rinse out a fancy mould with wine jelly, also a round, flat cake-tin, an inch larger all round than the fancy mould. Decorate the latter with pistachios and cherries according to taste ; set in the decoration with a little more wine jelly. When this is set, fill it with the cream. Put the remainder of the mixture into the flat mould. Let these both set ; then turn out the larger shape on to a round dish, and place the smaller one on the top. Decorate round the base of the ornamental mould with marrons glacé, cherries, angelica, and whipped cream through a forcing-bag. Serve as soon as ready.

Average cost, 3s. Time required, 2 hours. Seasonable all the year. Sufficient for 6 or 7 persons.

2,447. CRÈME DE VANILLE AUX MARRONS (VANILLA CREAM WITH CHESTNUTS).

½ pint milk.	1 oz. gelatine.	vanilla.	6 marrons glacés.
4 ozs. sugar.	½ pint cream.	wine jelly (No. 2,418).	angelica.
cochineal.	1 gill water.	whipped cream.	4 yolks of eggs.

Line a large charlotte-mould with a thin layer of wine jelly round the sides only. Make a custard with the milk, yolks of eggs, and 2 ozs. of sugar. When made, turn it into a basin, and let it get cold ; flavour with vanilla. Whip lightly 1 gill of cream, stir it into the custard. Melt ½ oz. of gelatine in a little water, strain into the custard, colour a pretty pink colour with a few drops of cochineal. Insert a tumbler in the lined charlotte-mould, and fill round with the pink vanilla cream. Prepare the chestnuts, cook, and then pass them through a fine sieve. Make a syrup with 2 ozs. of sugar and a gill of water, boil until thick, add it to the chestnuts purée ; flavour with vanilla, add 1 gill of cream, lightly whipped, and ½ oz. of gelatine melted in a little water. Take out the tumbler by filling it with hot water ; fill the cavity thus formed with the chestnut cream. When the cream is set, turn out on to a dish, garnish the top with whipped cream arranged in a pyramid ; decorate this with marrons glacés, leaves of angelica, and whipped cream through a forcing-bag. Serve cold.

Average cost, 2s. 3d. Time required, 2 hours. Seasonable, November to February. Sufficient for 5 or 6 persons.

2,448. CRÈME DE RIZ RENVERSÉE (MOULD OF RICE CARAMEL).

1 pint milk. | 1 oz. castor sugar. | lemon-rind. | 2 ozs. ground rice. | 2 ozs. loaf sugar. | $\frac{1}{2}$ gill water.

Put the water and loaf sugar into a stewpan together, bring it to the boil, and cook quickly until it becomes a dark golden colour. When done, turn this into a dry timbale-mould. Put the milk into a saucepan, add the thinly-peeled rind of half a lemon and the castor sugar; when the milk boils, sprinkle in the rice, and cook for about ten minutes. Take out the lemon-rind, and as soon as the caramel in the mould is set pour in the rice mixture, cover with buttered paper, and steam for ten minutes. Let it get cold, and when quite set turn out the pudding on to a dish. The caramel will fall round it and form a sauce. Serve cold.

Average cost, 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 4 persons.

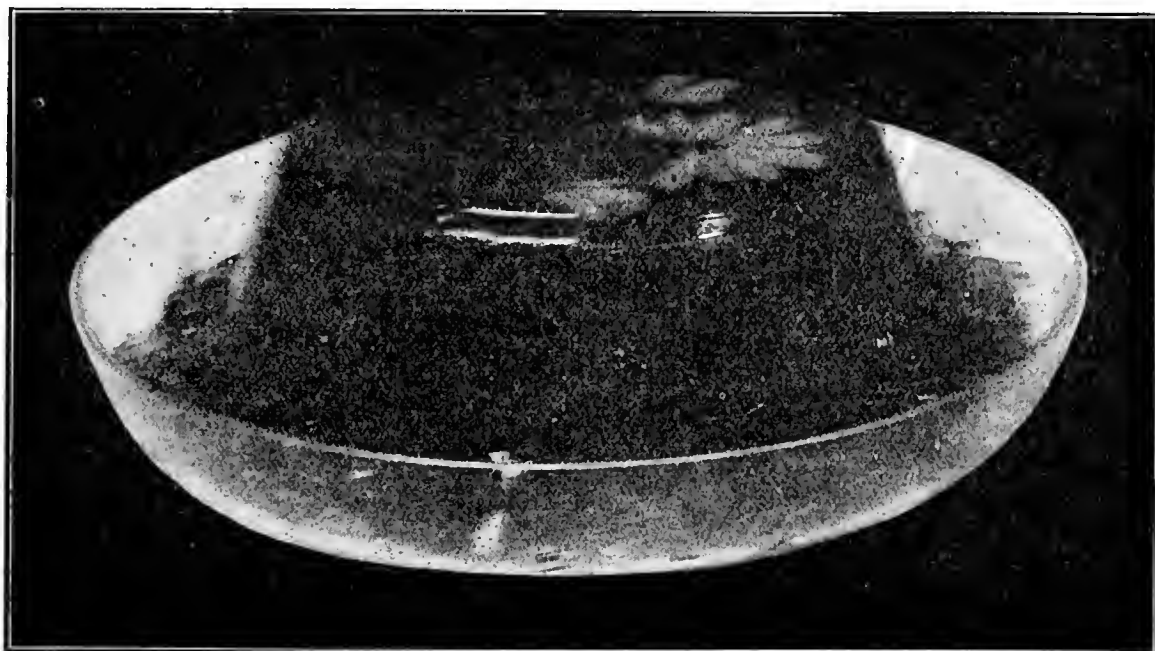


FIG. 184.—CRÈME À LA MARGUERITE.

2,449. CRÈME À LA MARGUERITE.

3 ozs. chocolate.	1 gill cream.	2 yolks of eggs.	almonds.	wine jelly (No. 2,418).
2 gills milk.	$\frac{1}{2}$ oz. gelatine.	2 ozs. sugar.	angelica.	$\frac{1}{2}$ pint vanilla cream.

Line a round or oval timbale-mould with a thin layer of wine jelly. Blanch the almonds, cut them in strips, and with them decorate the mould, arranging the strips of almonds in the form of marguerite flowers. Cut some thin strips of angelica to represent the stalks, and some pieces for leaves; arrange these at the bottom of the mould so as to form a spray. Sprinkle some wine jelly over the decoration to set it, then put over a thin layer of the same; let it get quite firm. Chop the chocolate, melt it in 1 gill of milk, boil it until quite smooth. Make a custard with the remaining gill of milk, the yolks of the eggs, and the sugar; when made, strain the custard into a basin, add the chocolate mixture. Melt the gelatine in a little water, add it to the preparation. As soon as the decorated mould is ready, place a tumbler in the centre, or, if an oval tin is being used, a smaller tin of the same shape should be used; fill with ice, and pour round the chocolate cream just as it is beginning to set. When this is firm, take out the tin or tumbler in the centre, and fill the cavity thus formed with vanilla cream. Put on ice until quite set. Turn out and garnish with chopped jelly round the base.

Average cost, 2s. Time required, 1 $\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,450. CRÈME À LA ROMAINE (ROMAN CREAM).

$\frac{3}{4}$ pint milk.	vanilla.	$\frac{1}{2}$ oz. bitter almonds.	wine jelly (No.
$\frac{1}{4}$ yolks of eggs.	1 oz. gelatine.	$\frac{1}{4}$ pint cream.	2,418).
3 ozs. loaf sugar.	3 ozs. sweet almonds.	glacé cherries.	pistachios.

Line a fancy mould thinly with wine jelly ; when this is set, decorate it with glacé cherries and blanched and chopped pistachio-nuts. Blanch, peel, and chop the almonds, put them on a baking-sheet in the oven, and cook until a golden colour. Put the milk into a saucepan with the sugar and almonds, bring slowly to the boil. Beat the eggs in a basin, stir the hot milk on to them, return to the saucepan, and make a custard in the usual way. Then strain through a fine sieve into a basin. Melt the gelatine over the fire in a little water, whip the cream lightly ; add these to the custard ; flavour with vanilla. Stir until the mixture is just beginning to set ; turn into the decorated mould, and put on ice until firm. Turn out and serve cold.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 persons.

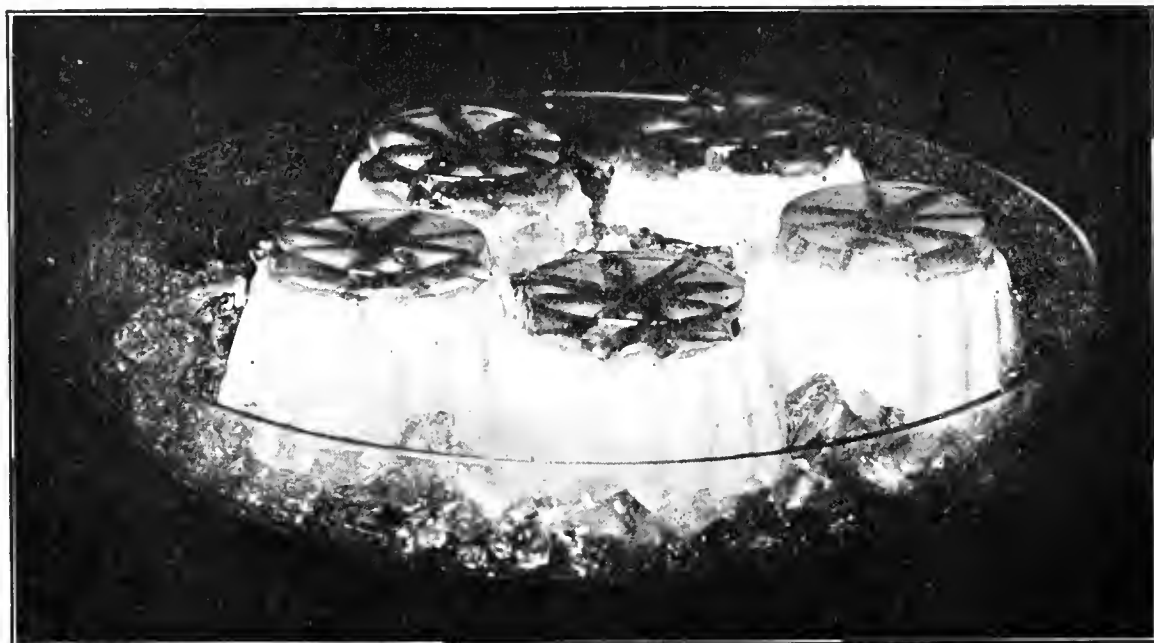


FIG. 185.—CRÈMES À LA PRINCESSE.

2,451. PETITES CRÈMES À LA PRINCESSE (LITTLE CREAMS, PRINCESS STYLE).

$\frac{1}{2}$ pint wine jelly (No. 2,418).	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ gill water.	a few drops of vanilla.
angelica.	$\frac{3}{4}$ oz. gelatine.	$\frac{1}{2}$ glass sherry.	$1\frac{1}{2}$ ozs. eastor sugar.

Line some small, fluted moulds with wine jelly at the bottom only. When this is set, decorate them with strips of angelica, arranged in the moulds in the form of a star. Set these with a little more wine jelly. Melt the gelatine in the water ; when dissolved, stir in the sugar and the wine. Whip the cream, flavour it with a few drops of vanilla essence. Stain in the gelatine mixture, mix all together. As soon as the decoration in the little moulds is set, pour in the cream, which should be just beginning to set. Put on ice until quite firm. To turn out, dip the little moulds into warm water, dish them, and garnish round with chopped wine jelly.

Average cost, 2s. Time required, 30 minutes to make. Seasonable all the year. Sufficient for 6 small moulds.

2,452. CRÈME À LA FLORENTINE.

1 pint milk.	2 ozs. loaf sugar.	$\frac{1}{2}$ oz. almonds.	1 oz. castor sugar.
6 yolks of eggs.	1 gill water.	1 gill cream.	maraschino or white
3 whites of eggs.	vanilla.	pistachio-nuts.	wine.

Boil the milk and keep it hot. Put the sugar and water into a small stewpan, and cook until it becomes a golden brown; then pour this into the hot milk, and cook over the fire until it is quite dissolved. Beat the eggs in a basin, strain the milk on to them, stirring all the time. Blanch the almonds, chop them coarsely, put them on a baking-sheet, and bake in the oven a light brown; put these into a mortar, and pound well, with 1 oz. of sugar and a few drops of vanilla essence; then rub them through a fine sieve. Stir this into the milk and eggs. Butter a timbale-mould, and pour the mixture into it. Place in a steamer, with a piece of buttered paper over the mould, and steam gently for thirty to forty minutes. Let the custard get cold, then turn it out of the mould on to a cold dish. Whip the cream rather stiffly, flavour it with maraschino or wine, sweeten to taste, and decorate the top of the custard mould with this. Blanch and chop a few pistachio-nuts, sprinkle these on the cream, and serve cold.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 4 or 5 persons.

2,453. ŒUFS À LA NEIGE.

2 whites of eggs.	1 pint milk.	2 ozs. loaf sugar.
4 ozs. castor sugar.	vanilla essence.	4 yolks of eggs.

Put the milk, loaf sugar, and a few drops of vanilla essence into a sauté-pan, bring to the boil. Whip the whites of the eggs very stiffly with a whisk, then stir in the castor sugar quickly and lightly. Shape these with a dessertspoon, drop them into the boiling milk, and poach them, turning over that they may be evenly cooked. When done, take up carefully and drain on a sieve. Strain the milk into a stewpan, beat up the yolks of the eggs, and make a custard with them. Let this get quite cold. Dish the meringue eggs in a deep glass or silver dish, pour the custard over, and serve very cold.

Average cost, 7d. Time required, 20 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,454. BAVAROIS À LA DIPLOMATE.

1 pint milk.	$\frac{1}{2}$ pint cream.	1 gill strawberry purée.	1 gill wine jelly (No.
6 yolks of eggs.	vanilla.	2 ozs. gelatine.	2,418).
3 ozs. sugar.	2 ozs. chocolate.	cherries.	angelica.

Put into the bottom of a fancy quart mould a thin layer of jelly; when this is set, decorate with cherries and angelica, sprinkle in a little more jelly to set the decoration. Put the milk and sugar into a saucepan, beat the yolks of eggs in a basin, and pour the hot milk on them. Return to the saucepan and make the custard. When done, turn it into a basin, melt the gelatine in a little water, strain it into the custard. Melt the chocolate in a little milk or water. Divide the custard into three equal parts, flavour one part with vanilla, the next part with the strawberry purée, and the third with the chocolate. Whip the cream, and divide it equally amongst the three preparations. Put into the decorated mould a layer of the vanilla custard. When this is set, pour in a layer of the strawberry custard, then the chocolate. Continue in this way until the mould is full, taking care that the layers are of equal depth and each one set before the next is put in. When quite firm, dip in warm water and turn out on to a dish, and serve.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, June to August. Sufficient for 6 persons.

2,455. PETITES TIMBALES DE GÉNOISE EN GELÉE.

1½ pints wine jelly (No. 2,418).	1 small génoise cake.	1 tablespoonful liqueur.
angelica.	1 or 2 slices pineapple.	1 teaspoonful castor sugar.
glacé cherries.	1 gill cream.	½ oz. gelatine.

Line some dariole-moulds at the bottom only with some wine jelly in a thin layer. When set, decorate with glacé cherries and angelica, sprinkle over a few drops of wine jelly to set the decoration. Cut the cake into rounds, a size smaller than the moulds, and about 1 inch thick. One of these should be allowed for each timbale. Chop the pineapple very finely, mix in the sugar and a little liqueur, or any flavouring preferred. Cut the rounds of cake into three slices, put a rather thick layer of the pineapple mixture over each slice; put the slices together again. Melt the gelatine in 1 pint of wine jelly; when melted, let it cool a little, then stir it into the gill of cream. Mix well together, put a layer of this in the moulds over the decorated part, and when set, put in the cake. Fix this in with some more of the jelly cream, then fill the moulds with the latter, arranging it so that the pieces of cake are in the centre of the moulds. Put the moulds on ice or in a cool place. When quite firm, dip the moulds in warm water, turn out quickly, arrange them in a circle on a dish, and garnish the centre and round the dish with chopped pink jelly. To make the pink jelly, melt some of the same jelly that was used for the sweet, colour it a pretty shade of pink with a few drops of cochineal, and let it set, then chop and use.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 9 small moulds.

2,456. BORDURE DE MARRONS À LA CRÈME (CHESTNUT BORDER WITH CREAM).

½ lb. chestnuts.	½ pint wine	vanilla.	6 marrons glacés.
3 ozs. loaf sugar.	jelly.	castor sugar.	cherries.
1 gill water.	½ pint cream.	2 ozs. chocolate.	½ oz. gelatine.

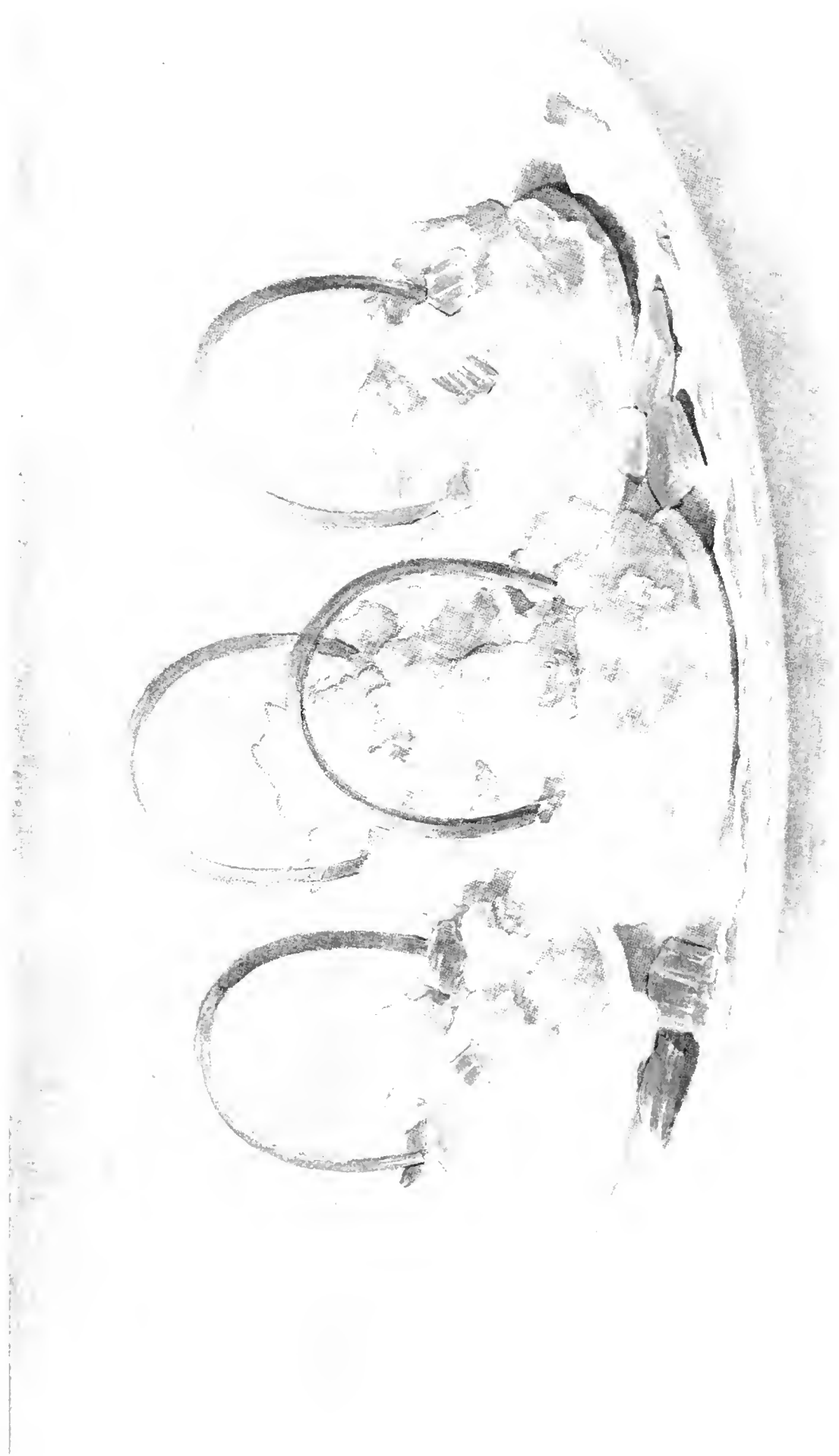
Split the chestnuts, put them into a moderate oven until the shells and inner skins can be removed, then boil the chestnuts in milk until tender, rub them through a sieve into a basin. Put the loaf sugar and water into a saucepan and simmer for ten minutes; add this syrup to the purée of chestnuts. Melt the gelatine in a little water, whip ½ a gill of cream, stir both these into the chestnut purée. Melt the chocolate in a little water, add the wine jelly to it, let cool a little, line a border-mould with this. This process is best done by turning it on ice until the mixture sets round the bottom and sides. As soon as the mould is ready, turn into it the chestnut mixture, which should be just beginning to set. Put on ice, and when quite firm, turn out on to a dish. Whip the remainder of the cream stiffly, flavour with vanilla, and sweeten with a little castor sugar. Arrange this in the centre of the border in pyramid form, arrange all round the base of the cream a circle of marrons glacés and cherries alternately, and garnish round the base of the border with chopped jelly.

Average cost, 2s. 6d. Time required, 1½ hours. Seasonable, November to February. Sufficient for 5 or 6 persons.

2,457. MERINGUES.

3 whites of eggs.	6 ozs. castor sugar.	pinch of salt.
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Put the whites of eggs into a basin, add a pinch of salt to them, and whisk them to a very stiff froth. Mix in the sugar quickly and lightly; do not stir too much. Cut some grease-proof paper or foolscap into strips, arrange these on boards (the lids of boxes will answer for this purpose). Put the mixture out on to the paper with a dessertspoon, get it a nice shape, continue until the mixture is used up, keeping them all the same size and shape. The mixture could also be put into a



Shrewsbury Meringues à la Crème

forcing-bag and forced out on to the paper. Whichever way is chosen, dust them over with castor sugar, and put them into a very cool oven until dry. When done, take them gently off the paper, scoop out the centre carefully, turn them upside down on the board, dust with sugar, and return to the oven to dry. When ready for use, fill with whipped cream that has been sweetened and flavoured, and place the shells together in pairs. These shells can be kept for some time in a tin box if not required. They must only be filled with cream just before they are wanted, or they will become soft.

Average cost of shells, 4d. Time required, 10 minutes to make: time to bake, uncertain. Seasonable all the year. Sufficient for 16 or 18 single shells.

2,458. DARIOLETTES AUX MARRONS.

2 ozs. flour.	1 egg.	1 tablespoonful milk.	1 gill syrup.
1 dessertspoonful salad-oil.	salt.	3 tablespoonfuls apricot jam.	1½ gills cream.
pistachio-nuts.	vanilla.	½ lb. chestnuts.	maraschino.

Sieve the flour into a basin, add a little salt, break the egg into the centre of the flour. Mix the salad oil with the milk, stir the egg and flour together, add the oil and milk, and beat well until quite smooth. Make some fat hot, dip a dariolette-fryer into the fat, and then into the batter, so that the outside of the mould is well covered; plunge into the fat, and fry a golden colour. When done, take the case off the mould carefully. Fry six cases, or as many as there is batter for. Cook the chestnuts, then rub them through a wire sieve; put them into a basin, and mix the syrup with them and 1 gill of whipped cream. Divide the apricot jam into the cases, putting a layer at the bottom of each; fill up with the chestnut mixture. Whip the remaining ½ gill of cream stiffly, and decorate the top of each case with it through a forcing-bag; sprinkle with chopped pistachio-nuts, and serve cold. Instead of chestnuts, ground almonds could be used.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable, November to February. Sufficient for 6 cases.

N.B.—A *dariolette-fryer* is a fluted dariole-mould, with a long handle attached to it.

2,459. SHREWSBURY MERINGUES À LA CRÈME.

2 ozs. butter.	½ teaspoonful baking-	4 whites of eggs.	1½ gills cream.
2 ozs. sugar.	powder.	angelica.	vanilla.
4 ozs. flour.	1 yolk of egg.	cherries.	1 lemon.

Cream the butter and sugar in a basin until soft, add the yolk of egg, and beat well. Sieve the flour and baking-powder together, stir it into the butter, also the grated rind of the lemon. Add a little milk, if necessary. It should be a stiff paste. Turn it on to a floured board and roll out thinly, cut into rounds with a pastry cutter about 3 inches in diameter, place them on a floured baking-tin, and bake in a moderate oven for five or ten minutes. These biscuits must not be allowed to brown; they should be a fawn colour. When they are baked, take six of them, and use for the sweet; the remaining biscuits can be kept in a tin for future use. Whip the whites of eggs very stiffly, arrange them round each biscuit, making a wall of white of egg. Dust it over with castor sugar, and put into a moderate oven to set the meringue and to let it colour a little. Take them off the tin, place on a sieve, and allow them to get perfectly cold. Whip the cream stiffly, sweeten it to taste, flavour with vanilla, and colour a pretty pink with a few drops of cochineal. Put this into the centre of each biscuit, making it appear above the wall of meringue. Decorate each one with glacé cherries and angelica. Soak a 4-inch stick of angelica in hot water until it will bend without breaking, then cut it into strips, and place one across each sweet to form a handle. Dish up on a lace paper, and serve. (See coloured plate.)

Average cost, 1s. 6d. Time required, 1½ hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,460. GENOESE BASKETS.

3 eggs.	4 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking-	desiccated cocoa-	angelica.
2 ozs. butter.	raspberry jam.	powder.	nut.	1 gill cream.
3 ozs. flour.	pistachio-nuts.	apricot jam.	cherries.	vanilla.

Well grease a deep cake-tin, and line it with one thickness of greased paper. Melt the butter in a saucepan, sieve the flour and baking-powder together. Break the eggs into a basin, add the sugar, and whisk them over a saucepan of hot water until quite thick and creamy (about ten to fifteen minutes). Then take the basin off the hot water, and stir in the flour and butter very lightly; turn the mixture into the prepared tin, and bake in a moderate oven for fifteen to twenty minutes. When baked, turn out of the tin, remove the paper, and place the cake on a sieve to cool. The cake should be about $1\frac{1}{2}$ inches in depth. When quite cold, cut out into ovals with a pastry cutter, remove some of the centre with a smaller cutter, in order to make a deep hollow in each. This quantity of cake ought to cut six ovals. Rub a little raspberry jam through a hair sieve, and spread it on the sides of three of the baskets, and then dip them into desiccated cocoanut. Prepare the other three baskets in a similar manner with apricot jam and finely chopped pistachio-



FIG. 186.—GENOESE BASKETS.

nuts. Place a teaspoonful of either kind of jam in the hollow of each case. Whip the cream rather stiffly, sweeten it to taste, and flavour with vanilla essence. Pile this on the top of the jam in each basket, decorate with glacé cherries cut in small pieces and small leaves of angelica. Take a stick of angelica, about 4 inches in length, and soak it in hot water until it will bend without breaking. Then cut it into thin pieces, and place one across each basket to form the handle. Dish them up on a lace paper alternately, first a white and then a green one. If possible, it is better to make the cake for these baskets a day before they are required, as in that case it can be cut much more neatly than if it is new.

Average cost, 2s. Time required, 30 minutes after the cake is made. Seasonable all the year. Sufficient for 5 or 6 baskets.

2,461. SYLLABUBS.

1 pint cream. | 1 lemon. | 2 ozs. sugar. | 2 whites of eggs. | 1 wineglass brandy. | 1 wineglass sherry.

Beat the whites of the eggs to a stiff froth. Mix together the sugar, juice of the lemon, brandy, and sherry; stir the cream into this; then add the eggs and a little of the lemon-rind grated finely. Whisk this mixture well, and remove the froth

as it rises ; put it on a hair-sieve to drain. Fill some custard glasses rather more than half full with the mixture, put the froth on the top, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 5 or 6 persons.

2,462. TIPSYP CAKE.

1 large sponge cake. | 1 gill sherry. | 1 gill brandy. | 1½ pints custard. | 2 ozs. almonds.

Take a sponge cake that has been baked in a fancy mould. The cake should be stale. Put this on a dish, and pour over the brandy and sherry ; as it runs round the dish, take it up and pour over again ; continue in this way until the liquor is all used up. Blanch the almonds, cut them in strips, and stick them all over the cake. Pour the custard round the cake when dished up. Serve cold.

Average cost, 2s. Time required, 30 minutes. Seasonable all the year. Sufficient for 6 or 8 persons.

2,463. POUDING À LA DIPLOMATE.

½ pint milk.	1 white of egg.	glacé cherries.	wine jelly (No.	vanilla.
3 yolks of	2 ozs. sugar.	6 savoy biscuits.	2,418).	2 ozs. macaroons.
eggs.	1 gill cream.	angelica.	¾ oz. gelatine.	1 glass Marsala.

Crush the macaroons, pour the wine over them, and let them soak in it until required. Put the milk and sugar into a stewpan, beat up the eggs in a basin. As soon as the milk is hot, pour it on to the eggs, return to the saucepan, and make the custard. Turn this into a basin to cool. Line a plain charlotte-mould with wine jelly. When set, decorate it with cherries, angelica, and the savoy biscuits. Set the decoration with a little more jelly. When this is firm, cover over with a layer of jelly cream—that is, ½ gill of cream mixed with sufficient jelly to cover the mould with a thin layer. Put on ice. Melt the gelatine in a little water, strain into the custard, whip the remainder of the cream, and stir in lightly ; flavour the custard mixture with vanilla, and add the soaked macaroons. Mix all well together, and when commencing to set, pour it into the prepared mould. When quite firm and set, turn it out on to a dish, and garnish round with chopped jelly.

Average cost, 1s. 8d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 persons.

2,464. ORANGE ICING.

½ lb. icing sugar. | orange-juice.

Sieve the icing sugar through a fine sieve into a basin, strain the orange-juice, and add sufficient to the icing sugar to make it the consistency of cream. Use as directed.

Average cost, 3d. Time required, 10 minutes. Seasonable, November to June. Sufficient for 1 cake.

2,465. GÂTEAU ST. HONORÉ.

½ lb. puff-pastry (No.	4 ozs. flour.	2 yolks of eggs.	glacé fruits.
2,185).	½ pint water.	crème St. Honoré	2 ozs. loaf sugar.
2 ozs. butter.	2 whole eggs.	(No. 2,467).	½ gill water.

Roll out the puff-paste, about ¼ inch thick, stamp out a round about 10 inches wide. Put this on a baking-tin. Put the butter and ½ pint of water into a saucepan, bring to the boil, then stir in the flour very quickly ; cook the mixture until it leaves the sides of the pan clean, let it cool, then stir in the eggs one at a time ; beat well, put some of this mixture, when cool enough, into a forcing-bag, and force it round the edge of the pastry, which should be first wetted with a little water, so as to form a border 1 inch high and about 1 inch wide. Prick the bottom of the pastry with a fork, and bake in a moderate oven ; it will take fifteen to twenty minutes to cook. With the rest of the mixture make some small balls ; bake these in a cool oven. Put

the 2 ozs. of sugar into a small stewpan, add the water, and reduce until it becomes a light golden colour. Dip each ball into the sugar, holding them with a skewer ; fix these on the border. place a glacé cherry on the top of each, and a cherry between each ball at the base. fill the centre of the cake with the crème St. Honoré, piling it high in the centre. Serve cold.

2,466. MELON EN SURPRISE.

7 eggs.	$\frac{1}{2}$ teaspoonful baking-	almond paste (No. 2,180).	apricot jam.
8 ozs. castor sugar.	powder.	orange icing (No. 2,464).	cherries.
6 ozs. flour.	cocoanut or pistachio-	orange cream (No. 2,506).	angelica.
4 ozs. butter.	nuts.	spinach greening.	whipped cream.

Break the eggs into a basin, add the sugar to them, melt the butter in a small saucepan, sieve the flour with the baking-powder. Place the basin containing the eggs and sugar on a saucepan of hot water, and beat until of the consistency of thick cream ; then take it off the water, and stir in quickly the flour and melted butter.



FIG. 187.—MELON EN SURPRISE.

Grease two melon-moulds, fill these, and put the remainder of the mixture into a flat cake-mould ; bake these in a moderate oven. When done, turn out on to a sieve, and let them get cold. Scoop out the centre of the two melon cakes, fill with orange cream, and let them set. Put the two halves together, press them so that they stick together and so form a whole melon. Cut a slice off one end to make it stand. Coat the melon all over with orange icing and let it set. Cut out a round of the bottom cake just large enough to fit the melon, then carefully scoop out the centre ; fill that also with the orange cream. Sieve some apricot jam, and put a thin layer of it round the sides of the cake, sprinkle thickly with chopped pistachio-nuts or cocoanut. As soon as the cream in the cake is set, place the melon on the top, where the incision was made. Make a little almond paste, colour it green with spinach greening, shape this into leaves, and form a stalk ; arrange this on the top of the melon. Put some whipped cream into a forcing-bag, and decorate round the base of the melon where it joins the cake with it. Garnish also with cherries and leaves of angelica. Dish up and serve.

Average cost, 2s. 9d. Time required, 2 or 3 hours. Seasonable, November to June. Sufficient for 8 or 10 persons.

2,467. CRÈME ST. HONORÉ.

$\frac{1}{2}$ lb. castor sugar.	1 lb. ground almonds.	1 oz. flour.	vanilla.
$\frac{1}{2}$ pint milk.	2 eggs.	$\frac{1}{2}$ gill cream.	a few drops of ratafia.

Mix the sugar, flour, and milk together to a smooth paste in a basin, turn into a stewpan, place on the fire and cook for a few minutes, then add the eggs and cook them without boiling; stir in the almonds and the flavouring. Turn into a basin and let it cool, then stir in the whipped cream.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 8 or 9 persons.

2,468. RIZ À LA MALTAISE (MALTESE RICE)

3 ozs. rice.	1 oz. sugar.	4 ozs. loaf	1 gill water.	1 gill port-wine jelly	$\frac{1}{4}$ oz. gelatine.
1 pint milk.	4 oranges.	sugar.	1 gill cream.	(No. 2,422).	pistachio-nuts.

Put the milk and 1 oz. of sugar into a saucepan; when boiling, sprinkle in the rice, and stir over the fire until the rice is tender and has absorbed the milk; then add the gelatine, and turn it into a basin to cool. Whip the cream slightly and add



FIG. 188.—RIZ À LA MALTAISE.

to the rice, also the port-wine jelly and the pulp of one orange freed from skin and pips. Stir this occasionally until it begins to set, then pour into a jelly-mould, and put aside in a cool place. Peel the remaining oranges, remove all the pith, and then divide into pieces. Boil the loaf sugar and water to a syrup, put in the oranges, and cook for a few minutes. Let this get quite cold; then turn out the rice shape, and garnish it with the oranges and a few chopped pistachio-nuts.

Average cost, 2s. Time required, 2 hours. Seasonable, November to June. Sufficient for 5 or 6 persons.

2,469. RATAFIA BASKET.

ratafias.	1 gill water.	any kind of	vanilla.
$\frac{3}{4}$ lb. loaf sugar.	$\frac{1}{2}$ pint cream.	fruit.	sugar.

Put the loaf sugar and water into a saucepan, place it over the fire, and boil to 310° Fahr. Remove at once from the fire, and place the saucepan in a basin of

cold water for a minute, to prevent the syrup cooking any longer. Have ready a cake-tin lined with oiled paper. Dip the ratafias in the syrup, cover the bottom of the mould with them, and then line the sides in the same manner, letting the ratafias touch one another. This process must be done quickly. Lay two separate semicircles of the ratafias, dipped in the syrup, on an oiled tin, making each ratafia touch the next. When these are set, fix them by means of a little syrup at opposite sides of the basket. These are to represent the handles. When the basket is firm, lift it out of the tin, and place on a dish. Just before serving fill the centre with any kind of fruit, and pile the top with whipped cream that has been sweetened and flavoured.

Average cost, uncertain, according to the kind of fruit used. Time required, 1 hour. Seasonable all the year. Sufficient for 6 or 8 persons.

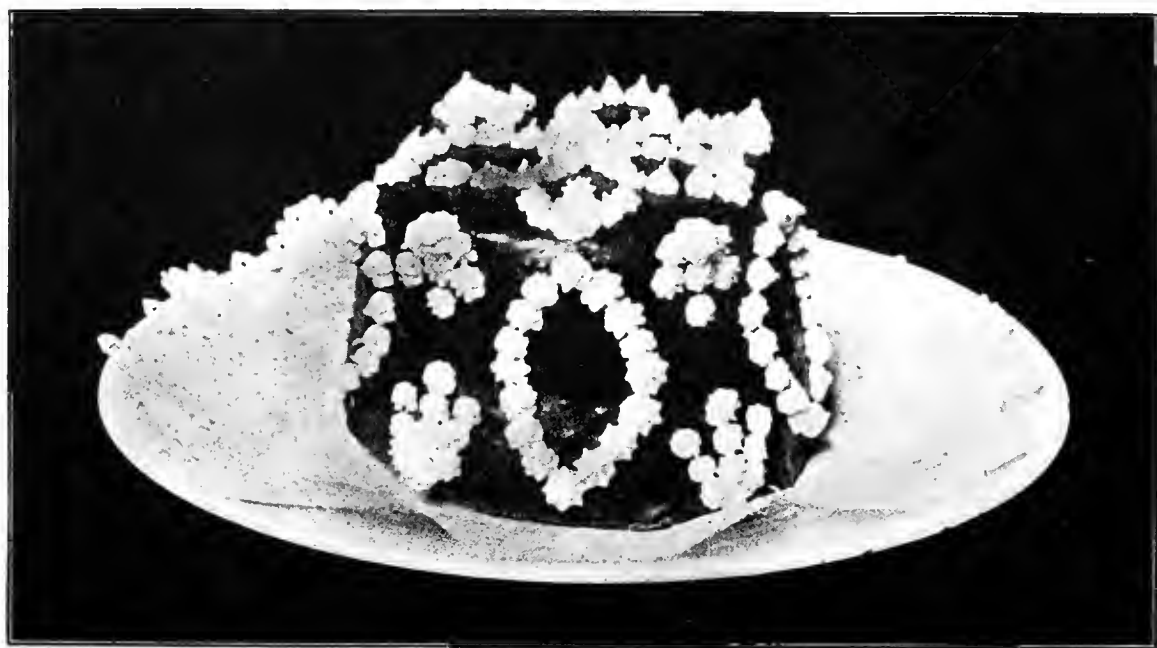


FIG. 189.—GÂTEAU SURPRISE.

2,470. GÂTEAU SURPRISE (SURPRISE CAKE).

3 eggs.	3 ozs. flour.	mixed fruits.	1 glass maraschino or white
4 ozs. sugar.	pinch of baking-	syrup.	wine.
3 ozs. butter.	powder.	royal icing (No. 2,178).	chocolate icing (No. 2,177).

Break the eggs into a basin, add the sugar to them. Put the butter into a small stewpan, and melt it. Sieve the flour and baking-powder together. Put the basin containing the eggs and sugar over a saucepan of hot water, and beat with a whisk until the mixture is the consistency of thick cream. Take the basin off the water, and stir in lightly the flour and the melted butter. Pour into a greased timbale-mould, and bake in a moderate oven for about twenty minutes. When done, turn out the cake on to a sieve, and let it get cold. Cut a slice off the top of the cake, scoop out the inside so as to leave a case. Have different kinds of fruit, according to the season; cook them a little in syrup flavoured with maraschino or wine, fill the centre of the cake with this, put the slice back that was cut off. Stand the cake on a wire tray, and coat it all over with chocolate icing. When this is set, decorate it tastefully with royal icing through a forcing-bag with a rose-pipe attached. Dish up, and serve cold.

Average cost, uncertain, according to the fruit used. Time required, 1½ hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,471. GÂTEAU À LA POLONAISE (POLISH CAKE).

3 eggs.	3 ozs. flour.	red-currant jelly.	$\frac{1}{2}$ pint cream.
3 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking-powder.	pistachio-nuts.	vanilla.

Well butter a plain charlotte-mould. Break the eggs into a basin, add the sugar, and beat over a saucepan of hot water until the mixture is thick and creamy. Take the basin off the hot water, and stir in the flour and baking-powder sieved together. Stir lightly, pour into the tin, and bake in a cool oven for about thirty minutes. Take it out, and let it cool on a sieve. When quite cold, cut the cake through in horizontal slices about $\frac{1}{2}$ inch thick. Spread each slice with a layer of red-currant jelly and whipped cream. Put the cake together again, and cover all over with a thin layer of whipped cream, flavoured with vanilla and sweetened to taste. Put the rest of the whipped cream into a forcing-bag with a rose-tube, and decorate the gâteau with it. Blanch, peel, and chop a few pistachio-nuts, sprinkle these all over the cream, and then place on a dish and serve.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 6 or 7 persons.

2,472. TRIFLE.

6 sponge cakes (stale).	4 yolks of eggs.	vanilla.	pistachio-nuts.
raspberry jam.	2 whites of eggs.	$\frac{1}{2}$ pint cream.	$\frac{1}{4}$ lb. mixed macaroons and
1 pint milk.	1 oz. sugar.	sherry.	ratafias.

Put the milk and sugar in a saucepan, beat the eggs in a basin; when the milk is hot, pour on to the eggs; return to the saucepan, and cook over the fire without boiling. Pour into a basin to cool, flavour with vanilla. Cut the sponge cakes (1d. ones) in halves, spread thickly with jam, and put them in a deep dish, piling them as high as possible, and placing macaroons and ratafias between each layer. Pour over them some sherry, about three or four tablespoonfuls. Pour the custard over, and put aside to get quite cold. Whip the cream rather stiffly, cover the trifle with it, and ornament with a few ratafias and chopped pistachio-nuts.

Average cost, 3s. Time required, 2 hours. Seasonable all the year. Sufficient for 8 or 10 persons.

FRUIT ENTREMETS—POMMES (APPLES)

2,473. POMMES À LA ROYALE.

6 apples.	cochineal.	1 pint blancmange (No.	angelica.
$1\frac{1}{2}$ gills syrup.	vanilla.	2,423).	whipped cream.

Peel the apples, which should be all of the same size and well shaped, cut off a third of each, and scoop out the insides so as to form cases. Cook these in the syrup, which should be flavoured with vanilla and coloured pink with cochineal; the apples must not be allowed to get too soft. When done, take them up and let them get cold. With the pulp scooped out from the centre of the apples make a purée, sweetened and flavoured; mix it with an equal quantity of whipped cream, and fill the apples with this. On the top of each arrange some whipped cream, using a forcing-bag for the purpose. Cut pieces of angelica to form handles, and fix one over the top of each apple. Set the blancmange in a flat cake-tin, about 1 inch in thickness; when quite firm, turn it out and cut it in rounds, one for each apple. Place these in a circle in a round dish, with an apple on the top of each, fill the centre of the dish with whipped cream, garnish with angelica, and serve. (See coloured plate.)

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, September to May. Sufficient for 6 persons.

2,474. POMMES À LA CRÈME.

8 small cooking apples.	6 ozs. sugar.	$\frac{1}{2}$ pint water.	red-currant jelly.
	1 lemon.	$\frac{1}{2}$ pint cream.	pistachio-nuts.

Peel and core the apples. This must be done carefully so as not to break the apples ; they must be kept whole. Put the water, sugar, and the thinly-peeled rind of the lemon into a stewpan, and boil until it becomes a syrup. Strain this when done into a baking-tin, place the apples in it, cover with a buttered paper, and cook in the oven until the apples are tender. Take up the apples, place them on a sieve to get cold. Whip the cream stiffly, put it into a forcing-bag with a fancy pipe ; fill the apples with red-currant jelly so that it stands above the apple ; pipe them all over with the cream, which can be sweetened and flavoured to taste. Dish up ; decorate them with chopped pistachio-nuts. If any cream is left, arrange it in a pile in the centre of the dish and the apples round. Serve cold.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable, September to May. Sufficient for 8 persons.

2,475. FLAN DE POMMES FROID, NINON.

$\frac{1}{2}$ lb. pastry.	$1\frac{1}{2}$ gills cream.	9 ozs. sugar.	angelica.	cochineal.
10 cooking apples.	$\frac{1}{2}$ pint water.	1 lemon.	vanilla.	1 clove.

Line a flan ring with the pastry, fill it with raw rice, and bake a pale colour. Turn it out on to a sieve to cool, then carefully remove the rice. Peel the apples, cut in quarters, and remove the cores. Put the water, 6 ozs. of sugar, and thinly-peeled rind of lemon into a stewpan, and cook until it becomes a syrup. Put into this six quarters of apples, cook gently until they are tender ; lift out the apples, and let them get cold. Colour the syrup with cochineal, put into it six more quarters of apples, and cook them carefully until tender ; these quartered apples must not be allowed to break. Cut up the rest of the apples, add to them a little water, 3 ozs. of sugar, and the clove, stew over the fire in a stewpan until quite soft. Turn them into a basin, and let them get cold. Whip the cream, and stir 1 gill of it into the apples ; mix together, and fill the flan with this preparation, piling it up high in the form of a dome. Arrange on this the quartered apples, putting the white and red alternately. Put the remainder of the cream into a forcing-bag or paper cornet with a fancy pipe, and decorate the pyramid between the apples with it. Place here and there some pieces of angelica, cut in the shape of leaves, and serve cold.

Average cost, 2s. Time required, 1 hour. Seasonable, September to May. Sufficient for 6 or 7 persons.

2,476. POMMES À LA FLORENTINE (APPLES, FLORENTINE STYLE).

8 small cooking apples.	$\frac{1}{2}$ pint water.	$1\frac{1}{2}$ lbs. chestnuts.	vanilla.	pistachio-nuts.
8 ozs. sugar.	$\frac{1}{2}$ lemon.	1 gill cream.	apricot jam.	$\frac{3}{4}$ oz. gelatine.

Make a syrup with the sugar and water, flavour it with lemon-juice. Peel and core the apples, taking care not to break them, put them into the syrup, and cook gently until quite tender. Take them up, drain thoroughly, and let them cool. Cover each apple with a coating of apricot jam, and fill the centres also. Then sprinkle with chopped pistachio-nuts. Make a slit in each chestnut, and put into the oven until the shell and inner skin can be removed. When they are peeled, boil them in milk and water until tender. Strain and rub through a fine sieve. Mix into this purée some of the syrup that the apples were cooked in, sufficient to make it into a soft paste. Flavour with vanilla essence. Whip $\frac{1}{2}$ gill of cream slightly, and stir into the chestnut mixture. Melt the gelatine in a little water, strain into the chestnut cream. Rinse out a plain cake-tin with cold water, and when the chestnut preparation begins to set, pour into the tin, and put aside to set. When quite firm, dip the mould in warm water, and turn it on to a dish.

Arrange six of the apples on the top of this cream. place the remaining apples on the dish at each end of the cream. Whip the rest of the cream rather stiffly, colour it a nice pink with a few drops of cochineal ; put it into a forcing-bag with a rose-pipe, and decorate the apples and the chestnut cream with it, placing a rose of cream on the top of each apple and in the spaces between each.

Average cost, 2s. 6d. Time required, 3 hours. Seasonable, November to February. Sufficient for 7 or 8 persons.

2,477. TURBAN DE RIZ AUX POMMES (TURBAN OF RICE WITH APPLES).

4½ ozs. rice.	1 oz. sugar.	1 gill wine jelly (No. 2,418).	6 ozs. loaf sugar.	1½ lbs. apples.
1½ pints milk.	½ gill cream.	¼ gill sherry or maraschino.	1½ gills water.	cochineal.

Put the milk and sugar in a saucepan ; when boiling, sprinkle in the rice, and stir over the fire until the rice is tender and has absorbed the milk ; turn it into a basin, and mix in the wine jelly and the cream, slightly whipped. If the weather is hot, a little gelatine may be required to set the rice. When cool, fill the rice preparation into a border-mould, and put aside to set. Make a syrup with the loaf sugar and water, add the sherry or maraschino, and colour with cochineal. Peel the apples, cut them in quarters, remove the cores, and then cook them in the syrup until tender. Care must be taken that the apples do not break in cooking. When tender, put them into a basin to cool. Turn out the rice shape when firm, fill the centre with the prepared apples, and garnish the base of the rice also with a few of the quarters. Decorate with whipped cream through a forcing-bag.

Average cost, 2s. Time required, 2 hours. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,478. POMMES À LA VIENNOISE.

6 cooking apples.	water icing (No.	glacé cherries.	6 ozs. sugar.
apricot jam.	2,176).	angelica.	½ pint water.

Choose apples that are rather small and of equal size, peel them, and remove the cores without breaking the apples. Make a syrup with the sugar and water, put in the apples, let them simmer gently until they are tender. Take them up, drain thoroughly, and allow them to get quite cold ; then coat each with a thin layer of apricot jam. Prepare some water icing, flavoured with vanilla, ice the apples with this, and put aside to set. If one layer of icing does not cover them well, they should be iced a second time. When the icing has hardened, fill the centre hollow of each with apricot jam. Place a glacé cherry on the top of each, and surround it with a circle of angelica ; cut into rounds with a small cutter. Dish them on a lace paper, and place large leaves of angelica between each apple, and a few round the dish.

Average cost, 1s. Time required, 2 or 3 hours. Seasonable, September to May. Sufficient for 5 or 6 persons.

2,479. POMMES À LA MOSCOVITE (APPLES, MOSCOVITE STYLE).

8 even-sized	4 ozs. loaf sugar.	¼ oz. gelatine.	1 oz. sugar.
apples.	1 gill water.	4½ ozs. rice.	vanilla.
cochineal.	1 gill cream.	1½ pints milk.	pistachio-nuts.

Put the milk and 1 oz. of sugar into a saucepan ; when boiling, sprinkle in the rice, and stir over the fire until the rice is tender and has absorbed the milk. Rinse out a dariole-mould and a cake-tin with cold water. Fill the dariole-mould three-parts full with the rice, and put the rest into the cake-tin. Press them both well into the moulds, and put aside to get quite cold. Peel and core the apples without breaking them. Cut off about one-third of the apple from the top of six of them, and then carefully remove some of the centre, in order to make a large hollow in each. Make a syrup with the sugar and water, flavour it with vanilla, and colour

with cochineal. Put the apple-cases in this, and cook very gently until tender. Take them out, drain, and allow to cool. Stew the remaining apples and the trimmings with a little water and sugar until tender, then rub through a hair sieve. Stir $\frac{1}{2}$ gill of whipped cream into this purée, melt the gelatine in a little water, and strain into the apple cream. When this is nearly set, fill the apple-cases, piling it up in the centre. Turn out the large rice-mould on to a dish, and place the smaller one in the centre of the large one. Arrange the apples on the rice in a circle, with one mounted on the small rice-shape in the centre. Whip the cream stiffly, put it into a forcing-bag with a rose-pipe, and decorate the apples with it. Sprinkle a few chopped pistachio-nuts on the top of each.

Average cost, 2s. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable, September to May. Sufficient for 6 persons.

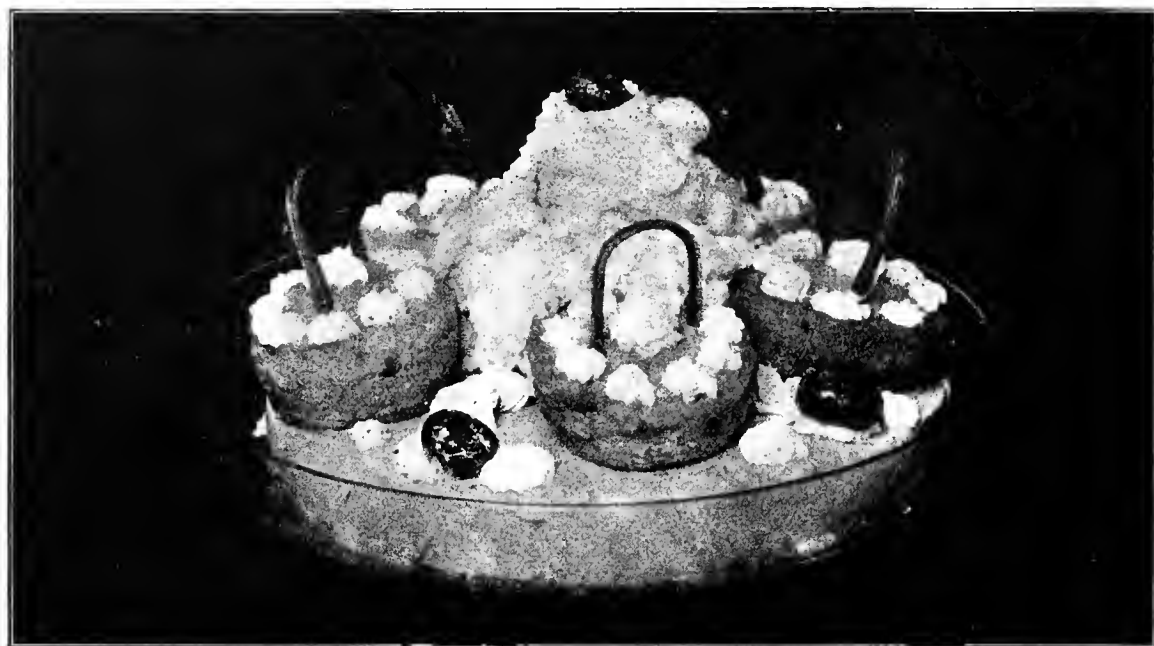


FIG. 190.—POUDING DIPLOMATE AUX POMMES.

2,480. POUDING DIPLOMATE AUX POMMES (DIPLOMATIC PUDDING WITH APPLES).

8 or 9 apples.	apple jelly.	1 pint custard.	sponge cake.
red syrup.	angelica.	1 gill cream.	white wine.
whipped cream.	pistachio-nuts.	$\frac{3}{4}$ oz. gelatine.	1 tablespoonful apricot jam.

Obtain the apples a good shape and all the same size, peel them, and cut five or six to within two-thirds of their height; scoop out the pulp so that they resemble cases. Make a syrup, colour it with cochineal, put the apples into it, and cook them, taking care not to let them get soft. Make an apple jelly with the pulp and rest of apples, mix in sufficient cream to make it white, fill the apple-cases with this. Put some whipped cream in a forcing-bag and decorate with it; put across each a piece of angelica to form a handle. Make a custard and let it get cold, mix in 1 gill of whipped cream, vanilla essence, and the gelatine, melted in a little water; let this partly set. Break up some sponge cake into pieces, put them into a basin, and pour over them some white wine, so as to soak them. When the custard is half set, put half of it into a flat cake-mould, let it set, then put over a layer of the cake, and here and there the apricot jam; pour over the rest of the custard, put on ice, and let it set. To dish, turn out the custard shape on to a round dish, dress the apples on the top in a circle, fill the centre with whipped cream, and decorate with whipped cream through a forcing-bag.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, September to May. Sufficient for 6 or 7 persons.



Poirs à la Marquise

2,481. TIMBALE DE POMMES À LA REINE.

1½ lbs. cooking apples.	½ pint water. 2 cloves.	1 lemon. 2 ozs. sugar.	½ oz. gelatine. ½ pint cream.	cochineal. wine jelly (No. 2,418).
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Peel and core the apples, cut them up, and put them into a saucepan with the water, lemon-rind, cloves, and sugar; when the apples are cooked, rub them through a hair sieve. Melt the gelatine in a little water over the fire, strain it into the apple purée. Divide this into two parts, add a few drops of cochineal to one part, so as to colour it a pretty pink colour; pour this into a flat cake-tin. Mix ½ gill of cream with the other part, so as to make it white; turn this also into a cake-tin. Place these two moulds on ice until set. Coat a plain timbale-mould with a thin layer of wine jelly all over. Turn out the two coloured purées on to a board, cut out of each a number of stars, using a fancy cutter for the purpose, decorate the lined mould with these pieces, arranging them all over the mould in alternate rows; set them in with a little jelly sprinkled over. Place a tumbler in the centre of the mould, and fill round with wine jelly. Melt the trimmings of the two purées, keeping them separate; add the remainder of the cream equally between the two; stir into each ½ gill of wine jelly. Take out the tumbler as soon as the jelly is set, and fill the hollow thus formed with alternate layers of the two purées, allowing each layer to set before the next is put in; put on ice to set. Turn out when ready, and serve cold.

Average cost, 2s. Time required, 2½ hours. Seasonable, September to May. Sufficient for 4 or 5 persons.

POIRES (PEARS)

2,482. POIRES À LA MARQUISE.

1 tin Bartlett pears or 4 stewing pears.	burnt almonds (No. 2,164). 2 tablespoonfuls apricot jam.	angelica. ¾ pint cream.	6 savoy biscuits. vanilla.
4 ozs. red-currant jelly.	1¼ ozs. gelatine.	1 pint custard.	½ gill maraschino.

Make a custard with three gills of milk, six egg yolks and two whites. Add sugar to taste. When made, turn the custard into a basin to cool, then flavour with vanilla. When the custard is cold, mix with it half the whipped cream and the gelatine melted in a little water. Let this get half set. Rinse out in cold water a flat cake-tin, 6 inches across. Put half the custard into it, let it set. Break up the savoy biscuits into pieces, put them in a basin, and pour over the maraschino; arrange these on the custard in a layer, put the jam here and there over them, pour on the rest of the custard, put on ice, and let set. If the fresh pears are used, stew them in the usual way until soft, cut them in halves, drain, and place the pears on a wire tray. Melt the red-currant jelly, coat the pears thickly with this, sprinkle them with chopped burnt almonds. In the end of each half pear place a piece of angelica to represent the stalk. Whip the remainder of the cream until it will stand. Turn out the custard shape on to a round glass or silver dish, pile the greater part of the whipped cream in the centre, dress the pears standing up round it, leaning against the cream; put the remainder of the cream into a forcing-bag with a rose-pipe attached to it, decorate with this tastefully, and the sweet is then ready to serve. (See coloured plate.)

Average cost, 3s. 6d. to 4s. Time required, 1½ hours. Seasonable at all times, if preserved pears are used. Sufficient for 6 or 8 persons.

2,483. POIRES À LA FLORENTINE (PEARS, FLORENTINE STYLE).

4 ozs. florador.	1 oz. sugar.	whipped cream.	angelica.
1 pint milk.	vanilla.	glacé cherries.	compôte of pears.

Put the milk and sugar into a saucepan, bring to the boil, sprinkle in the florador, and simmer until the florador is cooked and has absorbed the milk. It must be well stirred. Rinse a border-mould with cold water, put in the florador, and let it get

quite cold. When set, turn out the border on to a dish, dress the compôte of pears in the centre, and decorate with whipped cream through a forcing-bag with a rose-pipe attached to it, and with glacé cherries and angelica. Serve cold.

Average cost, 2s. Time required, 1 hour. Seasonable all the year, if preserved pears are used. Sufficient for 5 persons.

2,484. POIRES À LA COMTESSE.

1 tin Bartlett pears or 3 stewing pears.	3 gills cream. pistachio-nuts. cochineal.	6 savoy biscuits. 1 gill wine jelly (No. 2,418).	2 tablespoonfuls apricot jam. 1½ ozs. gelatine.	1 glass maraschino. vanilla. cherries.
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As soon as the custard is made, turn it into a basin and let it get cold, then flavour it with a few drops of vanilla. Melt the gelatine in a little water, add it to the custard, whip 1 gill of cream lightly, stir it into the custard, colour pink with a few drops of cochineal. Break up the savoy biscuits into large pieces, soak these in the maraschino. Rinse out a flat cake-tin with cold water, put in a layer of the custard mixture, let this set, then over that put the savoy biscuits, and here and there the apricot jam; pour in the remainder of the custard, stand on ice until

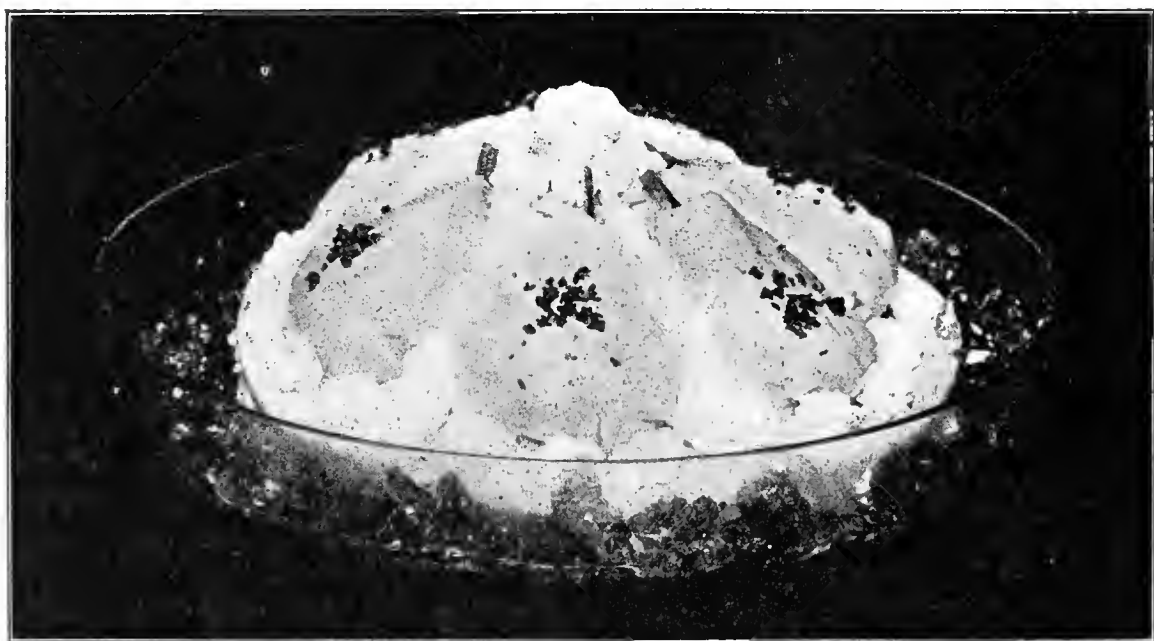


FIG. 191.—POIRES À LA COMTESSE.

quite set. Have the pears ready, place them on a wire tray; mix together the wine jelly and ½ gill of cream, coat the pears well with this until they are quite white, sprinkle with chopped pistachio-nuts. To dish the sweet, turn out the custard shape on to a round dish, whip the remainder of the cream, pile the greater part of this in the centre of the flat shape, dress the pears in a circle leaning against it, put a little of the whipped cream into a forcing-bag with a rose-pipe attached to it, and decorate the sweet with it, using also a few glacé cherries for this purpose. Serve cold for a dinner sweet.

Average cost, 3s. 6d. Time required, 1½ hours. Seasonable all the year. Sufficient for 6 persons.

2,485. POIRES À LA CONDÉ (PEARS, CONDÉ STYLE).

8 ozs. rice.	3 ozs. sugar.	1 tin Bartlett pears.	½ oz. gelatine. 1 lemon.	½ pint cream. cochineal.	cherries. angelica.
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Line a plain border-mould with wine jelly, decorate it with cherries and angelica. Put the milk, sugar, and lemon-rind into a saucepan, bring to the boil, sprinkle in the rice, and cook until it is tender and has absorbed the milk. When done, turn

it into a basin to cool, whip $1\frac{1}{2}$ gills of cream, add it to the rice, melt the gelatine in a little water, and strain in also. When cool enough, line the decorated mould with the rice mixture, leaving a hollow in the centre. Cut some of the pears in dice, fill the centre with these, cover with more rice, and put the mould on ice to set. When quite firm, turn out on to a dish, fill the centre of the border with rice to the shape of a pyramid, stand a circle of pears on the border, leaning against the rice, put the remainder of the cream, stiffly whipped and coloured pink, into a forcing-bag, and decorate with it between the pears and at the top of the pyramid. Ornament with cherries and angelica, and serve.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 8 or 10 persons.

2,486. POIRES SOLFERINO.

6 stewing pears.	2 gills water.	1 pint milk.	1 oz. castor sugar.	$1\frac{1}{2}$ gills cream.
1 gill port-wine.	4 ozs. loaf sugar.	4 ozs. rice.	1 lemon-rind.	vanilla.

Peel the pears, cut them in halves, and remove the cores. Put the water, the loaf sugar, rind of a lemon, and the port-wine into a stewpan; put in the pears and stew them until tender. When cooked, place the pears on the ice in a basin to get cold. Parboil the rice in boiling water for five minutes. Drain it and put it into a saucepan with the milk, bring to the boil, and cook until tender; stir in the sugar and a little vanilla. When cool, mix in 1 gill of whipped cream. Let the rice get perfectly cold, then dress it on a dish; arrange the pears on the top of the rice. Whip $\frac{1}{2}$ gill of cream, put it into a forcing-bag with a rose-pipe, and decorate the pears tastefully with it. The cream should be sweetened and flavoured to taste. Serve cold.

Average cost, 2s. Time required, 1 hour. Seasonable, September to December. Sufficient for 6 or 7 persons.

2,487. BORDURE DE POIRES EN GELÉE (BORDER OF PEARS IN JELLY).

preserved Bartlett pears.	wine jelly (No. 2,418).	claret jelly (No. 2,420).	1 gill cream.
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Rinse a plain, deep border-mould with cold water, line it with a thin layer of wine jelly. Drain the pears well, and then place them standing against the side of the mould with the pointed end downwards; fill the mould with more wine jelly. Put in a cool place to set. When firm, dip the mould in warm water, turn out on to a dish. Cut a few of the pears in quarters, put them in the centre of the shape. Whip the cream rather stiffly, pile this on the top of the pears; chop some claret jelly, put a little of it round the base of the whipped cream, and some round the dish.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,488. POIRES FROIDS À LA SULTANE.

génoise cake.	3 ozs. rice.	2 ozs. sugar.	apricot jam.	1 oz. granulated	pistachio-nuts
6 or 8 half-pears.	1 pint milk.	$1\frac{1}{2}$ gills cream.	cochineal.	sugar.	lemon-rind.

Make a génoise cake in a border-mould, bake it, and allow it to get quite cold. Rub a little apricot jam through a hair sieve, and chop some pistachio-nuts finely. Coat the cake with a thin layer of the jam, then dip it in the chopped pistachios, so as to cover it all over with them. Boil the rice in the milk with the lemon-rind and 2 ozs. of castor sugar, cook until the rice is tender and the milk absorbed; take out the lemon-rind, and let the rice get cold, then stir into it 1 gill of cream. Drain the pears. Dish the border, fill the centre with the rice, pile it up so as to form a pyramid, dress the pears on the top of the border, leaning against the rice. Put a drop of cochineal into the granulated sugar, mix it about until it is evenly coloured all over a pale pink. Before arranging the pears on the border, dip them

in the sugar. Decorate between the pears and on the border with whipped cream through a forcing-bag. Serve cold.

Average cost, 2s. 9d. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable, September to December; if preserved pears are used, all the year. Sufficient for 6 to 8 persons.

2,489. BORDURE DE POIRES À LA CRÈME (BORDER OF PEARS WITH CREAM).

$1\frac{1}{2}$ lbs. stewing pears or 1 tin Bartlett pears.	$\frac{1}{2}$ pint cream. pistachio-nuts.	1 glass sherry or Marsala.	1 lemon. cherries.
3 ozs. rice.	$\frac{1}{2}$ oz. gelatine.	6 ozs. sugar.	angelica.

Peel the pears, cut them in halves, and take out the cores. Put them into a saucepan, cover with cold water, add half the lemon-rind, 4 ozs. of sugar, and the wine. Put on the fire and cook until the pears are tender, take them up and let them get cold, sprinkle them with chopped pistachio-nuts. Boil the rice in the milk with the remainder of the sugar and half the lemon-rind, cook until tender, then turn it into a basin and let cool. Then mix into it $\frac{1}{2}$ gill of whipped cream and the



FIG. 192.—BORDURE DE POIRES À LA CRÈME.

melted gelatine. Fill a border-mould with this and let it set. When ready, turn it out on to a dish, fill the centre with whipped cream, and arrange the pears in a circle on the top of the border. Garnish with cherries and angelica, and serve.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, September to December, if fresh fruit is used. Sufficient for 6 persons.

PÊCHES (PEACHES).

2,490. PÊCHES À LA NINETTE.

6 small brandied peaches.	6 macaroons. maraschino.	almond paste. cold custard.	cherries. angelica.
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Take the stone out of the peaches without breaking the peaches more than can be helped. Make a small quantity of almond paste, put a piece in each peach in the place from which the stone was removed. Soak the macaroons in maraschino, place a peach on each, pour over the custard, garnish with glacé cherries and angelica, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable, August to October. Sufficient for 6 persons.

2,491. COMPOTE DE PÊCHES (PEACH COMPOTE).

6 or 8 ripe peaches. | $\frac{3}{4}$ pint syrup. | 1 small glass brandy.

Skin the peaches. To do this, put them into boiling water for a second or two, then drain and skin carefully. Place the peaches in a dish, pour over the syrup, and let them stand until cold. Then dish the peaches in a glass dish, boil up the syrup and add the brandy to it ; let this get cold, then pour it over the fruit. Serve cold.

Average cost, 3s. Time required, 45 minutes. Seasonable, August to October. Sufficient for 6 to 8 persons.

2,492. MACÉDOINE DE PÊCHES (MACÉDOINE OF PEACHES).

1 tin or bottle preserved peaches.	2 or 3 cooking apples.	cochineal.	3 ozs. sugar.	6 ozs. rice.
whipped cream.	wine jelly.	vanilla.	$1\frac{1}{2}$ pints milk.	rind of 1
		1 gill syrup.	$\frac{1}{4}$ oz. gelatine.	lemon.

Put the milk on to boil with the sugar and the thinly-peeled rind of the lemon. As soon as it boils, sprinkle in the rice and cook until it is tender and the milk has been absorbed ; the rice must be kept stirred as soon as it begins to thicken. Turn it into a basin to cool, then add to it 1 gill of whipped cream and the gelatine, melted in a little water. Turn this mixture into a border-mould, and allow it to set. Drain the peaches on a sieve, reserve six or eight, and put the remainder through a sieve. After the rice is cooked and the cream added to it, put aside three or four table-spoonfuls, mix this with $\frac{1}{2}$ gill of peach purée and $\frac{1}{2}$ gill of wine jelly ; let this half set, then fill the peaches with it. Peel the apples, and with a vegetable cutter cut out some small balls ; cook these in a little weak syrup coloured pink with cochineal ; let them stand in it until cold, cut these in halves, and arrange them round the preparation in the peaches with one piece on the top. Brush over with half-set jelly. Turn out the rice, mount the peaches on the border, fill the centre with whipped cream, and serve.

Average cost, 3s. Time required, 1 hour. Seasonable all the year. Sufficient for 6 to 8 persons.

2,493. PÊCHES À LA CARDINALE.

6 peaches.	vanilla.	$\frac{1}{2}$ pint raspberry	1 tablespoonful red-currant
$\frac{1}{2}$ pint syrup.	a few almonds.	purée.	jelly.

Skin the peaches, which should not be too ripe, dip them in hot water in order to remove the skins. Make the syrup, and flavour it with vanilla ; put in the peaches, and cook them. When done, take up and let them get quite cold. Dish them in a glass dish. Melt the red-currant jelly, and stir it into the raspberry purée. Cover the peaches with this. Blanch the almonds, cut them in strips, and sprinkle them over the top. Put the dish on ice or in a refrigerator until required.

Average cost, 3s. 6d. or 4s. Time required, 1 hour. Seasonable in August. Sufficient for 6 persons.

2,494. CROÛTES DE PÊCHES (PEACH CROÛTES).

3 eggs.	2 ozs. butter.	preserved peaches.	black-currant
4 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking-	$\frac{1}{2}$ gill cream.	jelly.
3 ozs. flour.	powder.	maraschino or sherry.	a few almonds.

Grease and paper a deep cake-tin. Break the eggs into a basin, add the sugar, and beat over hot water until thick and creamy. Melt the butter, add to the eggs, also the flour and baking-powder, sieved. Turn the mixture into the tin and bake in a moderate oven for ten to fifteen minutes. When done, turn on to a sieve to cool, then cut into rounds about 3 inches in diameter ; sprinkle them well with maraschino or sherry. Drain as many peaches as there are rounds of cake, place one, rounded side downwards, on each croûte. Fill the hollow of the peach with

a round slice of black-currant jelly, sprinkle with a few chopped and browned almonds. Whip the cream, put it into a forcing-bag with a rose-pipe, and decorate round the cake with it. Dish up and serve.

Average cost, 2s. Time required, 1½ hours. Seasonable all the year. Sufficient for 6 croûtes.

2,495. MÉDAILLONS DE PÊCHES À LA TURQUE.

1½ pints claret jelly (No. 2,420). angelica.	syrup. ½ pint maraschino jelly (No. 2,421).	mixed fruits. 1 tin or bottle preserved peaches or 6 fresh peaches.	Melba sauce. 2 gills cream. ½ oz. gelatine.
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Fill a fancy border-mould with the claret jelly. Pour a thin layer of maraschino jelly into ten or twelve small medallion or oval moulds. When this is set, decorate each with a star and crescent cut out of angelica (the angelica should be first soaked in hot water to soften it), set the decoration in with a little more jelly, and put on ice to get firm. Drain the peaches. Whip 1 gill of cream lightly, add to it sufficient Melba sauce to colour and flavour it nicely. Melt the gelatine in a little water, strain it into the cream, stir over ice until it is cold, then put a layer of this over the bottom of the decorated moulds; let it set, then place a half peach in each. If too large, cut them to the right size, fill up with the cream mixture, put on ice to get firm. Prepare some different kinds of fruit according to the season, mix together in a basin, pour over a little syrup, flavour to taste with wine or liqueur. When about to serve, turn out the border on to a dish, fill the centre with the macedoine of fruits, whip the remainder of the cream stiffly, and cover the fruit with it, shaping it into a dome. Sprinkle over this some chopped blanched pistachio-nuts. Unmould the medallions, and arrange them on the top of the border in a circle touching each other, standing upright against the cream. Garnish round the base with chopped maraschino jelly, and serve.

Average cost, 4s. Time required, 2½ hours. Seasonable all the year. Sufficient for 6 to 8 persons.

N.B.—The Melba sauce, a raspberry purée, is prepared by Mon. A. Escoffier, chef of the Carlton Hotel, and is to be obtained in bottles at grocers, stores, etc.

ABRICOTS (APRICOTS)

2,496. ABRICOTS À LA ROYALE (APRICOTS, ROYAL STYLE).

6 half-apricots. maraschino jelly (No. 2,421).	3 eggs. 4 ozs. sugar. 3 ozs. butter.	3 ozs. flour. pinch of baking- powder.	1 oz. pistachios. apricot jam. cochineal.
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Put the eggs into a basin with the sugar, place this on a saucepan of hot water, and whisk until the mixture resembles thick cream. Take the basin off the water, and stir in quickly the flour, baking-powder, and the melted butter. Turn this mixture into a cake-tin, and bake in a moderate oven for about twenty to thirty minutes. When done, turn out, and let it get cold. Take some rather deep tartlet-moulds, pour a little jelly in the bottom of each, and, when firm, set in a half-apricot, fill up with jelly, and let set on ice. Rub some apricot jam through a hair sieve, put a thin layer of this round the side of the cake, blanch and chop the pistachio-nuts, sprinkle these thickly over the cake so that they adhere to the jam. Turn out the apricots, arrange them round the top of the border in a circle. Colour some of the jelly a pretty pink with a few drops of cochineal. When this is firmly set, chop it small, and arrange in the centre of the tartlets and round the base of the border.

Average cost, 1s. 9d. Time required, 1½ hours. Seasonable all the year, if preserved fruit is used. Sufficient for 6 persons.

2,497. PETITS CHOUX D'ABRICOTS.

2 ozs. flour.	1 gill water.	1 yolk of egg.	water icing (No. 2,176).
1 oz. butter.	1 egg.	apricots.	$\frac{1}{2}$ gill cream.

Sieve the flour, put the butter and water into a saucepan, place on the fire and, when boiling, stir in the flour very quickly. When the mixture leaves the sides and bottom of the pan clean remove it from the fire, and allow it to cool slightly. Beat in the eggs one at a time, and then turn on to a plate to cool. Shape into balls, place on a floured baking-tin, and bake in a very moderate oven for about one hour. Take them out and put on a sieve to cool; cut each in half, remove any soft inside there may be, place a piece of apricot in each, and put the two halves together again. Cover each with lemon-flavoured water icing, and when quite set, decorate them with whipped cream by means of a forcing-bag and pipe. Dish up and serve.

Average cost, 1s. Time required, 2 to 3 hours. Seasonable all the year. Sufficient for 6 to 8 choux.

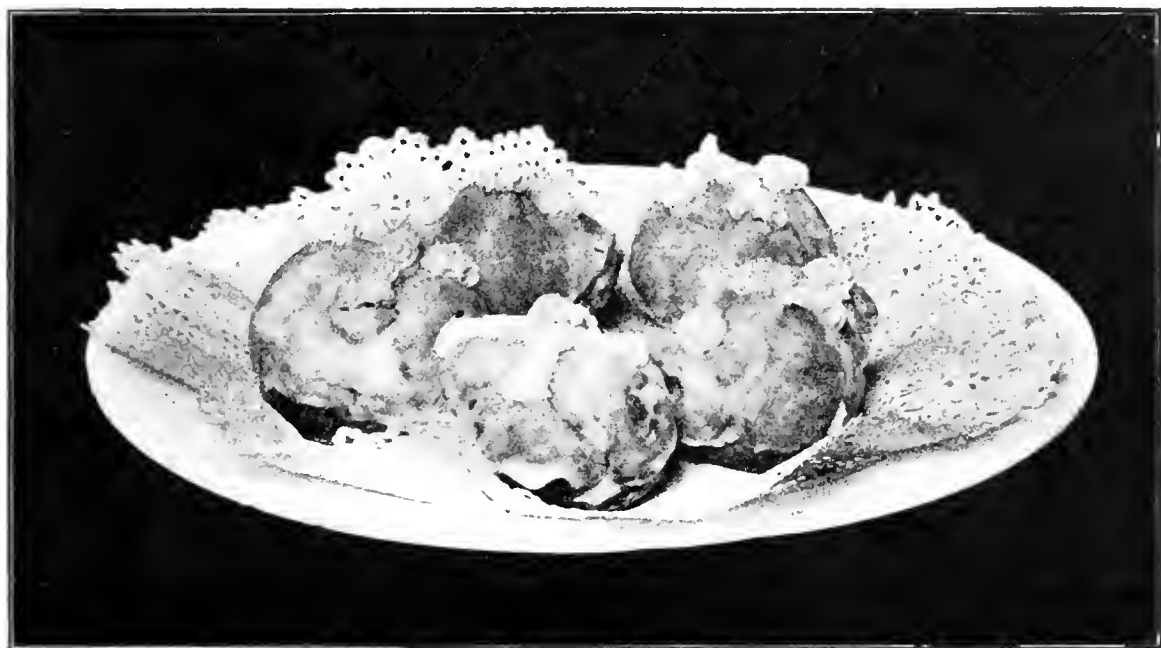


FIG. 193.—PETITS CHOUX D'ABRICOTS.

2,498. PYRAMIDE D'ABRICOTS À LA MAINTENON.

1 tin or bottle preserved apricots.	$\frac{1}{2}$ gill sherry. 1 génoise cake.	$\frac{1}{2}$ pint whipped cream. 1 oz. pistachio-nuts.	apricot jam. angelica.
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Make the génoise cake and bake it in a border-mould. When done, take it up and turn it out on to a sieve to cool, then pour the wine over it. Rub about a tablespoonful of apricot jam through a hair sieve, blanch, skin, and chop the pistachio-nuts finely; put a layer of the apricot jam on the cake, sprinkle it all over thickly with the chopped nuts. Dish the cake on a glass dish; whip the cream stiffly so that it will stand, keep back a little for decoration, and arrange the remainder in the centre of the border in a pyramid form. Drain the apricots on a sieve, and then mount them in rows all over the cream. Turn the whipped cream that was put aside for decoration into a forcing-bag with a rose-pipe, and force out a small rose between each apricot; cut some angelica into small diamond shapes, and place two of these with each rose to represent leaves. The dish is now ready to serve. (See coloured plate.)

Average cost, 2s. 6d. Time required, 1 $\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 6 to 8 persons.

2,499. ŒUFS EN SURPRISE (SURPRISE EGGS).

3 eggs.	2 ozs. butter.	$\frac{1}{2}$ teaspoonful baking-	preserved apricots.	cream.
4 ozs. sugar.	3 ozs. flour.	powder.	sherry.	vanilla.

Butter a cake-tin and line it with paper ; butter this again, whip the eggs and sugar over a saucepan of hot water until thick and creamy. Remove from the hot water and stir in the butter, melted, and the flour and baking-powder, sieved. Turn into the cake-tin and bake for fifteen to twenty minutes. Turn out, and allow it to get cold, then cut into rounds about 3 or 4 inches in diameter. Sprinkle these with a little sherry and place a preserved apricot on each. Whip the cream rather stiffly, sweeten to taste, and flavour with vanilla. Surround each apricot with cream, so as to cover the cake, but do not put the cream over the apricot. This is done to represent a poached egg. Dish up on a glass dish, and serve.

Average cost, 1s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

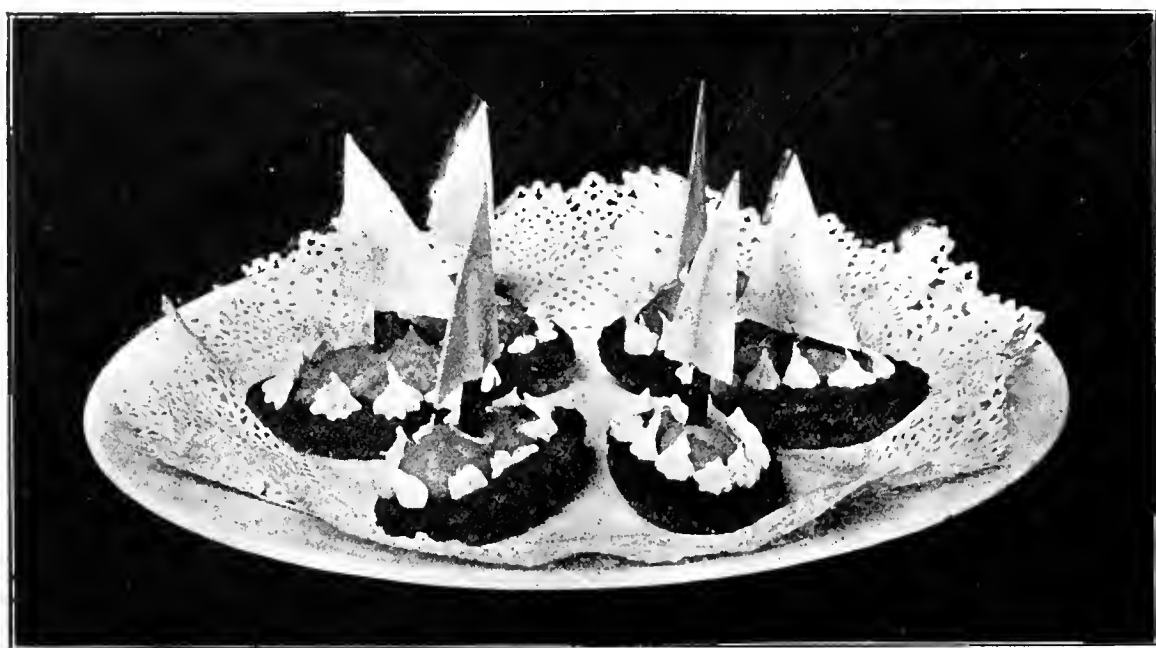


FIG. 194.—PETITS BATEAUX D'ABRICOTS.

2,500. PETITS BATEAUX D'ABRICOTS.

2 eggs.	1 oz. butter.	$\frac{1}{4}$ teaspoonful baking-	3 sheets gela-	$\frac{1}{4}$ oz. sugar.
$2\frac{1}{2}$ ozs. sugar.	apricots.	powder.	tine.	angelica.
2 ozs. flour.	$\frac{1}{2}$ gill cream.	cochineal.	lemon-juice.	rice-paper.

Grease some small boat-shaped moulds. Beat the eggs and sugar over a pan of hot water until they are thick and creamy, remove from the hot water, and stir in the sieved flour and baking-powder and the butter, melted. Half fill the tins with this mixture, and bake in a moderate oven for about ten minutes. Take them out and put on a sieve to cool ; then hollow out the centre of each, removing as much of the cake as possible. Rub some apricots through a hair sieve, sufficient to make $\frac{1}{2}$ gill of pulp. Whip the cream, add the apricot and a squeeze of lemon-juice. Melt the gelatine in a little apricot syrup, add the sugar, and then strain into the apricot cream ; colour it a pale pink with cochineal. When this is nearly set, fill the hollows in the cakes with it. Decorate with whipped cream through a forcing-bag and piping-tube. Cut some small triangular pieces of rice-paper, insert a stick of angelica, and place one in each case to represent a sail. Dish up, and serve.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 8 to 10 boats.

2,501. CHARTREUSE D'ABRICOTS (APRICOT CHARTREUSE).

lemon jelly (No. 2,416).	$\frac{1}{2}$ lemon.	1 oz. sugar.
preserved apricots.	1 gill cream.	$\frac{1}{4}$ oz. gelatine.

Line a plain charlotte-mould with a thin layer of lemon-jelly. Drain the apricots well and, when the jelly is set, cover the mould all over with the apricots, having the rounded sides placed next to the jelly. Set these in with more jelly. This is best done by placing a tumbler in the centre and pouring the jelly gently in between the glass and the mould. Place aside to set. Rub some more apricots through a hair sieve, sufficient to measure 1 gill after sieving. Whip the cream in a basin, stir in the apricot pulp; melt the gelatine in a little water, add the sugar, and then strain into the apricot cream; flavour with a squeeze of lemon-juice, and stir occasionally until it begins to set. Remove the tumbler from the mould by filling it with warm water, pour the apricot cream in the centre, and put aside to set. When firm, turn out, and garnish with chopped lemon-jelly round the dish.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

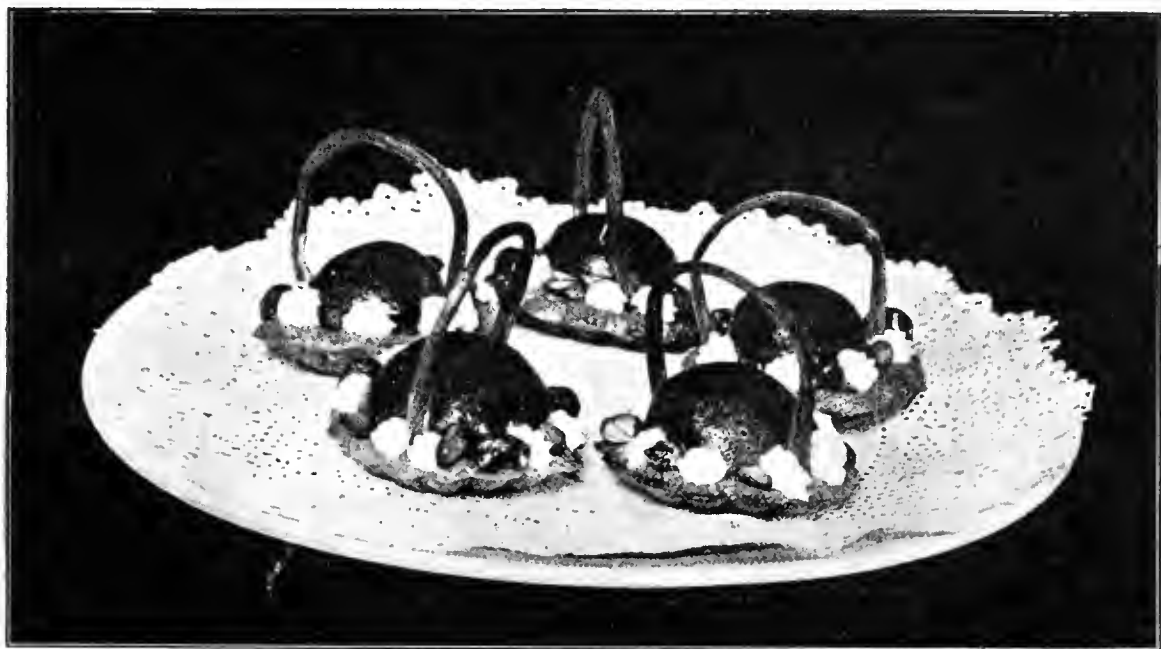


FIG. 195.—TARTELETTES D'ABRICOTS.

2,502. TARTELETTES D'ABRICOTS (APRICOT TARTLETS).

2 eggs.	3 ozs. flour.	$\frac{1}{4}$ teaspoonful of baking-	angelica.	$\frac{1}{2}$ gill cream.
3 ozs. sugar.	preserved apricots.	powder.	cherries.	pistachio-nuts.

Well grease ten or twelve small patty-pans. Separate the whites from the yolks of eggs, add the sugar to the yolks, and beat them well together; whisk the whites of eggs very stiffly, and then stir into the yolks; also the sieved flour and baking-powder; stir lightly together. Half fill the patty-pans with this mixture, place them in a moderate oven, and bake for ten to fifteen minutes. When done, turn them out on to a sieve, and allow them to cool. Drain the apricots, and place one on each tartlet, having the rounded side upwards. Decorate with whipped cream through a forcing-bag, and also with glacé cherries and pistachio-nuts. Soak a 4-inch stick of angelica in hot water, then cut into narrow strips, and put one across each tartlet to form a handle. Dish in a circle on a lace paper.

Average cost, 2s. Time required, 1½ hours. Seasonable all the year. Sufficient for 10 to 12 tartlets.

2,503. CRÈME D'ABRICOTS (APRICOT CREAM).

1 tin or bottle of apricots.	1 gill apricot-juice.	$\frac{1}{2}$ lemon.	1 gill clear jelly (No. 2,418).
$1\frac{1}{2}$ ozs. castor sugar.	$\frac{3}{4}$ oz. gelatine.	$\frac{1}{2}$ pint cream.	pistachio-nuts.

Strain the apricots, and reserve the syrup ; pass the apricots through a hair sieve. Whip the cream lightly, mix into it $\frac{1}{2}$ pint of the apricot purée. Put the gelatine into a saucepan with the gill of apricot syrup, melt it over the fire, stirring all the time ; add the sugar. Strain this into the cream and apricot purée, add the juice of the lemon, put into a cool place to partly set. Rinse out a fancy mould with cold water, and then with lemon or wine jelly ; leave a little of the latter at the bottom of the mould. Blanch the pistachio-nuts, peel and chop them, decorate the mould according to taste, put in some jelly to set the decoration. As soon as this is firm, pour in the apricot cream ; put on ice until the sweet is firm. Turn out in the usual way, decorate the base with chopped jelly, and serve.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 persons.

ORANGES

2,504. ORANGES AU CARAMEL.

6 oranges.	1 gill cream.	castor sugar.	4 ozs. loaf sugar.	1 gill water.	pistachio-nuts.
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Peel the oranges, take off all the white pith, and then cut them into slices, across the orange, the same way that a lemon is cut ; remove the pips. Put the loaf sugar into a small stewpan, add the water to it, place the pan on the fire, and boil quickly until the sugar becomes a golden brown. Arrange a layer of orange slices in a glass dish, sprinkle lightly with castor sugar, pour over a very thin layer of the caramel, so as to form a thin coating over the fruit ; then another layer of oranges and caramel, until the oranges and caramel are all used. Whip the cream, and cover the sweet with it. Chop a few pistachio-nuts finely, and sprinkle them over the cream.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, November to June. Sufficient for 5 or 6 persons.

2,505. ORANGES WITH COCOANUT.

6 oranges.	cocoanut.	castor sugar.	a few pistachio-nuts.
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Peel the oranges, take off all the white pith and cut them in slices, remove the pips. Arrange a layer of these in a glass dish, sprinkle thickly with castor sugar, then cover with a layer of desiccated cocoanut, then a layer of oranges, sugar, and cocoanut ; continue in this way until the oranges are all used. Sprinkle the top layer with a few chopped pistachio-nuts over the cocoanut.

Average cost, 8d. Time required, 15 minutes. Seasonable, November to June. Sufficient for 4 or 5 persons.

2,506. CRÈME À L'ORANGE.

6 oranges.	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ oz. gelatine.	1 gill wine jelly (No. 2,418).	pistachio-nuts.	sugar.
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Line an ornamental mould with a thin layer of wine jelly ; when this is set, decorate it with an orange, divided into its natural divisions, and a few chopped or shredded pistachio-nuts ; set in the decoration, with a few drops of wine jelly sprinkled over it. When set, put in another very thin layer of wine jelly. Whip the cream slightly ; squeeze the juice from the oranges (this should measure $\frac{1}{2}$ pint) ; add this to the cream, with a little grated rind. Melt the gelatine in a little water, add to the rest of the ingredients, sweeten to taste. Put this on ice, and stir until the mixture begins to set, then turn it into the decorated mould. When thoroughly set, turn it out, and decorate round the base with chopped jelly.

Average cost, 2s. Time required, 1 hour. Seasonable, November to June. Sufficient for 4 persons.

2,507. CRÈME D'ORANGE EN SURPRISE.

6 oranges.		$\frac{1}{2}$ oz. gelatine.		$\frac{1}{2}$ pint whipped		2 ozs. sugar.
3 tangerine oranges.		pistachio-nuts.		cream.		wine jelly (No. 2,418).

Rinse out a fancy mould with cold water, line it with a thin coating of wine jelly, then decorate it with orange and chopped pistachio-nuts; set this in with a little more jelly, put on ice until quite firm. Squeeze out the juice of the oranges, whip the cream slightly; mix these two ingredients together, add a little of the grated orange-rind. Melt the gelatine in a little water, stir in the sugar, and strain into the cream and juice. Put on ice, and stir until the mixture begins to set; then line the bottom and sides of the decorated mould with it. This is best done by placing a glass in the centre of the mould, and filling round it with the cream. When the cream is thoroughly set, the glass can be removed by pouring into it some hot water. Divide the tangerines into divisions, skin them, and take out the pips; put the pieces of orange into a basin, and add some jelly to them. Stand on ice, and, when beginning to set, fill the centre of the mould with it. When quite set, dip the mould quickly into hot water, turn out on to a silver or glass dish, garnish with chopped jelly, and serve.

Average cost, 2s. Time required, 2 hours. Seasonable, November to June. Sufficient for 5 or 6 persons.

2,508. ORANGES À LA FRANÇAISE.

3 oranges.		$\frac{3}{4}$ oz. gelatine.		$\frac{1}{2}$ lemon.		pistachio-nuts.
$1\frac{1}{2}$ gills water.		$1\frac{1}{2}$ ozs. sugar.		$1\frac{1}{2}$ gills cream.		vanilla.

Cut the oranges in halves, remove all the pulp, taking care not to break the skins. Press all the juice out of the pulp, and measure off $1\frac{1}{2}$ gills, using more oranges if required. Melt the gelatine in $1\frac{1}{2}$ gills of water, add the sugar and rind of the lemon, peeled thinly, dissolve this over the fire, and then simmer gently for five minutes. Strain this into the orange-juice, let it cool a little, and then fill the orange-skins. Put into a cool place to set. Whip the cream stiffly, sweeten to taste, and flavour with vanilla; when the orange jelly is quite firm, pile the whipped cream on the top of each. Blanch and skin a few pistachio-nuts, chop them finely, and sprinkle a little over the top of each orange. Dish up, and serve.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, November to June. Sufficient for 6 persons.

2,509. CHARTREUSE D'ORANGES À LA BARONNE.

oranges.		mixed fruit.		$\frac{1}{2}$ lb. loaf sugar.		1 gill water.		1 gill cream.		lemon.
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Peel the oranges, remove all the white pith, and break them into their natural divisions, taking care not to break the skin of the oranges. Place the pieces of orange in a very cool oven to dry. Put the sugar and water into a saucepan, with one teaspoonful of lemon-juice; let this boil to 310° F. Brush a plain mould all over with salad oil, dip the pieces of orange into the sugar one at a time, and line the sides and bottom of the mould with them, letting them overlap each other. Do this as quickly as possible, and then leave the mould to cool. When set, turn it out, and place on a dish. Fill the centre with mixed fruits that have been cooked slightly in syrup. Whip the cream stiffly, and pile it on the top of the fruit. It must then be served at once.

Average cost, uncertain. Time required, 45 minutes. Seasonable, November to June. Sufficient for 5 or 6 persons.

2,510. CHARTREUSE D'ORANGES (ORANGE CHARTREUSE).

$1\frac{1}{2}$ pints wine jelly (No. 2,418).		4 oranges.		a few pistachio-nuts.
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Peel the oranges carefully, take away all the white pith, divide the oranges into their divisions. Put a layer of jelly at the bottom of a plain mould, put it in a cool place or on ice, and, when set, arrange the quarters of orange in a circle

all round the mould, each piece overlapping the last ; this must be done carefully, with neatness and exactitude. Sprinkle a little jelly over to set in the orange. In the centre of the circle of oranges put some chopped pistachios. As soon as the oranges are set, put in another layer of jelly ; let this set, then arrange another circle of oranges. Continue in this way until the mould is full. Put the chartreuse on ice to set. When firm, dip into warm water, turn out quickly, and serve.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, November to June. Sufficient for 5 persons.

BANANES (BANANAS)

2,511. CHARTREUSE DE BANANES (CHARTREUSE OF BANANAS).

1½ pints wine jelly. | 4 bananas.

Skin the bananas, cut them in slices, and proceed in the same way as for the orange chartreuse.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 5 persons.



FIG. 196.—BANANES GARNIES À LA MARIE.

2,512. BANANES GARNIES À LA MARIE.

4 bananas.	½ gill cream.	pistachio-nuts.
wine jelly (No. 2,418).	3 sheets of gelatine.	¼ oz. sugar.

Remove a strip of skin about 1 inch wide from each banana ; take out the bananas carefully ; rub two of them through a hair sieve. Whip the cream in a basin, stir in the sieved banana ; melt the gelatine in a little water, add the sugar, and strain into the banana cream. When this is nearly set, fill the skins with it, and put aside to get firm. Cut the remaining two bananas in slices, and cover them thickly with half-set wine jelly ; put a slice of pistachio-nut on each, and cover again with jelly. When the banana cream is firm, place the jellied banana slices down the centre of each, allowing the pieces to overlap each other. Garnish with whipped cream through a forcing-bag. Place the bananas on a dish, and decorate round with chopped wine jelly.

Average cost, 1s. Time required, 1½ hours. Seasonable all the year. Sufficient for 4 persons.

2,513. BAVAROISE DE BANANES À LA WELLINGTON.

wine jelly (No. 2,418).	1 oz. gelatine.	$\frac{1}{2}$ pint milk.	3 yolks of eggs.	vanilla.
bananas.	pistachio-nuts.	1 oz. sugar.	1 gill cream.	sherry.

Line a plain mould with a thin layer of jelly. When set, cover the mould with slices of banana, and some chopped pistachio-nuts between each slice. Set these decorations in with a little more jelly. Make a custard with the milk, eggs, and sugar; when thick, pour it into a basin, flavour with vanilla, and leave to cool. Rub some bananas through a hair sieve, sufficient to make 1 gill of pulp; add this to the custard; also the cream, whipped. Melt the gelatine in a little water, strain into the custard; add one tablespoonful of sherry, and stir occasionally until it is nearly set. Then turn it into the prepared mould, and put in a cool place to get firm. Dip in warm water, turn out, and decorate with chopped jelly round the dish.

Average cost, 2s. 6d. Time required, 2 or 3 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

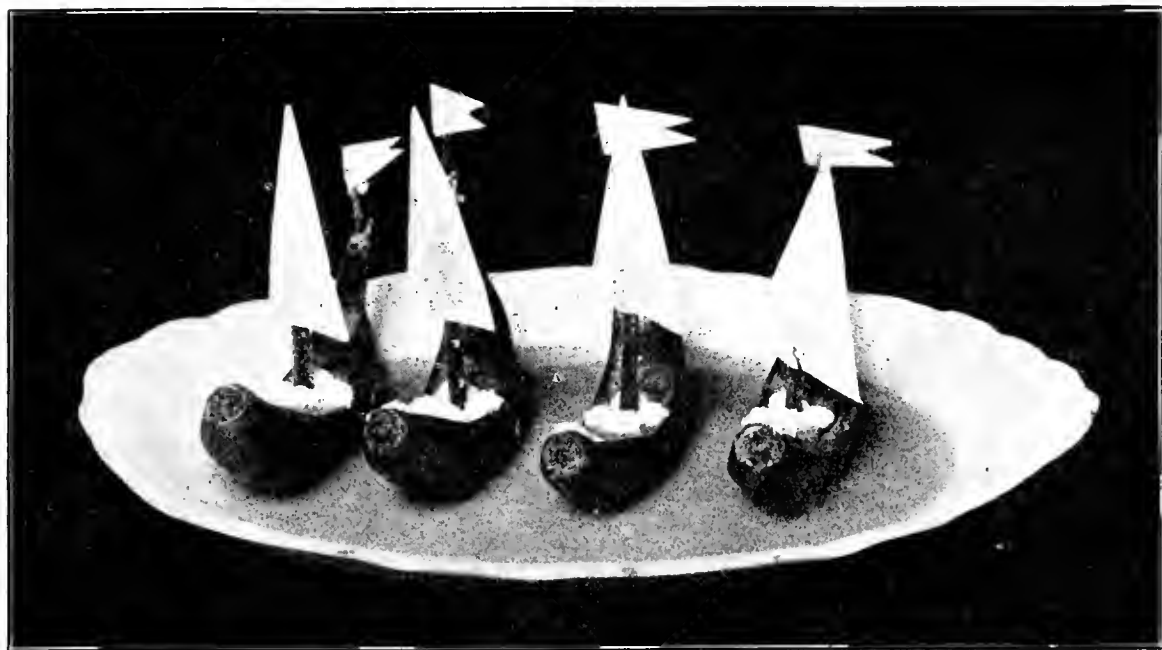


FIG. 197.—PETITES GONDOLES DE BANANES.

2,514. PETITES GONDOLES DE BANANES (LITTLE BANANA GONDOLAS).

4 bananas.	$\frac{1}{4}$ oz. sugar.	wine jelly (No.	3 sheets gelatine.
$\frac{1}{2}$ gill cream.	angelica.	2,418).	rice-paper.

Select bananas that are as curved as possible. Remove a strip of skin from each, by making two parallel cuts with a sharp knife down the length of the banana; lift this strip off, and then remove the banana without breaking the skin any further. Rub two of the bananas through a hair sieve. Whip the cream, and stir the sieved bananas into it. Melt the gelatine in a little water, add the sugar, and then strain into the banana cream. Stir this occasionally until nearly set, then fill the banana-skin, and put aside to set. Pour a little liquid jelly on a dish, place the bananas in this, and let them set. Cut four triangular-shaped pieces of rice-paper to form sails, insert in each a stick of angelica, and place one of these in each boat. Prepare four similar masts and sails, only very much smaller, make a hole in the stalk of each banana, and insert one of these flags in each. Decorate round the masts with a few roses of whipped cream. Serve as soon as possible.

Average cost, 1s. Time required, 2 hours. Seasonable all the year. Sufficient for 4 persons.

FRAISES (STRAWBERRIES)

2,515. TIVOLI AUX FRAISES.

1 pint maraschino jelly (No. 2,421).	$\frac{1}{2}$ pint milk.	$1\frac{1}{2}$ gills cream.	angelica.
2 ozs. sugar.	3 yolks of eggs.	$\frac{1}{2}$ pint strawberry purée.	whipped cream.
	1 white of egg.	$\frac{1}{2}$ lb. large fresh strawberries.	1 oz. gelatine.

Line the sides and bottom of a plain mould with maraschino jelly, put on ice to set. Boil the milk with the sugar; beat the eggs in a basin, and stir the hot milk on to them; return to the stewpan, and make the custard; strain into a basin, and let cool. Melt the gelatine in a little water; stir the purée into the custard, whip the cream lightly, and mix in; strain the gelatine to the rest of the ingredients. Mix all well together, stir until it begins to set, then turn it into the lined mould. Place in a cool place or on ice until quite firm. Turn out the shape on to a dish, surround the base with a wreath of picked strawberries and pieces of angelica, cut to represent leaves. Decorate the top of the shape with whole strawberries and whipped cream, using a forcing-bag with a rose-pipe for the cream. Serve cold.

Average cost, 3s. Time required, 2 hours. Seasonable June to August. Sufficient for 5 or 6 persons.

2,516. TIMBALE À LA SUPRÊME.

1 savarin cake (No. 2,367).	$\frac{1}{2}$ pint strawberry cream (No. 2,519).	$1\frac{1}{2}$ gills cream.	apricot jam.
	$\frac{1}{2}$ pint vanilla bavaroise (No. 2,430).	12 strawberries.	pistachio-nuts.

Make the savarin cake and bake it in a charlotte-mould. When cooked, turn it out on to a sieve to cool. Scoop out the inside of the cake, leaving the sides and bottom $\frac{1}{2}$ inch thick. Put a tablespoonful of apricot jam through a hair sieve, spread this over the sides of the cake, and then cover thickly with blanchéd and chopped pistachio-nuts. Fill up the centre of the cake with alternate layers of the vanilla bavaroise and the strawberry cream; let each layer set before putting in the next; fill the cake, and let it quite set. Whip the cream, flavour and sweeten to taste, and pile it on the top of the cake in the shape of a pyramid. Pick the strawberries, which should be large and all of one size, cut each in half, and cover the pyramid of cream all over with them. Dish up, and serve cold.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable, June to August. Sufficient for 5 or 6 persons.

2,517. CRÈME À LA CÉLESTINE.

1 lb. strawberries. | wine jelly (No. 2,418). | strawberry cream (No. 2,519).

Line the bottom and sides of a plain charlotte-mould with a thin layer of wine jelly. Pick the strawberries, choosing them as much as possible the same size; set these all over the mould, arranging them in rows, as closely together and as evenly as possible; sprinkle over a little more jelly so as to set them. Fill the centre of the mould with a strawberry cream. Put on ice to set. When ready to serve, dip the mould into warm water, turn out on to a dish, and garnish round the base with chopped jelly.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable, June to August. Sufficient for 5 or 6 persons.

2,518. FLAN DE FRAISES À LA CRÈME.

$1\frac{1}{2}$ gills cream.	$\frac{1}{2}$ lb. puff-paste (No. 2,185).	glacé cherries.
strawberries.	castor sugar.	angelica.

Roll out the puff-paste, about $\frac{1}{6}$ inch thick. Place a flan-tin on a baking-sheet, line it with the pastry, prick with a fork, fill with raw rice, decorate the edges, and then put into a hot oven to bake. When done, turn out the rice, and place the pastry-case on a sieve to cool. Pick the strawberries, put them into the pastry-

case, as many as it will hold; sprinkle well with castor sugar. Whip the cream, sweeten to taste, and spread it on the fruit, piling it up into a dome shape; smooth it with a knife. Place on the top a large glacé cherry, and arrange round it some pieces of angelica, cut in the shape of leaves.

Average cost, 2s. 6d. Time required, 1 hour. Seasonable, June to August. Sufficient for 4 or 5 persons.

2,519. CRÈME DE FRAISES (STRAWBERRY CREAM).

$\frac{1}{2}$ pint strawberry purée. | $\frac{1}{2}$ pint cream. | 1 oz. gelatine. | sugar to taste.

Rub through a hair sieve sufficient strawberries to make $\frac{1}{2}$ -pint of purée. Whip the cream, not too much; mix into it the strawberry purée, sweeten to taste. Melt the gelatine in a little water, strain it into the rest of the ingredients. When the mixture is just beginning to set, turn it into a mould, and put on ice to set. When ready, dip the mould into warm water, turn out carefully on to a dish, and serve. When strawberries are not in season, jam may be used instead. In this case the sugar is omitted, the jam is passed through a hair sieve, and just enough added to the cream to flavour and sweeten.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, June to August. Sufficient for 5 persons.

2,520. FRAISES À LA CRÉOLE (STRAWBERRIES, CREOLE STYLE).

$1\frac{1}{2}$ pints milk. | 2 ozs. sugar. | 1 preserved pine- | 1 lb. strawberries.
6 ozs. rice. | vanilla essence. | apple. | 1 gill syrup.

Put the milk into a stewpan with the sugar, bring to the boil, then sprinkle in the rice and simmer until it is tender and the milk has been nearly absorbed; the rice must be kept stirred as soon as it begins to thicken. Flavour with vanilla, and turn it into a border-mould. Pick the strawberries, put them into a basin, and pour the syrup over them. Let them soak until required. Cut the pineapple into slices, cut each slice into four, so as to have heart-shaped pieces. Turn out the border of rice on to a dish, mount the pieces of pineapple on the top of the border, overlapping each other. Put the strawberries in the centre of the border, and serve cold.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, June to August. Sufficient for 5 persons.

2,521. COMPOTE DE FRAISES (COMPOTE OF STRAWBERRIES).

2 lbs. strawberries. | 1 pint syrup. | 1 tablespoonful red-currant jelly. | 1 small glass maraschino.

Pick the strawberries, put them into a basin, pour over the boiling syrup, cover with a plate, and let stand for an hour. Drain off the syrup, boil it down; add the jelly and the maraschino. Dish the strawberries, pour the syrup over as soon as it is cold. It is then ready to serve.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, June to August. Sufficient for 6 to 8 persons.

2,522. STRAWBERRY TRIFLE.

6 small sponge | 1 lb. strawberries. | sugar. | sherry. | 4 yolks of eggs.
cakes. | vanilla. | $\frac{1}{2}$ pint cream. | 1 pint milk. | 2 whole eggs.

Put the milk and $1\frac{1}{2}$ ozs. sugar into a saucepan. When nearly boiling, pour it on to the well-beaten eggs; return to the saucepan, and stir over the fire until the eggs are cooked, without boiling. Turn it into a basin, and flavour with vanilla. Cut the sponge cakes in halves, sprinkle them with a little sherry. Put half the strawberries into a basin, crush them with a spoon, sweeten with sugar, and mix with some cream. Spread this mixture thickly between the sponge cakes, dish them in a pile, and pour the custard over. Leave until quite cold. Whip the rest of the cream rather stiffly, pile this on the top of the trifle in the form of a pyramid.

Decorate the cream and round the dish with the remainder of the strawberries and with a few chopped pistachio-nuts. Serve as soon as possible after the cream is added.

Average cost, 3s. Time required, 1 hour. Seasonable, June to August. Sufficient for 8 to 10 persons.

2,523. PAIN DE FRAISES.

1 lb. strawberries. | wine jelly (No. 2,418). | $\frac{1}{2}$ lemon. | angelica. | sugar. | $\frac{1}{2}$ oz. gelatine.

Rinse a jelly-mould in cold water, then line it with a thin layer of wine jelly. Pick out about one dozen of the best strawberries, and put aside for garnish ; rub the rest of them through a hair sieve. Put this pulp in a basin, add a good squeeze of lemon-juice and a little sugar. Melt 1 pint of wine jelly, dissolve in it $\frac{1}{2}$ ounce of gelatine, strain this into the strawberry purée. Stir occasionally, until it begins to set, then pour it into the lined mould. If this strawberry preparation is not a good colour, a few drops of cochineal should be added before it begins to set. When quite firm, dip into a basin of warm water, and turn out on to a dish. Remove the stalks from the strawberries that were put aside, place a circle of these round the base of the mould, and garnish with a few large leaves of angelica.

Average cost, 1s. 6d. Time required, 1 to 2 hours. Seasonable, June to August. Sufficient for 5 or 6 persons.

GROSEILLES (GOOSEBERRIES).

2,524. CRÈME DE GROSEILLE VERTE (GOOSEBERRY CREAM).

$\frac{1}{4}$ pint milk. | 2 ozs. loaf sugar. | $1\frac{1}{2}$ gills cream. | $\frac{3}{4}$ oz. gelatine. | cherries.
2 yolks of eggs. | $1\frac{1}{2}$ gills gooseberry purée. | spinach greening. | wine jelly. | angelica.

Coat a fancy mould with wine jelly. When this is set, decorate with cherries and angelica, pour over a few drops of jelly, in order to set the decoration. Put the milk and sugar into a saucepan, beat the eggs in a basin and, when the milk is hot, pour it on to the eggs ; return to the saucepan, and stir over the fire until it thickens. Do not allow it to boil, or the eggs will curdle. Strain the custard into a basin ; add to it, when cool, the purée of gooseberries and the whipped cream. Add a few drops of spinach greening, in order to make it a pretty green colour. Melt the gelatine in a little water, strain it into the cream, let it half set, and keep it stirred occasionally. Turn it into the decorated mould, put on ice to set. When ready to serve, dip the mould into warm water, turn out on to a glass or silver dish, and garnish round the base with chopped wine or lemon jelly.

Average cost, 1s. 9d. Time required, $1\frac{1}{2}$ hours. Seasonable, April to June. Sufficient for 4 persons.

FIGUES (FIGS)

2,525. TIMBALE DE FIGUES À LA CRÈME (TIMBALE OF FIGS WITH CREAM).

1 lb. dried figs. | 2 ozs. sugar. | $\frac{1}{2}$ pint water. | $1\frac{1}{2}$ gills cream.
1 lemon. | $\frac{1}{4}$ pint claret. | $\frac{1}{2}$ oz. gelatine. | wine jelly.

Put the figs into a saucepan, add the claret, water, sugar, and lemon-rind. Let this simmer gently until the figs are quite tender and the moisture nearly absorbed, then rub the mixture through a sieve. Melt the gelatine in a little water, stir it into the fig purée. Rinse a plain mould with cold water, then run some half-set wine jelly over the mould, so that it coats it with a very thin layer of jelly. Stir two tablespoonfuls of cream into the fig preparation, and then fill the mould with it. When it is quite set, dip it into a basin of warm water, and

turn out on to a dish. Whip the remaining cream very stiffly, put some of it into a forcing-bag with a rose-pipe, and arrange the rest round the mould. Force out a few roses on the top of the mould, place some leaves of angelica round them, and it is ready to serve.

Average cost, 2s. Time required, 2 or 3 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,526. COMPOTE DE FIGUES (COMPOTE OF FIGS).

1 lb. figs. | $\frac{1}{4}$ lb. sugar. | 1 lemon. | whipped cream.

Wash the figs in cold water, then put them into a stewpan with sufficient cold water to cover them; put them on the fire, and bring to boiling-point. When the figs are plump and soft, add the sugar. In a short time take the figs up carefully to avoid breaking them. Add the grated rind and juice of the lemon to the syrup that the figs were boiled in, let it cook quickly for a few minutes, and then pour it over the figs. Let them get quite cold, turn into a glass dish, and serve with whipped cream separately. Muscatels and French plums can be cooked and served in the same manner.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,527. CRÊMES DE FIGUES (FIG CREAMS).

3 ozs. rice. | 1 lemon. | 6 green figs. | pistachio-nuts.
1 pint milk. | 1 oz. sugar. | $\frac{1}{2}$ gill cream. | angelica.

Put the milk and sugar into a saucepan with the grated rind of the lemon, let this come to the boil, then sprinkle in the rice, and stir over the fire until the rice is cooked and has absorbed the milk. Rinse a plain cake-tin with cold water, put the rice into it, and press down into a flat cake; it should be 1 inch thick. Put this aside to get quite cold and firm. Stew the figs gently in sugar and water until tender, take them up, drain them, and allow them to get cold. Turn the rice shape out when firm, and cut into ovals the same size as the figs. Place a stewed fig on each, whip the cream stiffly, colour a nice pink with cochineal, put it into a forcing-bag with a rose-pipe, and decorate round each fig with roses of cream. Blanch and skin a few pistachio-nuts, cut them into shreds, and put a group of these between each piped rose. Dish them up in a circle, with the points of the figs to the centre decorate the dish with a few roses of whipped cream and leaves of angelica. Serve cold.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, August and September. Sufficient for 6 persons.

ANANAS (PINEAPPLE)

2,528. FLAN D'ANANAS À LA CRÈME.

$\frac{1}{2}$ a preserved pineapple. | $\frac{1}{2}$ lb. short pastry. | frangipane cream (No. 2,171).
2 ozs. sugar. | 1 gill cream. | pistachio-nuts.

Roll the pastry out rather thinly, line a flan ring with it, decorate the edges, fill with raw rice, and bake in a moderate oven. When cooked, remove the flan ring and all the rice. Cut the pineapple into thin slices, put a layer of it in the pastry-crust, cover with a layer of frangipane cream, then a thick layer of pineapple, sufficient to fill the crust. Put a thin coating of frangipane cream on the top. Place this in a moderate oven for ten to fifteen minutes. Take it out, and let it get quite cold. Whip the cream rather stiffly, flavour it with vanilla essence, and sweeten to taste. Pile this on the top of the frangipane cream; blanch, skin, and chop a few pistachio-nuts; sprinkle these over the top of the cream, and serve.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,529. CRÈME D'ANANAS (PINEAPPLE CREAM).

wine jelly (No. 2,418).	preserved pineapple.	1 oz. sugar.
pistachio-nuts.	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ oz. gelatine.

Rinse a jelly-mould with cold water, pour in a thin layer of liquid jelly; let this set, and then decorate the bottom with chopped pistachio-nuts and some small pieces of pineapple. Set these in with a little wine jelly. Chop some pineapple finely, sufficient to make three tablespoonfuls. Whip the cream in a basin, add to it the chopped pineapple; melt the gelatine in a little of the syrup from the preserved pineapple, add the sugar, and let it dissolve over the fire. Strain this into the pineapple cream, stir occasionally until it begins to set, then pour into the prepared mould, and put aside to set. When firm, dip the mould in warm water, and then turn out on to a dish. Garnish round with chopped wine jelly.

Average cost, 2s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.



FIG. 198.—CRÈME D'ANANAS.

2,530. ANANAS À LA FRANKFORT (PINEAPPLE, FRANKFORT STYLE).

1 preserved pineapple.	wine jelly (No. 2,418).	cherries.	$1\frac{1}{2}$ pints milk.	mixed fruits.
	pistachio-nuts.	4 ozs. rice.	$1\frac{1}{2}$ gills cream.	1 oz. sugar.

Put the milk and sugar into a saucepan. When boiling, sprinkle in the rice, and stir until it is tender and has absorbed the milk. Turn it into a basin, and when cool, stir in $\frac{1}{2}$ gill of cream, and 1 gill of wine jelly. Decorate a border-mould with glacé cherries and chopped pistachio-nuts; set these in with wine jelly. When firm, pour in the rice mixture, and put aside to set. Drain all the syrup away from the pineapple, and then carefully cut out the centre, leaving only about $\frac{3}{4}$ inch of pineapple all round. When the rice border is firm, turn it out on to a dish, and place the pineapple in the centre. Have ready some mixed fruits that have been slightly cooked in syrup, fill the hollow in the pineapple with this, and cover the top with stiffly-whipped cream. Sprinkle the surface with chopped pistachio-nuts, and serve.

Average cost, 3s. Time required, 2 hours. Seasonable all the year. Sufficient for 6 to 8 persons.



Croûtes de Prunes à la Française

2,531. COLD PINEAPPLE PUDDING.

stale sponge cake. | pineapple. | wine jelly (No. 2,418). | cream.

Cut a stale sponge cake in slices, soak each slice in the syrup from the pineapple. Chop some of the pineapple rather coarsely. Have ready a plain charlotte-mould holding $1\frac{1}{2}$ pints, fill it with alternate layers of the soaked sponge cakes and the chopped pineapple. Melt some wine jelly, but do not allow it to get very hot. Pour this on to the layers in the tin until the mould is full. Put aside on the ice or in a cool place to set. When quite firm, dip the mould in a basin of warm water, and turn it out on to a dish. Whip some cream rather stiffly, sweeten and flavour it to taste, put it into a forcing-bag with a rose-pipe, and decorate the top and sides of the jelly with it. Send to table with some more cream served separately.

Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 4 or 5 persons.

PRUNES (PRUNES)

2,532. CROÛTES DE PRUNES.

3 eggs. | 2 ozs. butter. | $\frac{1}{2}$ gill cream. | 1 glass port or claret wine. | 2 ozs. loaf sugar.
3 ozs. flour. | 4 ozs. castor sugar. | angelica. | $\frac{1}{2}$ lb. French plums. | 1 lemon-rind.

Break the eggs into a basin, add the castor sugar to them, melt the butter in a small stewpan, and sieve the flour with a pinch of baking-powder. Beat the eggs and sugar over a saucepan of hot water until of the consistency of thick cream. When these are ready, take the basin off the water and stir in the butter and flour quickly. Pour the mixture into a well-buttered Yorkshire tin, and bake in a moderate oven for ten to fifteen minutes. When the cake is done, turn out on to a sieve to cool. Stew the French plums with the wine, lemon-rind, loaf sugar, and about $\frac{1}{2}$ pint of water. Cook until soft. Put aside six of the best plums, and rub the remainder through a hair sieve after removing the stones. Cut out six rounds from the cake with a round cutter about $2\frac{1}{2}$ to 3 inches across; spread a layer of the prune mixture on these croûtes. Stone carefully the six plums that were put aside, shape them into the form of a flower; whip the cream, colour it a pretty pink with a drop or two of cochineal. Put this into a forcing-bag with a rose-pipe attached to it, and fill the plums. Place one of these on each croûte, fix to them pieces of thin strips of angelica to represent stalks and a few leaves of the same. Ornament with roses of whipped cream. Dish up, and serve cold. (See coloured plate.)

Average cost, 1s. 6d. Time required, 1 hour. Seasonable all the year. Sufficient for 6 persons.

2,533. PRUNES À LA RUSSE (PRUNES, RUSSIAN STYLE).

$1\frac{1}{2}$ lbs. prunes. | 1 lemon. | wine jelly (No. | $\frac{1}{2}$ gill cream.
sugar. | 2 ozs. sweet almonds. | 2,418). | $\frac{3}{4}$ oz. gelatine.

Line a border-mould with a thin layer of wine jelly. Blanch and skin the almonds, cut them into fine shreds, and decorate the mould all over with them. Stew the prunes in 1 pint of water, with sugar to taste, and the thinly-peeled rind of the lemon. When they are soft, take away one-third of the prunes; to the remainder add the gelatine, melted in a little water, and a few drops of cochineal. When this is cool, put a layer of it in the mould, let this set, then pour in a layer of jelly. When that is set, a layer of prunes. Continue in this way until the mould is full. When firm, turn out on to a dish, fill the centre with the rest of the stewed prunes, and pile whipped cream on the top.

Average cost, 2s. Time required, 2 or 3 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,534. BORDURE DE FLORADOR AUX PRUNES (BORDER OF FLORADOR WITH PRUNES).

3 ozs. florador.	1 oz. pistachio-	2 gills cream.	3 ozs. castor sugar.
1 pint milk.	nuts.	$\frac{1}{2}$ lb. French plums.	angelica.
1 lemon.	apricot jam.	1 glass white wine.	$\frac{1}{4}$ oz. gelatine.

Put the milk into a saucepan with half the sugar and half the lemon-rind. When the milk boils, sprinkle in the florador, and boil until it is tender and has absorbed the milk. It must be kept stirred as soon as it begins to thicken. Turn the florador into a basin and let it cool; then mix with it $\frac{1}{2}$ gill of whipped cream and the gelatine melted in a little water. Put this preparation, after being well mixed, into a border-mould, and let it become quite firm. Stew the French plums in $\frac{1}{2}$ pint of water; add the other half of the sugar, the remainder of the lemon-rind, and the wine. When tender, drain and let cool. Take out the stones carefully, put them again into shape, and insert into each a small strip of angelica to represent a stalk. When ready to serve, turn out the border, coat it all over with a thin layer of apricot jam, which has been rubbed through a sieve, and then cover thickly with chopped



FIG. 199.—BORDURE DE FLORADOR AUX PRUNES.

pistachio-nuts. Whip 1 gill of cream, pile it in the centre of the border, dress the plums leaning against it, standing them upright. Whip the remaining $\frac{1}{2}$ gill of cream, put it in a forcing-bag with a fancy pipe, and decorate between the plums and elsewhere, according to taste. Serve cold.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,535. PETITS GÂTEAUX DE FRUITS.

3 eggs.	3 ozs. flour.	vanilla essence.	mixed fruits.	$\frac{1}{2}$ glass maras-
4 ozs. sugar.	pinch of baking-	4 ozs. loaf sugar.	1 gill cream.	chino.
3 ozs. butter.	powder.	1 gill water.	angelica.	pistachio-nuts.

Put the eggs and sugar into a basin, melt the butter in a small stewpan, sieve the flour and baking-powder together. Beat the eggs and sugar together over hot water until thick and creamy, then take the basin off the hot water, stir in the melted butter and the sieved flour; add a few drops of vanilla essence; mix well. Butter some dariole-moulds, turn the mixture into them, filling them two-thirds; bake in a moderate oven for about twenty minutes. When done, turn them out on to

a sieve to cool. Put the water and loaf sugar into a stewpan, and boil it until it becomes a thick syrup. Prepare some fruit (according to the season). If large fruit, such as apricots, bananas, oranges, etc., are used, it must be cut in dice, small fruit like raspberries and cherries left whole. Put the fruit into the syrup, flavour with the liqueur, or wine could be used. Cook for one minute, turn into a basin, and let the fruit get cold. Fill the little cases with the fruit. Whip the cream, sweeten to taste, flavour with vanilla, put this into a cornet with a rose-pipe, and decorate all over the fruit with it. Sprinkle with chopped pistachio-nuts, and put a little strip of angelica over each. Dish up, and serve cold.

Average cost, uncertain. Time required, 1 hour. Seasonable all the year. Sufficient for 5 or 6 persons.

2,536. SALADE DE FRUITS (FRUIT SALAD).

4 ozs. loaf sugar.	1 glass of liqueur (maraschino or	mixed fresh fruit.
1 gill water.	Kirschwasser, etc.).	$\frac{1}{2}$ gill sherry.

Put the sugar and water into a saucepan, boil until it is a thick syrup, pour it into a basin, let it cool, and then add the liqueur. Prepare some mixed fruit, having as great a variety as possible, in order to blend the colours. If pineapple is used, it must be cut into small slices, also bananas. Small fruit, such as strawberries, grapes, etc., must be left whole. If apples are used, they should be cut in small pieces and cooked gently until tender, without letting them go to pulp. Mix all these fruits together, put them into a deep glass bowl, and pour the sherry over them, and also some of the syrup. Place the bowl on ice for about two hours before using.

Average cost, uncertain. Time required, 2 hours. Seasonable all the year, but best in the summer.

2,537. SUÉDOISE DE FRUITS.

$1\frac{1}{2}$ pints jelly.	fruit.	syrup.	1 small glass maraschino.
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Coat a fancy mould with wine jelly all over, bottom and sides; put on ice until required. Choose some fruits of varied colours, according to the season. The greater the contrast in the colours, the prettier the sweet will be. Strawberries, bananas, grapes, cherries, etc., would make a good combination. Prepare the fruit, take the stalks off the strawberries, stone the cherries carefully, skin and stone the grapes, skin the bananas, and cut them in slices; a few halved apricots or pieces of pineapple could be added. Put the fruit into a saucepan with syrup, nearly to cover them; add a glass of maraschino, and stew for a few minutes. Then strain and let the fruit get cold. Put a layer of the stewed fruits into the lined mould, arranging them so as to contrast the colours, cover with a layer of jelly, and allow to set. Then put in another layer of jelly, and when set, another layer of the fruit. Continue in this way until the mould is full, put on ice, and let set. Turn out, and garnish with chopped jelly round the base.

Average cost, uncertain. Time required, $1\frac{1}{2}$ to 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,538. CORBEILLE DE FRUITS (BASKET OF FRUITS). ✓

6 eggs.	$\frac{1}{2}$ teaspoonful baking-	crystallized violets.	angelica.
6 ozs. sugar.	powder.	royal icing (No. 2,178).	syrup.
6 ozs. flour.	cream.	fruits.	maraschino.

Put the eggs and sugar into a basin, stand it on a saucepan of hot water, and beat for about fifteen to twenty minutes. Then stir in quickly the flour and baking-powder. Turn the mixture into a well-greased square cake-tin; bake in rather a slow oven for half an hour. When done, turn the cake out on to a sieve, and allow it to get cold. Scoop out the centre of the cake so as to form a basket. Make some royal icing, put this into a forcing-bag with a rose-pipe attached to it. With

this make cross-lines on the sides of the cake to represent lattice work, in the spaces between put crystallized violets. These must be fastened on by means of a little of the icing sugar or jam. Prepare some fruit of different kinds, whatever is in season. Make a syrup, flavour it with maraschino, put the fruit into it, just bring to the boil, turn it into a basin, and let it get cold. Fill the centre of the cake with the fruit, cover over with whipped cream, decorate with leaves of angelica and crystallized violets. Soak a long piece of angelica in hot water, bend it into a handle, and place it across the basket. Serve cold. (See coloured plate.)

Average cost, uncertain. Time required, $1\frac{1}{2}$ hours. Seasonable all the year. Sufficient for 8 or 10 persons.

2,539. MACÉDOINE DE FRUITS EN GELÉE.

$1\frac{1}{2}$ pints maraschino jelly (No. 2,420). | fruit in season.

Use fruit according to the season. In the summer, strawberries, grapes, etc., at other times, bananas and oranges, or preserved fruits, such as apricots, pineapple, etc., can be used. Prepare the fruit, take off any stalks, and if grapes, the stones

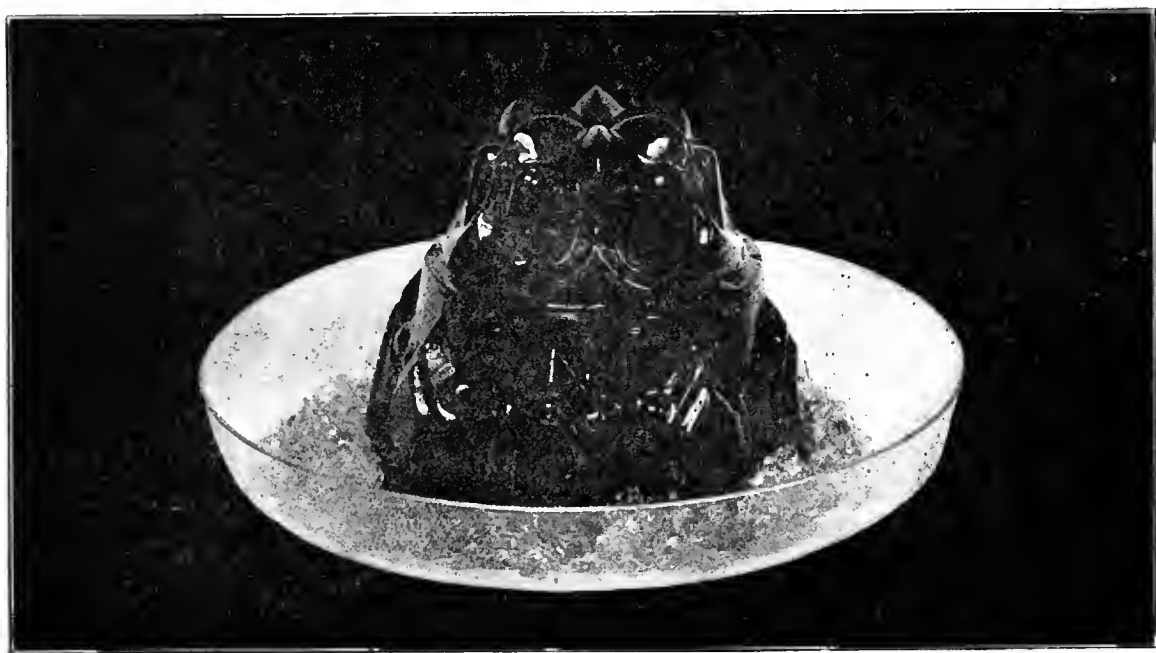


FIG. 200.—MACÉDOINE DE FRUITS EN GELÉE.

should be taken out. Put a thin layer of the jelly into a fancy mould, arrange the fruits over this, such as a grape, then a strawberry, a cherry, and so on, then put some more jelly to set them. Continue until the mould is full with the fruit and jelly. Each layer of fruit must be nearly set before putting in the next. After the first row, the fruit should not be arranged in the mould in too formal a manner; it should be dropped in carelessly, but so that the colours blend. When full, put on ice to set. When ready to serve, dip the mould in warm water, and turn on to a dish. The base of the jelly can be garnished with chopped jelly.

Average cost, uncertain. Time required, 1 hour. Seasonable all the year. Sufficient for 5 persons.

2,540. MACÉDOINE DE FRUITS À LA CRÈME (MACÉDOINE OF FRUIT WITH CREAM.)

wine jelly (No. 2,418).	$\frac{1}{4}$ lb. black and white grapes.	1 gill cream.	$\frac{1}{2}$ oz. sugar.
1 banana.	glacé cherries.	vanilla.	$\frac{1}{4}$ oz. gelatine.

Line a plain charlotte-mould with a thin layer of wine jelly. Peel the banana, cut it into slices, and arrange them in a circle overlapping one another at the bottom of the mould; place a cherry in the centre, and set in carefully with a little liquid

wine jelly. When set, insert a tumbler in the centre, and place in the space between a row of black grapes. Set these in with some more wine jelly, and then put in a row of white grapes. Continue in this way until the top of the mould is reached; put aside to set. Whip the cream in a basin, flavour with vanilla; melt the gelatine in a little water, add the sugar, and let it dissolve over the fire, strain this into the whipped cream; stir occasionally until it begins to set. Remove the tumbler from the mould by filling it with warm water, pour the vanilla cream into the hollow, and put aside to set. When firm, turn out and garnish with chopped wine jelly.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,541. CHARLOTTE RUSSE.

$\frac{1}{4}$ lb. savoy biscuits.	1 oz. sugar.	$\frac{1}{2}$ teaspoonful essence of	1 gill water.
$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ oz. gelatine.	vanilla.	a few pistachio-nuts.

Split the biscuits carefully in halves, cut some of these halves in half again, trim the sides, slope them so that when placed together they will form a circle. Place these round the bottom of the tin, making them fit very closely together. Fill the



FIG. 201.—CHARLOTTE RUSSE.

hole in the centre of the circle with chopped pistachio-nuts. Arrange half-biscuits round the sides of the mould, so that they fit closely together; if the biscuits come above the tin cut them level. Put the gelatine and water into a saucepan, and stir until the gelatine is melted. Take it off the fire, and stir the sugar into it. Whip the cream, flavour it with the vanilla, strain in the gelatine, mix well, stir until it is half set, turn it into the lined mould carefully. When quite set, turn it out. To do this, the mould is turned upside down on to a dish, and the tin is carefully removed.

Average cost, 1s. 6d. Time required, 30 minutes to make. Seasonable at all times. Sufficient for 4 persons.

2,542. SAVARIN AUX FRUITS.

savarin border (No. 2,367).	2 ozs. chocolate.	mixed fruits, such as apricots,	$\frac{1}{2}$ gill sherry.
2 ozs. almonds.	6 ozs. icing sugar.	pineapple, bananas, or any	4 ozs. sugar.
	1 gill cream.	fruit in season.	1 gill water.

Make the savarin border and allow it to cool. Blanch and skin the almonds, chop them coarsely, and then place in the oven until a nice brown colour. Grate the chocolate, melt it in a little water, add the sieved icing sugar, and enough water

to make it the consistency of thick cream. Cover the savarin border with this icing, and before it sets, sprinkle it thickly with the burnt almonds. Make a syrup with the loaf sugar and water, put the mixed fruit into it, let it simmer for five minutes, then flavour with the sherry, and turn into a basin to cool. Fill the centre with this fruit salad, whip the cream, pile it on the top of the fruit in the form of a pyramid. Decorate the base of the dish with some of the mixed fruit. Serve cold.

Average cost, 3s. Time required, 1 hour after the savarin is made. Seasonable all the year. Sufficient for 5 or 6 persons.

2,543. CHARLOTTE AU CHOCOLAT À LA HOLLANDAISE.

savoy biscuits.	1 oz. sugar.	1 gill wine jelly (No. 2,418).	$\frac{3}{4}$ oz. gelatine.	1 gill cream.
glacé cherries.	angelica.	2 ozs. chocolate.	$\frac{1}{2}$ pint milk.	vanilla.

Coat the bottom of a charlotte-mould with a thin layer of jelly; when this is set, decorate with cherries and angelica; sprinkle over a few drops of jelly to set the decoration. When this is quite set, put over another layer of jelly; place on ice. Chop the chocolate, put it into a saucepan with enough of the milk to melt it; let it boil; then add the rest of the milk and the sugar; stir it until it boils. Turn



FIG. 202.—CHARLOTTE AU CHOCOLAT À LA HOLLANDAISE.

the mixture into a basin, and let cool. Melt the gelatine in a little water, strain it into the rest of the ingredients, flavour with vanilla to taste. Whip the cream a little, and stir it into the preparation. Trim the savoy biscuits, and place them round the mould, fitting them closely together. When the cream is half set, pour it into the prepared mould. Put into a cool place until firm. When ready to serve, dip the bottom of the mould into warm water to loosen the jelly, turn out on to a glass dish, and serve.

Average cost, 1s. 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 or 5 persons.

2,544. CHARLOTTE DE POIRES (PEAR CHARLOTTE).

Bartlett pears.	wine jelly (No. 2,418).	1 gill cream.	$\frac{1}{4}$ oz. sugar.
pistachio-nuts.		sherry.	$\frac{1}{4}$ oz. gelatine.

Line a plain charlotte-mould with a very thin layer of wine jelly. Drain the pears, and then arrange a circle of them at the bottom of the mould, cutting them, if necessary, to make them fit. Place a few chopped pistachio-nuts in the centre where the pears meet. Set this in with a little liquid jelly. Cut four or five of the

pears in halves lengthways ; arrange these round the side of the mould, standing up, placing the first one with the thick end downwards, and the next one with the thin end down. Set these in with more wine jelly. It is best to place a smaller mould or a tumbler in the centre, and to fill round with the jelly. Rub some pears through a hair sieve, using any trimmings that may be left over, sufficient to make 1 gill of pulp. Whip the cream, stir in the pear-pulp, flavour with a little sherry. Melt the gelatine in one tablespoonful of the syrup from the pears, add the sugar, and dissolve over the fire. Strain into the pear-cream. Remove the glass from the centre of the mould by filling it with warm water. When the pear-cream begins to set, fill it into the hollow in the prepared mould. Put into a cool place to set. When firm, dip into a basin of warm water, and turn on to a dish ; decorate round with chopped wine jelly.

Average cost, 2s. Time required, 2 hours. Seasonable all the year. Sufficient for 5 or 6 persons.

2,545. CHARLOTTE DE MARRONS.

savoy biscuits.	$\frac{1}{2}$ lb. chestnuts.	1 gill water.	$1\frac{1}{2}$ gills cream.
royal icing (No. 2,178).	4 ozs. sugar.	vanilla.	$\frac{1}{4}$ oz. gelatine.

Split the savoy biscuits in halves, straighten them down each side, and cut a small piece off one end of each. Arrange these standing round the sides of a plain charlotte-mould. Fasten them to each other with a little royal icing. Leave it to get quite set ; then lift it out of the tin, and place on the dish that it is to be served in. Make a slit in each chestnut, place them in the oven until the shells and inner skins can be removed. After this is done, boil the chestnuts until tender, strain them, and rub them through a fine sieve. Make a syrup with the sugar and water ; when thick, mix it into the chestnuts ; also half the cream, whipped, and some vanilla essence. Melt the gelatine in a little water, strain into the chestnuts, and when set put it into the middle of the biscuits. Whip the rest of the cream rather stiffly, pile this on the top of the charlotte, and serve at once. The biscuits must be filled at the last minute, or otherwise they will not stand.

Average cost, 1s. 6d. Time required, 2 or 3 hours. Seasonable, November to February. Sufficient for 4 or 5 persons.

2,546. CHARLOTTE MOSAIC.

8 or 10 savoy biscuits.	3 yolks of eggs.	vanilla.	$\frac{1}{2}$ oz. gelatine.	preserved cherries.
wine jelly (No. 2,418).	1 oz. sugar.	1 gill cream.	$\frac{1}{2}$ pint milk.	! mixed fruits.

Have ready some mixed fruits, such as black and white grapes, cherries, apricots, etc., having as great a variety of colour as possible. Put a layer of these fruits at the bottom of a charlotte-mould, covering the bottom entirely, and arranging them carelessly. Set these in with enough wine jelly to cover them. Split the savoy biscuits, straighten the sides of each half-biscuit, and cut a small piece off one end. Line the sides of the timbale-mould with them, setting them upright and close against each other. Make a custard with the eggs, milk, and sugar, pour it into a basin, and flavour with vanilla. When it is cool, stir in 1 gill of whipped cream and a few of the mixed fruits, cut in small pieces. Melt the gelatine in a little water, strain it into the custard, and when nearly set pour into the prepared mould. Turn out on to a dish, garnish round with chopped wine jelly, and with a group of cherries in the centre of the charlotte.

Average cost, 2s. 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,547. CHARLOTTE AUX PISTACHES.

savoy biscuits.	$\frac{1}{2}$ pint milk,	1 oz. sugar.	$\frac{1}{2}$ oz. gelatine.
royal icing (No. 2,178).	1 gill cream.	3 yolks of eggs.	$\frac{1}{2}$ oz. pistachio-nuts.

Split the savoy biscuits in halves, coat the glazed side of each with royal icing, covering half of them with white icing, and the rest with pale green. If possible,

these biscuits should be prepared the day before, so that they can set firmly before using. Line a plain charlotte-mould with a layer of paper. Cut some of the biscuits in halves, and these to a point at one end. Arrange them in a circle round the bottom of the mould, first white, then green, and so on until the bottom is covered. Stand the rest of the biscuits round the side of the mould, placing the colours as before. Make a custard with the milk, sugar, and eggs; add the cream, slightly whipped, and the pistachio-nuts, blanched, peeled, and chopped. Melt the gelatine in a little water, strain it into the cream, and, when nearly set, fill it into the prepared mould. When firm, turn out, remove the paper, and place some chopped pistachio-nut in the centre of the charlotte, where the points of the biscuits meet.

Average cost, 1s. 9d. Time required, 2 or 3 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,543. CHARLOTTE À LA CRÉOLE.

savoy biscuits.	$\frac{1}{2}$ pint milk.	1 gill cream.	vanilla.	1 oz. chocolate.
water icing (No. 2,176).	1 oz. sugar.	3 yolks of eggs.	sherry.	$\frac{3}{4}$ oz. gelatine.

Split the savoy biscuits, coat the glazed side of each with water icing—one-third of them with white, one-third with pink, and one-third with chocolate. Put these aside to get perfectly set. Line a mould with paper. Cut some of the biscuits in halves, and then shape them to a point at one end. Arrange these round the bottom of the tin, alternating the colours. Stand the rest of the biscuits round the side of the mould, with the colours placed as at the bottom. Make a custard with the milk, sugar, and eggs, pour it into a basin, and add the cream, whipped. Divide this into three equal portions, colour one pink with cochineal, and flavour with sherry; one leave white, and flavour with vanilla; and the last flavour with the chocolate, melted in a very little milk. Stiffen each of these custards with $\frac{1}{4}$ oz. of gelatine, melted in water. When they are nearly set, fill them into the mould in layers. Turn out the charlotte, remove the paper, and serve.

Average cost, 2s. Time required, 2 or 3 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,549. CHARLOTTE D'ANANAS (PINEAPPLE CHARLOTTE).

pineapple. | wine jelly (No. 2,418). | 1 gill cream. | pistachio-nuts. | $\frac{1}{2}$ oz. sugar. | $\frac{1}{4}$ oz. gelatine.

Line a plain charlotte-mould with a thin layer of wine jelly. Cut some pineapple into triangular-shaped pieces, and fit them round the bottom of the mould. Fill the space in the centre where they meet with a few blanched and chopped pistachio-nuts. Set these in with a little wine jelly. Cut some strips of pineapple, about 1 inch broad, $\frac{1}{4}$ inch thick, and 3 or 4 inches long. (The preserved pineapple chunks are the best for this dish.) Arrange these fingers standing round the side of the mould, fitting them closely together; set in with wine jelly. Whip the cream, stir into it two tablespoonfuls of chopped pineapple. Melt the gelatine in a little of the pineapple syrup, add the sugar, and dissolve over the fire; strain into the cream, and when it begins to set pour into the mould. When quite firm, turn out, and garnish with chopped wine jelly.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable all the year. Sufficient for 4 or 5 persons.

2,550. CHARLOTTE MONTREUIL.

savoy biscuits.	4 yolks eggs.	2 ozs. sugar.	1 gill cream.	castor sugar.
$\frac{1}{2}$ pint milk.	1 oz. gelatine.	1 gill peach purée.	3 ripe peaches.	pistachio-nuts.

Cut some of the savoy biscuits in halves, shape the halves into heart-shaped pieces, and form with them a rosette at the bottom of a charlotte-mould; fill the hole in the centre with chopped pistachio-nuts. Line the sides of the mould with

the same biscuits, straighten their sides, and fit them closely together. Put the milk and sugar into a stewpan, bring to the boil ; whip the yolks of eggs in a basin, pour the milk on to them, stirring while doing so ; return to the saucepan, and make the custard. Turn this into a basin, and let it get cold ; then mix in the peach purée. Whip the cream lightly, and stir it into the rest of the ingredients. Melt the gelatine in a little water, and strain it into the mixture. Set this on ice, stir it occasionally, and as soon as it begins to set pour it into the prepared mould. The peaches are to be cut in slices, sweetened with castor sugar, and arranged in layers in the mould between the mixture. When the cream is quite set, turn it upside down on to a dish, and lift the mould off carefully. Serve cold.

Average cost, 3s. Time required, 30 minutes to make. Seasonable, August to October. Sufficient for 4 or 5 persons.

2,551. CHARLOTTE DE BANANES (BANANA CHARLOTTE).

10 bananas. | 1 gill cream. | $\frac{1}{4}$ oz. gelatine. | $\frac{1}{2}$ oz. sugar. | wine jelly (No. 2,418).

Rinse a plain charlotte-mould with cold water ; melt some wine jelly, and pour a very thin layer into the mould. When this is quite set, place a smaller mould in



FIG. 203.—CHARLOTTE DE BANANES.

the charlotte-tin, and fill between the two moulds with more wine jelly. Skin five of the bananas, split them in halves lengthways, and then across. Shape each of these into triangles, by cutting them to a point at one end. When the jelly is set, take out the smaller mould, by filling it with warm water and at once lifting it out. Arrange the pieces of banana on the bottom of the mould in a circle, with the points meeting in the centre, taking care that they fit closely. Pour a little liquid jelly over, and let it set. Skin the remaining bananas, and split them in halves lengthways ; cut a small piece off one end of each, and then arrange them round the sides of the mould, making them stand upright, and also cutting them to the proper length. Place a jar or tin in the centre, and fill round with more liquid jelly, in order to set the bananas. Rub all the pieces of banana that are left over through a hair sieve. Whip the cream, and then stir in the sieved banana. Melt the gelatine in a little water, stir in the sugar, and dissolve it over the fire ; strain this into the banana cream, and stir it occasionally until it begins to set. Remove the jar or tin from the charlotte-mould by filling it with warm water. Pour the banana cream into

the cavity, and put aside to set. When quite firm, dip the mould in warm water to loosen the jelly, and then turn out on to a glass or silver dish. Garnish round with chopped wine jelly, and serve.

Average cost, 2s. 3d. Time required, 2 hours. Seasonable all the year. Sufficient for 4 or 5 persons.

2,552. BORDURE À LA PRINCESSE.

2 eggs.	1 oz. butter.	1 oz. ground	1 pint wine	meringue shells.
2 ozs. sugar.	1 glass Marsala.	almonds.	jelly.	glacé cherries.
vanilla essence.	2 ozs. chocolate.	2 ozs. flour.	whipped cream.	pistachio-nuts.

Break the eggs into a basin, add the sugar, place the basin on a stewpan of hot water, and beat until the mixture is the consistency of thick cream; remove from the water, stir in the flour, mixed with a little baking-powder, the ground almonds, and the melted butter. Stir all together quickly and lightly. Pour the mixture into a well-buttered savarin border-mould, put in the oven, and bake for about fifteen to twenty minutes. When done, turn out on to a sieve to cool. As soon as the cake is cold, put it on to a plate, and pour over it a glass of Marsala or any kind of white wine; let it soak. Take another border-mould, a size larger than the one the cake was baked in, pour into the bottom a thin layer of wine jelly; let this set. Then decorate tastefully with glacé cherries and pistachio-nuts; sprinkle in some more jelly, so as to set the decoration. Melt the chocolate after it has been grated in a little wine jelly; as soon as melted add sufficient jelly to it to line the mould all over. To do this, put in a layer of the chocolate jelly at the bottom of the mould, put on ice and let set, then coat the sides by turning the mould on ice until the jelly sets round the sides. When coated, put on ice to get firm. Next put the soaked cake carefully into the border-mould, add a little wine jelly, just sufficient to set the cake, then fill up with jelly, taking care not to displace the cake in doing so. Put on ice to get quite set and firm. Whip some cream. Turn out the mould by dipping it in warm water, place it on a glass or silver dish, fill the centre with whipped cream, flavoured and sweetened to taste; pile it up in the shape of a pyramid; arrange some very small meringue shells in rows all over the cream, leaning against it. Colour a little whipped cream with a drop of cochineal a pretty pink colour, put this into a forcing-bag with a rose-pipe, and decorate between the meringues with it. The dish is now ready to serve.

Average cost, 3s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

2,553. ÎLE FLOTTANTE (FLOATING ISLAND).

1 sponge	2 glasses sherry.	pistachio-	2 ozs. sugar.	2 whites of eggs.
cake.	$\frac{1}{2}$ glass brandy.	nuts.	$\frac{3}{4}$ pint milk.	$1\frac{1}{2}$ gills cream.
apricot jam.	$\frac{1}{2}$ oz. almonds.	vanilla.	4 yolks.	lemon-rind.

Take a stale sponge cake, made in a tall mould, cut it into thin slices. Blanch the almonds, chop them finely. Spread the slices of cake with apricot jam, sprinkle over some chopped almonds. Put the slices together again, so that the cake is built up into its original shape. Place this on a plate, and pour over the wine and brandy; soak it well. As the liquor runs out, take it up with a spoon and pour over again; continue in this way until the cake has absorbed the whole of the liquor. Boil the milk, sugar, and thinly-peeled lemon-rind together; beat the eggs in a basin, pour on to them, whilst stirring, the hot milk. Return to the saucepan, and make the custard in the usual way; turn it into a basin, and let it get cold. Whip the cream, flavour with vanilla, sweeten to taste, and cover the cake all over with it. Chop some blanched pistachio-nuts, sprinkle them over the cream. Dish up the cake, pour the custard round the base of the dish, and serve cold.

Average cost, 2s. 9d. Time required, 1 to $1\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 persons.



Tangerine Soufflé

COLD SOUFFLÉS

2,554. SOUFFLÉ À LA MILANAISE.

3 eggs.	2 lemons.	few drops of	1 gill wine jelly.
4 ozs. sugar.	1½ gills cream.	vanilla.	2 macaroons.

Put the sugar into a basin, with the egg-yolks; the whites of eggs put into another basin, and stand in a cool place until required. Whisk the yolks and sugar over a saucepan of boiling water until thick, the consistency of thick cream. Grate the rind of the lemons; care must be taken not to remove any of the white pith, or the sweet will have a bitter taste. Squeeze out the juice of the lemons, strain it to the eggs and sugar, and add the rind. Whisk the whites of the eggs to a stiff froth, whip the cream, add these to the other ingredients. Lastly, stir in the wine jelly, which has previously been whipped to a froth. Mix all well together, add a few drops of vanilla, and stir until beginning to set. Have ready a soufflé-dish, with a band of paper tied round outside, coming 2 inches above the top of the mould. Turn the



FIG. 204.—SOUFFLÉ À LA MILANAISE.

soufflé into this, and place it in an ice-cave for two hours. When set and ready to serve, remove the band of paper carefully, and sprinkle the top with crushed macaroons. Dish up, and serve cold.

Average cost, 1s. 9d. Time required, 30 minutes to make. Seasonable always. Sufficient for 5 persons.

2,555. SOUFFLÉ D'ORANGES (ORANGE SOUFFLÉ).

3 eggs.	1 gill orange-juice.	1½ gills cream.	½ oz. gelatine.
2 ozs. sugar.	grated rind of 2 oranges.	1 orange.	pistachio-nuts.

Prepare a china soufflé-mould by tying a band of paper round the outside so that it comes 2 inches above the top of the mould. Separate the yolks and whites of the eggs. Put the yolks into a basin with the sugar, stand it over a saucepan of boiling water, and whisk it until it becomes thick and the eggs are cooked. Take the basin off the water, add the orange-rind and juice. Whip the cream, and stir into the mixture; also the stiffly-beaten whites of eggs. Melt the gelatine in a little water, strain, and stir into the soufflé. Pour into the prepared mould, and put on the ice to set. When quite firm, remove the band of paper. Peel the orange, take

away all pith and pips, break it into its natural divisions, and arrange them in a circle on the top in the centre of the soufflé. Decorate with slices of pistachio-nut in the form of a leaf, and with whipped cream through a forcing-bag. Dish up on a lace paper, and serve. (See coloured plate.)

Average cost, 1s. 6d. Time required, 30 minutes to make. Seasonable, November to June. Sufficient for 4 or 5 persons.

2,556. SOUFFLÉ À LA PARME.

3 eggs.	1 oz. crystallized	4 marrons glacés.	angelica.
3 ozs. castor sugar.	Parma violets.	vanilla essence.	$\frac{1}{2}$ gill whipped
$1\frac{1}{2}$ gills cream.	$\frac{1}{2}$ oz. gelatine.	1 liqueur glass maraschino.	cream.

Separate the yolks and whites of eggs ; put the yolks and sugar into a basin, and whisk them over a saucepan of boiling water until the consistency of thick cream. Cut the marrons glacés (chestnuts) into dice, put them into a basin, and pour over them the maraschino ; let them soak until required. Melt the gelatine in a little water. Keep a few of the violets back for decoration, and crush the remainder.



FIG. 205.—SOUFFLÉ À LA PARME.

Whip the cream slightly ; whisk the whites of eggs to a stiff froth. Stir the cream, the violets, gelatine, whisked whites, and the soaked chestnuts into the yolks of eggs and sugar, flavour with vanilla ; mix all well together. Stir over ice until the mixture begins to set, then turn into a mould, with a band of paper tied round the outside and coming 2 inches above the top. Let it set on ice. When ready to serve, take off the paper band carefully, and decorate the top with whipped cream through a forcing-bag, and with crystallized violets and angelica. Dish up, and serve.

Average cost, 2s. 6d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

2,557. SOUFFLÉ D'ABRICOTS (APRICOT SOUFFLÉ).

4 eggs.	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ oz. gelatine.	1 small glass maraschino.	chocolate sauce
$\frac{1}{2}$ lemon.	4 ozs. sugar.	pistachio-nuts.	$1\frac{1}{2}$ gills apricot-pulp.	(No. 151).

Prepare a soufflé-mould by tying a paper band round the outside so that it comes 2 inches above the top of the mould. Separate the yolks and whites of the eggs. Put the yolks into a basin with the sugar, beat over a saucepan of hot water until the mixture becomes thick like cream. Melt the gelatine in a little

water or apricot-juice ; whip $1\frac{1}{2}$ gills of cream ; add this, the apricot-pulp, the gelatine, and the juice of lemon, to the yolks and sugar ; flavour with the maraschino. Whisk the whites of the eggs to a stiff froth, stir them lightly into the mixture, put the basin on ice, and stir until the preparation begins to set ; then pour into the prepared mould. Put on ice or into an ice-cave until quite firm. Before serving, take off the band of paper carefully. Whip the remaining $\frac{1}{2}$ gill of cream stiffly, put it into a forcing-bag with a fancy pipe, and decorate the top of the soufflé ; sprinkle over some chopped pistachio-nuts, and serve, accompanied with chocolate sauce, either hot or cold.

Average cost, 2s. 6d. Time required, 30 minutes to make. Seasonable always. Sufficient for 5 persons.

2,558. SOUFFLÉ À LA PRINCESSE (PRINCESS SOUFFLÉ).

1 gill milk.	$1\frac{1}{2}$ gills orange-juice or a	2 ozs. sugar.	$\frac{1}{2}$ lemon.
3 eggs.	purée of fruit.	$\frac{3}{4}$ oz. gelatine.	cochineal.

Put the milk and sugar into a saucepan. Separate the yolks and whites of the eggs ; beat the yolks in a basin. When the milk is hot, stir it on to the yolks ; return to the saucepan, and make the custard. It must not boil. As soon as it thickens, strain into a basin, and let it get cold ; add to it the orange-juice, or a purée of any kind of soft fruit, such as apricots, strawberries, raspberries, etc., squeeze in the juice of half a lemon. Melt the gelatine in a little water, strain it into the custard. Whisk the whites of the eggs to a very stiff froth, add it to the rest of the ingredients, stir all together lightly. Put the basin on ice, and stir until the mixture begins to set. Then turn it into a fancy mould, or into a soufflé-dish with a paper band attached to it. When set, turn it out of the mould, garnish with chopped jelly round the base. If set in a soufflé-dish, take the paper off, and send to table in the same dish.

Average cost, 1s. Time required, 40 minutes to make. Seasonable always. Sufficient for 5 or 6 persons.

2,559. SOUFFLÉ DE GROSEILLES VERTES (GOOSEBERRY SOUFFLÉ).

3 eggs.	3 ozs. sugar.	$1\frac{1}{2}$ gills cream.	$\frac{1}{2}$ oz. gelatine.	$\frac{1}{2}$ pint green gooseberries.
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Top and tail the gooseberries, put them into a saucepan with a little water, and cook over the fire until quite tender ; then rub through a hair sieve, keeping back twelve whole gooseberries. Separate the yolks and whites of the eggs, add the sugar to the yolks, and beat them together over a saucepan of hot water until the eggs are thick and creamy. Take the basin off the water, and stir in the sieved gooseberries. Whip 1 gill of cream, and stir it into the soufflé. Whisk the whites of eggs very stiffly, and add also. Melt the gelatine in a little water, strain it into the soufflé, and keep it stirred occasionally until it begins to set. Have ready a soufflé-dish, with a band of paper tied round the outside, and coming about 2 inches above the top. Pour the soufflé into this, and put aside to get quite firm. Then remove the band of paper, scoop a little out of the centre of the mixture, and fill the hollow with the whole gooseberries. Whip the rest of the cream stiffly, put it into a forcing-bag, and decorate the top of the soufflé with it.

Average cost, 1s. 3d. Time required, 2 hours. Seasonable, April to May. Sufficient for 4 or 5 persons.

2,560. MOUSSES AU CHOCOLAT.

$\frac{1}{4}$ lb. chocolate.	2 ozs. chopped almonds	1 gill cream.	4 yolks and 1 white of egg.
$\frac{1}{2}$ oz. castor sugar.	or walnuts.	vanilla or ratafia.	$\frac{1}{2}$ gill milk.

Cut up the chocolate, put it into a small stewpan, add the milk to it, and melt over the fire ; let it get cold. Put the eggs and sugar into a basin, and place this on a saucepan of boiling water, and whisk until it is the consistency of thick cream ; then remove the basin from the saucepan, and beat until the mixture is cold.

Whip the cream and stir it in gently ; add the melted chocolate. Blanch the nuts—either almonds or walnuts—chop them finely, and add them to the rest of the ingredients ; flavour with a few drops of vanilla or ratafia essence. Fill some custard-glasses with this mixture, and serve cold.

Average cost, 1s. 6d. Time required, 20 minutes to make. Seasonable at all times. Sufficient for 6 persons.

2,561. SOUFFLÉ AU CHOCOLAT.

3 eggs.	2 ozs. chocolate.	few drops vanilla.	1½ gills cream.
1½ ozs. sugar.	1 tablespoonful white wine.	½ oz. almonds.	½ oz. gelatine.

Separate the yolks and whites of the eggs, put the yolks into a basin with the sugar, whisk over a stewpan of boiling water until the consistency of thick cream. Blanch the almonds, chop them finely, place them on a baking-tin in the oven, and cook until a light brown. Chop the chocolate finely, melt it in a little milk over the fire ; whisk the whites of the eggs to a stiff froth, and whip the cream slightly ; melt the gelatine in a little water ; mix all these ingredients together,



FIG. 206.—SOUFFLÉ AU CHOCOLAT.

with the yolks and sugar, flavour with the wine and a few drops of vanilla essence. Stir the mixture over ice until beginning to set ; then turn into a soufflé-case that has had a band of paper tied round the outside, coming 2 inches above the top of the mould. Place the soufflé in an ice-cave or on ice until required. When about to serve, take off the paper carefully, and decorate the top of the soufflé with whipped cream, using a forcing-bag and fancy pipe for this purpose.

Average cost, 1s. 6d. Time required, 30 minutes to make. Seasonable at all times. Sufficient for 5 or 6 persons.

SIMPLE COLD SWEETS

2,562. BANANA BLANC-MANGE.

1½ pints milk.	2 bananas.	2 ozs. sugar.	2½ ozs. cornflour.	2 yolks eggs.	vanilla.
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Mix the cornflour with a little of the milk to a smooth paste. Put the remainder of the milk into a stewpan with the sugar, and bring to the boil ; stir the cornflour into it. As soon as it thickens, add the well-beaten yolks of the eggs. Stir over

the fire until the eggs are cooked. Rub the bananas through a hair sieve, mix this purée into the cornflour ; flavour with vanilla. Pour this mixture into a mould that has been rinsed out with cold water ; put on ice or in a cool place to set. When ready to serve, dip the mould into warm water, turn out on to a cold dish, and serve.

Average cost, 8d. Time required, 20 minutes to make. Seasonable at all times. Sufficient for 5 persons.

2,563. COLD RHUBARB PUDDING.

1 lb. rhubarb. | 1 quart water. | 4 ozs. sugar. | 4 ozs. florador. | 1 lemon. | cochineal.

Wipe the rhubarb with a damp cloth, trim the ends, and cut it up into small pieces ; put it into a saucepan with the water and the thinly-peeled rind of a lemon ; bring to the boil, then sprinkle in the florador ; simmer until the florador is transparent. Take out the lemon-rind, add the strained juice of the lemon, and a few drops of cochineal to make it a pretty colour. Turn the mixture into a wetted mould, and let it set. Turn out, and serve with custard, or it can be eaten plain.

Average cost, 4d. Time required, 30 minutes. Seasonable, January to July. Sufficient for 5 persons.

2,564. TAPIOCA BLANC-MANGE.

1½ pints milk. | 1 lemon. | 5 ozs. tapioca. | 2½ ozs. sugar.

Put the tapioca into a basin, cover it with 1 pint of cold water, and let it soak for some hours. Put the milk on to boil, with the sugar and the thinly-peeled rind of the lemon. When the milk boils, stir in the tapioca, bring to the boil and simmer for twenty minutes. Pour into a wetted mould, and let it get cold. When firm, turn it out, and serve with any kind of stewed fruit.

Average cost, 6d. Time required, 30 minutes to make. Seasonable always. Sufficient for 5 persons.

2,565. RICE SHAPE.

1 quart milk. | 6 ozs. whole rice. | jam.

Put the milk into a stewpan, bring to the boil, then sprinkle in the rice ; boil until the rice is tender and has absorbed the milk. When done, turn it into a wetted mould. As soon as it is cold and set, turn it out on to a dish, and serve with any kind of jam.

Average cost, 8d. Time required, 45 minutes. Seasonable at all times. Sufficient for 6 persons.

2,566. FAIRY BUTTER.

¼ lb. butter. | ½ gill sherry. | 4 hard-boiled yolks | ¼ lb. macaroons. | ½ gill brandy.
2 ozs. ground almonds. | ¼ lb. sugar. | of eggs. | whipped cream. | pistachio-nuts.

Put the butter and the yolks of the hard-boiled eggs into a basin, and work them to a cream with a wooden spoon ; then add the ground almonds and sugar ; stir in the wine and brandy. Put a layer of macaroons in a glass dish, soak them with sherry, then lay the mixture smoothly over. Whip some cream and pile it over. Chop a few pistachios, and decorate with them.

Average cost, 2s. 4d. Time required, 20 minutes. Seasonable always. Sufficient for 4 or 5 persons.

2,567. CHARLOTTE DE FRUITS (FRUIT CHARLOTTE).

stale bread. | 1 lb. raspberries. | ½ lb. red currants. | sugar. | custard sauce.

Remove the crust from some stale bread, then line a pudding-basin with it by cutting it in fingers and fitting them closely together. Pick off the stalks from the fruit, place it in a saucepan, with a very little water, and sugar to taste. Stew over the fire until the fruit is done, and then pour half of it into the basin ; put a layer of bread, then the rest of the fruit. Cut a round of stale bread, place it on the fruit, with a plate on top ; press until cold. As the juice comes out it should

be poured back again, until the bread has absorbed it. Turn out on a dish, and serve with cold custard sauce. This sweet can be made with any kind of juicy fruit.

Average cost, 8d. Time required, 4 hours. Seasonable in the summer. Sufficient for 4 or 5 persons.

2,568. LÊCHE CRÈME (MILK CREAM).

2 tablespoonfuls flour.	3 yolks of eggs.	1 white of egg.
1½ pints milk.	¼ lb. ratafias.	2 tablespoonfuls sugar.

Mix the flour in a basin with 1 gill of milk, add the well-beaten eggs. Put the rest of the milk into a stewpan with the sugar, bring to the boil. Pour the hot milk on the eggs, etc., quickly stirring meanwhile. Return the mixture to the saucepan, stir over the fire until thick. Arrange the ratafias in a glass dish, pour the mixture over. When quite cold it is ready to serve.

Average cost, 10d. Time required, 15 minutes to make. Seasonable at all times. Sufficient for 4 persons.



FIG. 207.—BIRD'S-NEST PUDDING.

2,569. BIRD'S-NEST PUDDING.

3 eggs.	3 ozs. butter.	½ pint blanc-mange.	pistachio-nuts or	angelica.
3 oz. flour.	4 ozs. sugar.	pinch of baking-powder.	cocoanuts.	apricot jam.

Break the eggs into a basin, add the sugar to them, and beat over a saucepan of hot water until the mixture is the consistency of thick cream. Melt the butter; sieve the flour and baking-powder together. Stir the butter and flour quickly and lightly into the egg mixture, turn into a well-buttered mould, and bake in a moderate oven for fifteen to twenty minutes. Turn out when done, and let the cake get cold. Rub some apricot jam through a hair sieve, put a thin layer of this over the cake, roll it either in chopped pistachio-nuts or in desiccated cocoanut. Stand it on a dish. Have ready some blanc-mange eggs, fill the centre with these, and arrange round the base of the nest some pieces of angelica to represent twigs. The sweet is then ready to serve. The blanc-mange eggs are made by either filling some egg-moulds with blanc-mange, or by emptying out some eggs, and using the shells. The eggs must be emptied through as small a hole as possible. When set, the shells are broken away carefully.

Average cost, 10d. Time required, 1½ hours to make and set. Seasonable all the year. Sufficient for 5 or 6 persons.

2,570. RATAFIA-MOULD.

ratafias.	$\frac{1}{2}$ oz. sugar.	stale sponge	2 whites of eggs.
$\frac{1}{2}$ pint milk.	4 yolks of eggs.	cake.	cherries.

Well butter a dome-shaped pudding-mould, line it all over with ratafias, pressing them on firmly to the mould. Three-parts fill the mould with alternate layers of slices of stale sponge cake and ratafias, placing a few cherries between each layer. Put the milk and sugar into a saucepan, beat the eggs in a basin, and when the milk is hot, but not boiling, stir it on to the eggs. When this has cooled a little, pour it very carefully into the mould. Cover with a piece of buttered paper, place in a steamer, and let it cook very gently for about three-quarters of an hour. When the custard is firm, take it out of the steamer, turn out on to a dish, and allow it to get cold. Cream or custard can be served separately with this pudding. Care must be taken not to let it steam quickly, or the custard will be full of holes.

Average cost, 1s. Time required, 1 hour. Seasonable all the year. Sufficient for 4 persons.

2,571. COLD CABINET PUDDING.

apricot jam.	1 pint milk.	3 yolks of	$\frac{1}{2}$ oz. gelatine.
stale bread.	1 oz. sugar.	eggs.	1 lemon.

Put the milk, sugar, and rind of the lemon in a saucepan, and heat over the fire. Beat the yolks of the eggs, pour the milk on to them, return to the saucepan, and stir over the fire until the eggs are cooked; it must not be allowed to boil. Pour the custard into a basin. Melt the gelatine in a little water, and strain into the custard. Cut some slices of stale bread, spread them thickly with apricot jam, and loosely fill a timbale-mould with it. When the custard is cool, strain it on to the bread, cover with a saucer, and press until firm. Turn out, and serve.

Average cost, 1s. Time required, 4 hours. Seasonable all the year. Sufficient for 4 persons.

2,572. JAM SPONGE PUDDING.

stale sponge cake.	wine.	1 oz. sugar.	2 eggs.
jam.	1 pint milk.	vanilla.	2 yolks of eggs.

Split the sponge cake, spread thickly with any kind of jam, and put together again. Cut it into nice-sized pieces, place them in a deep dish, and pour a little wine over them. Let this stand until the wine is absorbed. Put the milk and sugar into a saucepan; when hot, but not boiling, pour it on to the beaten eggs. Return to the saucepan, and stir over the fire until the eggs are cooked, but do not let it boil. When this custard has cooled, pour it over the sponge cakes, and then leave until quite cold. This pudding can be ornamented with glacé cherries and angelica before serving. Stale swiss-roll may be used for this sweet, in which case the jam would not be required.

Average cost, 8d. Time required, 30 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,573. CHOCOLATE BLANC-MANGE.

1 pint milk.	$1\frac{1}{2}$ ozs. chocolate.	$\frac{1}{2}$ oz. sugar.	$1\frac{1}{2}$ ozs. cornflour.
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Grate or chop the chocolate very finely, put it into a saucepan with 1 gill of milk, stir over the fire until it is melted. Mix the cornflour with a little of the remaining milk, put the rest into a saucepan with the sugar, and, when boiling, stir it on to the cornflour. Return to the saucepan, add the chocolate mixture, and

stir over the fire until it boils ; let this cook for five or ten minutes. Rinse a mould with cold water, pour in the blanc-mange, and put away to cool. When firm, turn out, and serve cold.

Average cost, 5d. Time required, 15 minutes to make. Seasonable all the year. Sufficient for 3 or 4 persons.

2,574. SAGO AND FRUIT SHAPE.

$\frac{1}{2}$ lb. fruit. | sugar to taste. | $\frac{1}{4}$ lb. sago. | $\frac{1}{2}$ pint water.

Wash the sago, and put it to soak in 1 gill of water for fifteen minutes. Stew the fruit in 1 gill of water until tender ; sweeten it to taste. Stir in the sago and the water that it was soaked in. Cook over the fire for about ten to fifteen minutes. Rinse a mould with cold water, pour in the fruit and sago, and leave to set. When firm, turn out, and serve. Any kind of fruit can be used for this dish.

Average cost, uncertain, according to the kind of fruit used. Time required, 30 minutes to make. Seasonable all the year. Sufficient for 4 persons.

2,575. GROUND-RICE MOULD.

1 pint milk. | 1 lemon. | 1 oz. sugar. | 3 ozs. ground rice. | jam.

Mix the rice with a little of the milk. Put the rest into a saucepan, with the sugar and thinly-peeled rind of the lemon ; let this come very slowly up to the boil, then strain it on to the ground rice. Return to the saucepan, and stir over the fire for ten minutes. Pour into a mould that has been rinsed out in cold water, and leave it to set. Turn out, and serve with jam.

Average cost, 4d. Time required, 20 minutes to make. Seasonable all the year. Sufficient for 3 or 4 persons.

2,576. GOOSEBERRY FOOL.

1 pint green gooseberries. | 1 pint milk. | sugar.

Cut off the tops and stalks from the gooseberries, wipe them, and then put into a saucepan, with a little water and sugar to taste. Cook these over the fire until the gooseberries are quite tender, then rub them through a hair sieve. Put this purée into a basin, and, if not sweet enough, stir in some more sugar. Mix in 1 pint of milk, pour it into a deep dish, and serve cold. This dish is greatly improved if cream is used instead of milk, or if $\frac{1}{2}$ pint of cream and $\frac{1}{2}$ pint of milk is stirred in.

Average cost, 4d. Time required, 30 minutes. Seasonable, April to June. Sufficient for 4 persons.

2,577. ANANAS À LA NEIGE (PINEAPPLE SNOW).

$\frac{1}{2}$ pineapple. | 1 glass sherry. | $\frac{3}{4}$ oz. gelatine.
2 ozs. sugar. | 2 gills water. | 2 whites of eggs.

Take either a fresh or preserved pineapple, cut it up into dice, put this, with the water and sugar, into a stewpan, place on the fire, and bring to the boil ; simmer gently for ten minutes. Melt the gelatine in a little water, strain into the pineapple, turn all into a basin, add the sherry, and let cool. Whisk the whites of eggs to a stiff froth, and add them to the other ingredients. Beat all together over ice until stiff. Dish it up in a pile on a glass dish, and serve.

Average cost, 10d. Time required, 1 hour. Seasonable always. Sufficient for 6 persons.

2,578. COMPOTE DE RAISINS (COMPOTE OF GRAPES).

1 or 2 bunches of black or white grapes. | 1 gill water. | 4 ozs. sugar.

Make a thick syrup with sugar and water. Pick the grapes from the stems very carefully, so as not to break the fruit, put them into the syrup, let them simmer in this for about five minutes. Leave until cold, and then pour into a compote-dish, and serve.

Average cost, uncertain. Time required, 15 minutes. Seasonable all the year. Sufficient for 4 or 5 persons.

2,579. LEMON SPONGE.

1 lemon. | $\frac{1}{2}$ pint water. | $\frac{1}{2}$ oz. gelatine. | 2 ozs. sugar. | 1 white of egg.

Melt the gelatine in the water over the fire, grate the lemon-rind, and add it to the gelatine. Strain the juice of the lemon into a basin, add the sugar, break in the white of an egg, strain the melted gelatine on to it, and whisk all together until quite stiff. Dish up in a pile on a glass dish, or it can be put into a mould and turned out when required.

Average cost, 4d. Time required, 2 hours. Seasonable always. Sufficient for 6 persons.

CHAPTER XXIX

GLACES (ICES)

HINTS ON ICE-MAKING

FOLLOW the recipes exactly, using the ingredients mentioned in the right proportions.

Too much sugar will prevent the ice getting firm. Too little sugar will make the ice freeze too hard.

All mixtures made for ices should be quite cold before putting into the freezing-machine.

Always, before lifting the lid of the freezer, wipe it, in order that no salt may get into the ice.

Rough ice and freezing-salt are necessary to the freezing of ices. The quantity of salt to that of the ice is 1 to 8—that is, 8 pounds of ice to 1 pound of salt.

To prepare an ice-machine for freezing : Fix the centre cylinder in position, put round it in the tub a layer of ice, which should be broken up small, then over this sprinkle a layer of salt ; then put in another layer of ice and salt in the same way. The freezing-pot should stand one-third above the ice, so that there is no danger of any salt getting into the mixture. When this is completed, pour the preparation to be frozen into the pot, put on the lid, fix on the top of the machine with the handle, turn this until the freezing is accomplished. These machines are the most satisfactory for making ices, as they contain two fans which revolve inside in a different direction to the cylinder itself, and so loosen the part of the mixture nearest to the sides, and the ice is smoother than when mixed with a spatula. Sometimes the old-fashioned freezing-pot is used, which is put in a tub of ice and salt, in the above proportions. In that case the freezing-pot is turned by hand, and the preparation which freezes round the sides of the pot must be removed with a spatula, so that the preparation becomes equally frozen all through. The quality of the ice depends greatly on the way this operation is effected.

2,580. THE MOULDING OF ICES.

The moulds used for ices should be of pewter, made especially for the purpose, with close-fitting lids. Fill the mould or moulds carefully, press the mixture well down into the mould, put on the lid, and wrap it in grease-proof paper, in order to prevent the salt getting into it. If the lid is not perfectly tight, a piece of oiled paper should be put between the mould and the lid, so as to tighten it. When filled, pack it in a pail of ice and salt, and leave it there for one to two hours, according to the consistency of the ice. To serve, take the mould out of the pail of ice, take off the paper, wipe it so that there may be no danger of salt getting into it, dip it for a minute into cold water to loosen the ice from the side of the mould, and turn it out on to a dish, with a folded napkin arranged on it. Serve at once.

There are many different kinds of ices, but they are all made from two great foundations—namely, custard, or cream ices, and water ices. To these may be added soufflés, mousses, sorbets, bombes, parfaits, etc., which vary somewhat in their preparation.

2,581. GLACE À LA CRÈME DE FRAISES (STRAWBERRY-CREAM ICE).

1 lb. strawberries. | $\frac{1}{2}$ pint cream. | a few drops of cochineal. | 3 ozs. castor sugar.

Take the stalks off the strawberries, rub them through a hair sieve with a wooden spoon. Whip the cream slightly, mix the strawberry purée into it, sweeten with the sugar, add a few drops of cochineal, and freeze as directed above. When the mixture is well frozen, pack it into a mould, and bury it in ice and salt until required.

Average cost, 2s. 3d. Time required, 30 minutes. Seasonable, June to August. Sufficient for 6 persons.

2,582. GLACE À LA VANILLE (VANILLA ICE-CREAM).

$1\frac{1}{2}$ pints milk. | $\frac{1}{2}$ pint cream. | 4 ozs. sugar. | 6 yolks of eggs. | $\frac{1}{2}$ teaspoonful vanilla essence.

Put the milk, with the sugar, into a stewpan, add the vanilla-pod ; beat the eggs in a basin ; let the milk get hot, but not boiling, strain it on to the eggs, stirring meanwhile. Return to the saucepan, and make the custard. As soon as it thickens strain it into a basin. Let the custard get perfectly cold, add the vanilla, then freeze it until half frozen. Whip the cream slightly, and pour it on to the custard. Continue to freeze until well frozen. Use as directed.

Average cost, 1s. 9d., exclusive of ice and freezing-salt. Time required, 15 minutes to freeze. Seasonable at all times. Sufficient for 8 persons.

2,583. GLACE AU CHOCOLAT (CHOCOLATE-CREAM ICE).

4 ozs. choco- | 1 pint milk. | 4 ozs. sugar. | vanilla.
late. | 1 gill water. | 4 egg-yolks. | $\frac{1}{2}$ pint cream.

Grate the chocolate, put it into a stewpan with the water, and melt it. Boil the milk with the sugar, beat the eggs, pour the milk on to the eggs ; return to the saucepan, and stir until it thickens ; it must not boil. Turn the custard into a basin, add the melted chocolate to it, and let it get cold ; then add some vanilla essence. Put this mixture into a freezing-machine, and freeze in the usual way. As soon as it is half frozen, add the cream, slightly whipped. Continue to freeze until the mixture is quite firm. Turn into a mould, bury in ice and salt until required.

Average cost, exclusive of ice and salt, 1s. 10d. Time required, 15 minutes to freeze. Seasonable at all times. Sufficient for 8 to 10 persons.

2,584. GLACE AU MOKA (COFFEE ICE).

1 pint good coffee. | 4 ozs. sugar. | vanilla. | $\frac{1}{2}$ pint cream. | 1 gill milk.

Make 1 pint of strong coffee, add the sugar and milk, flavour with a few drops of vanilla. Put this into a freezing-machine when cold, and freeze until half done. Whip the cream lightly, and add to the coffee ; continue to freeze until quite firm and hard. Pack the ice into an ice-mould, bury it in ice and salt, and keep it there until required. When ready to serve, turn it out on to a folded napkin, arranged on a dish, and serve at once.

Average cost, exclusive of ice and salt, 1s. 6d. Time required, about 15 minutes to freeze. Seasonable at all times. Sufficient for 8 or 9 persons.

2,585. GLACE À LA GRAPPE DE MUSCAT (MUSCATEL-GRAPE ICE).

$\frac{1}{2}$ lb. muscatel grapes. | 1 pint cream. | 1 glass sherry. | 1 lemon. | 1 gill syrup.

Put the grapes on to a hair sieve, and rub the pulp through with a wooden spoon into a basin ; add the syrup and the juice of the lemon. Turn this into a freezer, and freeze until half frozen. Whip the cream slightly, and add it to the grape mixture with the wine. Continue the freezing until the mixture is quite firm. Pack it into an ice-mould, and bury in ice and salt until required.

Average cost, 4s. Time required, 20 minutes to freeze. Seasonable in the summer. Sufficient for 8 to 10 persons.

2,586. GLACE D'ABRICOT (APRICOT ICE).

1 lb. ripe apricots. | 4 ozs. sugar. | $\frac{1}{2}$ pint cream. | 1 lemon. | $\frac{1}{2}$ pint water.

Slit the apricots in halves, take out the stones, and put the fruit into a stewpan, with the sugar and water; put the pan on the fire, and simmer until the apricots are tender. When tender, rub the apricots through a hair sieve; add the juice of the lemon to the purée. Turn into a basin, and let it get cold. Whip the cream lightly, and stir into the fruit pulp. Freeze in the usual way.

Average cost, 2s. Time required to freeze, about 15 minutes. Seasonable, August to September. Sufficient for 6 persons.

2,587. GLACE À LA CRÈME DE BANANES (BANANA ICE-CREAM).

6 ripe bananas. | 1 lemon. | 3 gills milk. | 4 yolks of eggs. | 3 ozs. sugar. | $\frac{1}{2}$ pint cream.

Skin the bananas, put them on to a hair sieve, and rub them through into a basin with a wooden spoon. Add to this purée the juice of one lemon. Put the milk into a stewpan with the sugar and the rind of the lemon; beat up the yolks of the eggs in a basin, strain the milk on to them; return to the saucepan, and stir until the custard is made. Mix this into the banana purée. Whip the cream lightly, and mix it to the rest of the ingredients as soon as the custard is cool enough. When quite cold, put the mixture into a freezing-machine, and freeze in the usual way.

Average cost, 1s. 6d. Time required, 20 minutes to freeze. Seasonable all the year. Sufficient for 6 to 8 persons.

2,538. GLACE À LA CRÈME DE NOIX (WALNUT-CREAM ICE).

4 ozs. walnuts. | 3 gills milk. | 4 ozs. sugar. | 5 yolks of eggs. | $\frac{1}{2}$ pint cream. | vanilla.

Take 4 ozs. of shelled walnuts, blanch and peel them, put into a mortar, and pound, with a little water added by degrees. Make a custard with the milk, sugar, and eggs, add the pounded walnuts to it, and pour into a basin; let it get quite cold. Add a few drops of vanilla, and freeze until half frozen. Whip the cream a little, then add it to the half-frozen ice. Continue the freezing process until the ice is firm. Mould, and pack in ice and salt until required.

Average cost, 1s. 9d. Time required, 15 to 20 minutes to freeze. Seasonable, September to December. Sufficient for 6 persons.

2,589. GLACE NAPOLITAINE (NEAPOLITAN ICE).

$\frac{1}{2}$ pint strawberry purée. | 3 gills cream. | vanilla essence. | $1\frac{1}{2}$ ozs. chocolate.
 $1\frac{1}{2}$ pints milk. | 4 yolks of eggs. | 4 ozs. castor sugar. | cochineal.

Put the milk and sugar into a stewpan, and bring to the boil; beat the yolks of eggs in a basin, stir the milk on to them; return to the saucepan, and stir until it thickens and the custard is made; strain into a basin and let it cool. Then divide it into three equal portions, putting each into a separate basin. Mix with one of these parts 1 gill of cream and the strawberry purée; colour with a little cochineal. With another part mix in a gill of cream, and flavour with vanilla. Grate the chocolate, melt it in a stewpan with about $\frac{1}{2}$ gill of water, stir this into the third portion; add 1 gill of cream. Each of these preparations must be frozen separately. These ices are packed in brick-shaped moulds, with lids at the top and bottom. The respective ices are put into the mould in layers. Pack the mould in ice and salt for two to three hours. Turn out of the mould, cut it up into pieces, and serve.

Average cost, 2s. 9d. Time required, 45 minutes. Seasonable, June to August. Sufficient for 6 persons.

2,590. GLACE AUX AMANDES (ALMOND ICE-CREAM).

4 ozs. ground almonds.		3 gills milk.		4 ozs. sugar.
a few drops ratafia.		5 egg-yolks.		$\frac{1}{2}$ pint cream.

Pound the almonds with 2 ozs. of sugar and sufficient water to make it into a paste, add a few drops of ratafia essence. Put the milk and 2 ozs. of sugar into a stewpan, beat the eggs in a basin, stir the hot milk to the eggs; return to the saucepan, and stir until the custard is made. Add the almond paste, mix well, turn the preparation into a basin, and let it get quite cold; then put the custard into a freezing-machine, and freeze until half frozen. Whip the cream a little, and add to the ice. Continue to freeze until the mixture is firm and quite frozen. Pack into a mould, and bury in ice and salt until required.

Average cost, 1s. 10d. Time required, 15 to 20 minutes to freeze. Seasonable always. Sufficient for 6 to 8 persons.

2,591. GLACE AU PAIN BIS.

4 ozs. brown bread-		1 pint milk.		6 yolks of eggs.		$\frac{1}{2}$ pint cream.
crumbs.		1 oz. cake-crumbs.		4 ozs. castor sugar.		1 tablespoonful brandy.

Mix the bread and cake crumbs together in a basin. Make a custard with the milk, sugar, and yolks of eggs, then strain it into a basin, and let it get cold. Whip the cream slightly, mix the crumbs into it, and the brandy. Half freeze the custard in the usual way, then add the cream mixture; finish freezing. Mould in the usual way, pack in ice, and salt until required to serve.

Average cost, 2s. Time required, 15 to 20 minutes to freeze. Seasonable always. Sufficient for 10 persons.

2,592. GLACE D'ORANGE (ORANGE ICE).

$\frac{1}{4}$ pint orange-juice.		1 pint milk.		4 ozs. loaf sugar.
rind of 1 orange.		6 yolks of eggs.		$\frac{1}{2}$ pint cream.

Make a custard with the milk, sugar, and eggs; rub the orange-rind on the lumps of sugar before adding it to the milk. Pour into a basin, and let cool; then add the orange-juice. Freeze the custard until half frozen, then add the whipped cream, and continue the freezing process until the ice is quite firm and solid. Mould in the usual way, and pack in ice until required.

Average cost, 1s. 10d. Time required, 20 minutes to freeze. Seasonable, November to June. Sufficient for 10 persons.

2,593. POUDING GLACÉ À LA REINE (ICE PUDDING, QUEEN STYLE).

$1\frac{1}{2}$ pints milk.		4 ozs. sugar.		1 oz. candied citron.		$\frac{1}{2}$ pint whipped cream.
6 yolks of eggs.		4 ozs. glacé fruits.		1 glass maraschino.		vanilla essence.

Make a custard with the milk, eggs, and sugar; when done, strain it into a basin, and let it get quite cold. Cut up the fruits—*i.e.*, apricots, cherries, pears, etc.—into small dice, put them into a basin, and pour over the maraschino; cut the citron in the same way, and mix with the fruit. Flavour the custard with a few drops of vanilla essence, put it into a freezing-machine, and half freeze it. Then add the fruits, maraschino, and the cream, lightly whipped. Continue the freezing process until the mixture is quite firm and solid. Pack this into an ice-mould, wrap the mould in paper, and bury it in a pail of ice and salt until required. When ready to serve, dip the mould into cold or tepid water, and turn out on to a folded napkin arranged on a dish. Ice biscuits should be served with this pudding, either served separately or used to garnish round the dish.

Average cost, 2s. 6d. Time required, 20 minutes to freeze. Seasonable at all times. Sufficient for 10 to 12 persons.

2,594. POUDING GLACÉ AUX FIGUES (ICE PUDDING WITH FIGS).

1 pint milk.	4 oz. sugar.	3 ozs. preserved figs.	raspberry-water ice (No.
4 egg-yolks.	$\frac{1}{2}$ pint cream.	$\frac{1}{2}$ gill rum.	2,601).

Put the milk and sugar into a saucepan ; beat up the eggs in a basin, pour the hot milk on to them ; return to the saucepan, and make the custard, which must not be allowed to boil. Cut the figs into small pieces, pour the rum over them, and let them soak for one hour. Put the custard into an ice-machine, when cold, and half freeze ; then add the whipped cream and the figs. Line a mould with the raspberry-water ice, fill the centre with the above mixture, put a layer of the water ice over the top. Cover the mould tightly with the lid, putting a piece of oiled paper between to prevent any salt penetrating ; wrap the mould in a piece of grease-proof paper, and pack it in ice and salt for one to two hours. When ready to serve, wipe the mould carefully, take off the lid and oiled paper, dip the mould into cold water, and turn out on to a folded napkin arranged on a dish. Serve at once.

Average cost, 2s. 6d., without ice and salt. Time required, 20 minutes to freeze. Seasonable at all times, if raspberry jam or syrup is used. Sufficient for 10 persons.

2,595. POUDING GLACÉ À LA NESSELRODE.

1 pint milk.	8 ozs. sugar.	2 lbs. chestnuts.	2 ozs. sultanas.	1 gill Madeira wine.
6 egg-yolks.	$\frac{1}{2}$ pint cream.	2 ozs. glacé cherries.	2 ozs. candied citron.	vanilla.

Make a custard with the milk, eggs, and sugar, pour into a basin, and let it get quite cold. Cut the cherries and citron into dice, add the cleaned and picked sultanas to them, put into a basin, and pour over the gill of wine. Slit the chestnuts, put them in a cool oven, and bake until the shells and skin can be easily removed ; then boil them in milk until tender ; drain, when tender, and rub them through a hair sieve. Add this purée to the custard ; flavour with a few drops of vanilla essence. Freeze this mixture until half frozen, then add the fruit and wine and the cream, partly whipped. Continue the freezing until the mixture is firm and thoroughly frozen. Pack the mixture into an ice pudding-mould, bury in ice and salt. When required to serve, turn it out on to a folded napkin, and serve quickly. The pudding may be garnished round the base with a circle of marrons glacés (candied chestnuts).

Average cost, 2s. 10d. Time required, 20 minutes to freeze. Seasonable, November to February. Sufficient for 10 to 12 persons.

2,596. CHARLOTTE GLACÉ À LA PRINCESSE.

$\frac{1}{2}$ pint milk.	2 ozs. loaf	2 ozs. glacé fruits.	1 glass Madeira.	cochineal.
3 egg-yolks.	sugar.	$1\frac{1}{2}$ gills cream.	savoy biscuits.	vanilla.

Put the milk and sugar into a saucepan ; beat the eggs in a basin, and as soon as the milk is nearly boiling stir it on to the eggs ; return to the saucepan, and make a custard ; strain into a basin, and let it get cold. When the custard is quite cold, put it into an ice-machine, and half freeze. Whip 1 gill of cream, cut up the fruit into dice, add these to the half-frozen mixture, with the wine. Continue to freeze until quite frozen and firm. Line a charlotte-mould round the sides with savoy biscuits, trim the edges so that they fit closely together, fill the centre with the ice mixture ; put into an ice-cave or refrigerator for about two hours. When about to serve, whip the remaining $\frac{1}{2}$ gill of cream, turn out the shape carefully, colour the cream a pale pink with a few drops of cochineal, decorate the top of the charlotte with this, piping on the cream through a forcing-bag or paper cornet with a rose-pipe attached to it. This must be done quickly, and sent to table without delay.

Average cost, 2s. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 persons.

2,597. GLACE DE FRAMBOISE EN SURPRISE.

$\frac{3}{4}$ pint cream. | $\frac{3}{4}$ pint raspberry purée. | sugar to taste. | $\frac{1}{2}$ lb. fresh raspberries.

Mix the cream, lightly whipped, with the purée of raspberries, sweeten to taste ; put this into an ice-machine, and freeze. When quite frozen and firm, pack it into an ice-mould until it is about three parts full ; then with a spoon make a hollow in the centre of the ice, working the ice up so that it lines the sides of the mould. Have the fresh raspberries ready picked and sprinkled with sugar, fill the hollow in the ice with these, cover with more ice, fasten down the lid securely, and bury in ice and salt until required. When ready to serve, dip the mould in cold or tepid water, and turn out quickly on to a folded napkin, and serve at once.

Average cost, 2s. 6d. Time required, 20 minutes to freeze. Seasonable, June to August. Sufficient for 8 persons.

Instead of raspberries, strawberries or any other kind of fruit can be used for this ice, changing the name according to the fruit used.

2,598. GLACES FANTAISES EN SURPRISE.

$\frac{1}{2}$ lb. loaf sugar. | 1 pint water. | 4 lemons.

Peel two lemons very thinly, taking care not to remove any of the white pith. Put the rind into a saucepan with the water and sugar, place on the fire, and let it boil for about ten minutes until a syrup is made. Pour it into a basin, and let it get cold. Squeeze all the juice from the four lemons, and strain it into the syrup. Put this mixture into the freezer, and freeze in the usual manner. Open some small fancy moulds, lay them on a bed of ice and salt, and fill them with cold water. Leave these for about half an hour, then feel them to see if a coating of ice has formed round them ; if so, take them out of the ice, empty the unfrozen water away, and fill the centre with the lemon-water ice. Close the moulds tightly, wrap each in grease-proof paper, and bury in ice and salt for about three-quarters of an hour. Take them up, wipe carefully to remove all the salt, dip in tepid water, turn out on a folded napkin, and serve at once.

Average cost, 6d. Time required, 2 hours. Seasonable all the year. Sufficient for 8 to 10 moulds.

WATER ICES**2,599. GLACE AU CITRON (LEMON-WATER ICE).**

1 pint water. | $\frac{1}{2}$ lb. loaf sugar. | 4 lemons.

Peel two lemons very thinly ; put the rind into a stewpan with the water and sugar, put on the fire, and boil for about ten minutes, until a syrup is made. Turn into a basin and let it get cold, squeeze the juice from four lemons, strain it into the syrup. Freeze in the usual way.

Average cost, 6d., exclusive of ice and salt. Time required, 15 minutes to freeze. Seasonable all the year. Sufficient for 6 to 8 persons.

2,600. GLACE À L'ANANAS (PINEAPPLE-WATER ICE).

1 lb. pineapple. | 1 pint water. | $\frac{1}{2}$ lb. loaf sugar. | 1 lemon.

Peel the pineapple—or tinned pineapple can be used—cut it up, and put it into a mortar, pound it to a pulp. Make a syrup with the water and sugar, put the pounded pineapple into a basin, pour the syrup over it, and let it stand for two hours, then rub through a sieve, add the lemon-juice, and freeze the mixture in the usual way.

Average cost, exclusive of ice and salt, with fresh pineapple, 2s. 6d. ; with tinned, 6d. Time required, 15 minutes to freeze. Seasonable, October to April, if a real pine is used ; preserved, at all times. Sufficient for 6 persons.

2,601. GLACE AUX FRAMBOISES (RASPBERRY-WATER ICE).

1½ lbs. raspberries.		½ lb. loaf sugar.		2 whites of eggs.
1 pint water.		cochineal.		red-currant juice.

Prepare the raspberries, rub them through a hair sieve ; add to this a little red-currant juice. Put the water into a small stewpan, add the sugar to it, and simmer for ten minutes ; remove any scum that rises. Mix this syrup with the fruit, turn it into a basin, and let it get quite cold. Freeze until half frozen, then beat up the whites of the eggs and add to the mixture. Continue to freeze until the mixture is quite firm. Use as directed.

Average cost, 1s. Time required, 1 hour. Seasonable, June to August. Sufficient for 8 persons.

2,602. GLACE AUX GROSEILLES (RED-CURRANT-WATER ICE).

1 pint red-currant juice.		1 pint syrup.
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Rub sufficient red currants through a hair sieve to make 1 pint of juice, mix this with 1 pint of perfectly cold syrup. Put the mixture into a freezer, and freeze until the preparation is firm and thoroughly frozen. When ready, the ice can be either packed in a mould and buried in ice and salt until required, or served on ice plates, or in glasses.

Average cost, 1s., exclusive of ice. Time required to freeze, 15 minutes. Seasonable, June and July. Sufficient for 12 persons.

2,603. GLACE AUX MANDARINES (TANGERINE-WATER ICE).

6 tangerines.		1½ pints water.		1 lb. loaf sugar.		1 lemon.		2 oranges.
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Peel four of the tangerine oranges very thinly, so as to take the yellow part only. Put this into the water in a stewpan with the loaf sugar, put the pan on the side of the fire until the sugar is melted, then simmer until it becomes a syrup ; it will take about fifteen minutes to boil. Strain the syrup into a basin, and let it get cold. Squeeze the juice of the six tangerines, the lemon, and two ordinary oranges. Strain the juice into the syrup. When this preparation is quite cold, freeze it in an ice-machine in the usual way. Serve either moulded or roughly in glasses or ice plates.

Average cost, 1s., exclusive of ice and salt. Time required, 15 minutes to freeze. Seasonable, November to February. Sufficient for 6 persons.

2,604. GLACE AUX POIRES (PEAR-WATER ICE).

1 lb. William pears.		¾ lb. loaf sugar.		1 pint water.		2 lemons.
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Peel and core the pears, cut them in small pieces, put them into a stewpan with the water and sugar, simmer until the pears are soft, then rub them through a hair sieve. Add the lemon-juice, strained. Let it get quite cool, then freeze in the usual way.

Average cost, 1s. Time required, 15 minutes to freeze. Seasonable, August to December. Sufficient for 6 to 8 persons.

2,605. GLACE AU MELON (MELON-WATER ICE).

1 ripe melon.		1½ pints water.		½ lb. sugar.		1 lemon.
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Peel the melon, cut it into quarters, and remove the seeds ; slice the fruit into small pieces, peel the lemon very thinly. Put the pieces of melon into a stewpan ; add the water, lemon-rind, and sugar ; cook until the melon is tender and semi-transparent. Pass all through a hair sieve into a basin ; add to the purée the juice of the lemon. Freeze in the usual way. Put the ice into a mould or serve in glasses.

Average cost, 9d., exclusive of ice and salt. Time required, 1 hour. Seasonable, August to March. Sufficient for 8 to 10 persons.

2,606. GLACE AUX FRAISES (STRAWBERRY-WATER ICE).

1½ lbs. strawberries. | 1 pint water. | ½ lb. loaf sugar. | 1 lemon.

Take the stalks off the strawberries, rub them through a hair sieve, strain the lemon-juice to the purée. Put the water into a small stewpan, add sugar to it, and simmer for ten minutes. Remove any scum that rises. Mix with the fruit, and let it get quite cold. Freeze in the usual way, and, when ready, either mould or serve in glasses.

Average cost, 1s. Time required, 1 hour. Seasonable, June to August. Sufficient for 8 to 10 persons.

ICED SOUFFLÉS**2,607. SOUFFLÉ GLACÉ AU MARASQUIN (ICED SOUFFLÉ WITH MARASCHINO).**

4 yolks of eggs. | 1 gill water. | 4 ozs. loaf sugar. | 1 glass maraschino. | 1½ gills cream.

Put the water and the loaf sugar into a stewpan, place the pan on the side of the fire until the sugar is melted, then boil for about ten minutes, until it becomes a syrup. Take off the scum. Put the yolks of eggs into a basin, beat them, and then stir in the syrup. Add the maraschino, stand the basin on a saucepan of boiling water, and whisk until it is the consistency of thick cream. Put a thick band of paper round the outside of a soufflé-mould, so that it comes 2 inches above the top of the mould. Add the cream, whipped, to the soufflé mixture, and pour it into the mould. Place the mould in an ice-cave or in a tin box with a lid. If the latter is used, bury the box in a pail or refrigerator filled with ice and salt, and let it remain for about three hours; renew the ice as required. When about to serve, remove the band of paper, and serve quickly.

Average cost, 1s. 4d., exclusive of ice and salt. Time required, 2½ hours. Seasonable at all times. Sufficient for 6 persons.

2,608. SOUFFLÉ FRAPPE AUX FRAMBOISES (ICED RASPBERRY SOUFFLÉ).

4 ozs. castor sugar. | 2 gills cream. | 1 gill raspberry | ½ oz. gelatine.
3 eggs. | ½ lemon. | purée. | a few ripe raspberries.

Put the yolks of the eggs and the sugar into a basin, beat over a saucepan of hot water with a whisk until it becomes the consistency of thick cream, then add the juice of the lemon and the raspberry-pulp; stir until cold. Melt the gelatine in a little water, stir it into the mixture, whip 1½ gills of cream lightly, and mix it in. Lastly, heat the whites of the eggs very stiffly, stir them in very lightly and quickly. Have ready a soufflé-mould with a band of thick paper tied round the outside, so that it comes 2 inches above the top of the mould. Pour the mixture into the mould, and place the soufflé in an ice-cave or on the ice for two hours. Before serving, scoop out a little of the centre of the soufflé, pile the fresh raspberries in this so that they stand up above the surface. Whip the remaining ½ gill of cream stiffly, put it into a forcing-bag with a rose-pipe attached, and decorate the top of the soufflé with it. Serve at once.

Average cost, 2s. Time required, 2½ hours. Seasonable, June to August. Sufficient for 6 persons.

2,609. PETITS SOUFFLÉS DE MOKA (LITTLE COFFEE SOUFFLÉS).

¾ pint strong coffee with milk. | vanilla. | ½ pint cream. | 4 ozs. castor sugar. | 3 eggs.

Separate the yolks and whites of the eggs, put the yolks into a basin with the sugar, and beat them over hot water until creamy, then remove from the water and add the coffee. Stir over ice until cold, flavour with a few drops of vanilla essence. Whip the cream lightly, and stir it into the coffee mixture; whip two whites of eggs

to a stiff froth, and stir them into the rest of the ingredients. Have ready some small paper or china cases, with a band of paper tied round the outside. Fill with the mixture, place them in a charged ice-cave or refrigerator for two hours. Dish on a folded napkin, and serve.

Average cost, 1s. 6d. Time required, $2\frac{1}{2}$ hours. Seasonable at any time. Sufficient for 12 cases.

2,610. MOUSSES AU RHUM (RUM MOUSSE).

1 pint cream. | $\frac{1}{2}$ gill rum. | 3 ozs. castor sugar.

Whip the cream over ice in a basin until fairly stiff, then stir in the sugar and, lastly, the rum. Put this mixture into small soufflé cases, and place in a refrigerator charged with ice and freezing salt for two hours. Dish the little cases on a folded napkin, and serve at once.

Average cost, 2s. 4d. Time required, $2\frac{1}{4}$ hours. Seasonable at any time. Sufficient for 10 persons.

2,611. MOUSSE À L'ANANAS (PINEAPPLE MOUSSE).

8 ozs. pineapple. | 2 ozs. castor | 1 oz. gelatine. | 1 glass white wine. | $\frac{1}{2}$ gill wine jelly.
 $\frac{1}{2}$ pint cream. | sugar. | 1 lemon. | 2 whites of eggs. | glacé cherries.

Cut the pineapple into dice, put it into a mortar, and pound; then rub it through a fine sieve. Add to this purée the juice of the lemon and the wine. Whip the cream, and add to it the mixture. Melt the gelatine in a little water, add the sugar to it, and strain it into the rest of the ingredients. Put a layer of wine jelly at the bottom of a fancy mould. When set, decorate it with glacé cherries; let this set on ice. When ready to mould, whisk the whites of the eggs very stiffly, and stir them lightly to the preparation. Pour this into the prepared mould, and place on ice or in an ice-cave for two hours. When about to serve, dip the mould into warm water, and turn it out on to a dish. Serve at once.

Average cost, 2s. 6d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 7 or 8 persons.

2,612. PARFAIT DE FRAISES (PARFAIT OF STRAWBERRIES).

1 lb. strawberries. | $\frac{1}{2}$ lb. loaf sugar. | 2 gills water. | $\frac{1}{2}$ pint cream. | 2 whites of eggs. | 1 lemon.

Pick the strawberries, and rub them through a hair sieve. Prepare a soufflé-dish by fixing round it a band of paper coming 2 inches above the top of the mould. Put the $\frac{1}{2}$ pound of sugar into a stewpan with the water, put it at the side of the stove until the sugar is dissolved, then boil until it is reduced to a syrup. Whisk stiffly the two whites of eggs, pour the syrup on to them, place the basin containing them on a saucepan of boiling water, and whisk for fifteen to twenty minutes. Take the basin off the water, and stir in the purée of strawberries; add the strained juice of the lemon. Whip the cream, and stir it into the rest of the ingredients. Put the basin on ice and whisk until it is cold, then pour it into the prepared mould, and place it in an ice-cave for three hours. When about to serve, remove the band of paper, and decorate the top with ripe strawberries. Serve at once.

Average cost, 2s. Time required, 4 hours. Seasonable, June to August. Sufficient for 6 persons.

2,613. SOUFFLÉ DE PÊCHES (PEACH SOUFFLÉ).

3 yolks of eggs. | 1 lemon. | preserved peaches. | 1 glass maraschino.
4 ozs. sugar. | $\frac{1}{2}$ pint cream. | $\frac{1}{2}$ oz. gelatine. | $\frac{1}{2}$ gill peach syrup.

Rub the preserved peaches through a hair sieve until the purée measures $\frac{1}{2}$ pint. Put the yolks and castor sugar into a basin, stand the basin on a saucepan of hot water, and beat it with a whisk until the mixture is the consistency of thick cream; then add the juice of the lemon and the purée of peaches. Melt the gelatine in the

$\frac{1}{2}$ gill of peach syrup, strain into the eggs, add the maraschino, stir this over ice until nearly cold, then whip the cream, keeping back $\frac{1}{2}$ gill of the same. Mix the whipped cream into the preparation. Tie a thick band of paper round the outside of a soufflé-mould, so that it comes 2 inches above the top of the mould. Turn the mixture into this just as it is beginning to set. Put the soufflé into an ice-cave, or on ice, for two hours. Before serving, take off the paper band, whip the remaining $\frac{1}{2}$ gill of cream stiffly, put this into a paper cornet or forcing-bag with a rose-pipe attached to it, and ornament the top of the soufflé with it. Sprinkle over some chopped pistachio-nuts, and serve at once.

Average cost, 2s. 9d. Time required, $2\frac{1}{2}$ hours. Seasonable at all times. Sufficient for 6 persons.

2,614. PARFAIT AU CAFÉ.

6 yolks of eggs. | 3 ozs. sugar. | 1 gill coffee. | 1 gill cream.

Put the yolks of the eggs and the sugar into a basin, place this on a saucepan of boiling water, and whisk until it becomes the consistency of thick cream. Take the basin off the saucepan and add the coffee, strong and freshly made; let the mixture cool. Whip the cream, stir it into the above preparation. Put the mixture into a mould with a lid, wrap it in paper, and bury it in a pail of ice and salt, or into an ice-cave for two to three hours. When ready to serve, dip the mould into cold water, turn out on to a folded napkin, and serve at once.

Average cost, 1s. 6d. Time required, 3 hours. Seasonable at all times. Sufficient for 5 persons.

2,615. PARFAIT AU THÉ.

This is the same as the last recipe, using tea instead of coffee. The tea should be freshly made and not too strong.

Average cost, 1s. 6d. Time required, 3 hours. Seasonable at all times. Sufficient for 5 persons.

BOMBES

2,616. BOMBE GLACÉE À LA VÉNITIENNE (ICED BOMBE, VENETIAN STYLE).

1 pint strawberry-cream | maraschino. | whipped cream.
ice (No. 2,581). | $\frac{1}{2}$ pint vanilla-cream ice (No. 2,582). | castor sugar.

Line a bombe-mould with the strawberry ice; inside this put a layer of vanilla-cream ice; leave a hollow in the centre of the ice. Whip sufficient cream to fill this hollow, sweeten and flavour with maraschino. Fill the centre, cover over the top with one of the ice-creams, bury the mould in ice and salt for two to three hours. When ready to serve, turn out on to a folded napkin, and send to table at once.

Average cost, 4s. 6d. Time required, 3 to 4 hours. Seasonable, June to August. Sufficient for 8 persons.

2,617. BOMBE GLACÉ D'ABRICOT (APRICOT BOMBE).

1 pint apricot-cream ice | stewed apricots. | $\frac{1}{2}$ pint syrup. | 1 lemon.
(No. 2,586). | 4 egg-yolks. | 1 gill cream. | 1 small glass kirsch.

Put the egg-yolks into a basin, add to them the syrup, and whisk over hot water until of the consistency of thick cream. Take it off the water and whisk it over ice until it is cold, then add the juice of the lemon and the liqueur, and lastly, the whipped cream. Line a bombe-mould with apricot ice-cream, and fill the centre with the above preparation, putting it in the mould in layers with stewed apricots. Cover the top with the apricot ice. Put a piece of paper over the top, and then the lid of the mould; bury it in ice and salt for two to three hours. When ready to serve, take it out of the ice, wipe it well with a damp cloth, taking care to remove

every particle of salt ; remove the lid and the piece of paper, dip quickly in cold water, and turn out on to a napkin arranged on a dish. Serve at once.

Average cost, 3s. Time required, $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Seasonable at any time. Sufficient for 6 to 8 persons.

2,618. BOMBE GLACÉ MOUSSELINE.

1 pint strawberry ice (No. 2,581). | $\frac{1}{2}$ lb. strawberries. | 1 gill cream. | castor sugar.

Line a bombe-mould with strawberry ice. Rub the strawberries through a hair sieve, sweeten them with castor sugar, whip the cream, and add it to the strawberry purée. Have this mixture ready, and as soon as the mould is lined, put it into the centre, cover the top with a layer of the strawberry cream, put over a round piece of paper, then the lid, and bury in ice and salt for two or three hours. Turn out, and serve at once.

Average cost, 3s. Time required, $2\frac{1}{2}$ to 3 hours. Seasonable, June to August. Sufficient for 7 or 8 persons.

2,619. BOMBE À LA NESSELRODE.

$1\frac{1}{2}$ pints vanilla ice-cream (No. 2,582). | $\frac{1}{2}$ pint cream. | 1 gill chestnut purée. | vanilla essence.
 $\frac{1}{2}$ gill syrup. | castor sugar.

Whip the cream, prepare the chestnut purée, mix with it the $\frac{1}{2}$ gill of syrup, stir this into the cream, flavour with a few drops of vanilla essence, and add sugar to taste. Line a bombe-mould with vanilla ice-cream, and fill the centre with the cream preparation, cover with more of the ice, put a piece of paper over, put on the lid, and bury in ice and salt for two to three hours. Unmould, and serve quickly.

Average cost, 4s. Time required, $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Seasonable, November to February. Sufficient for 8 to 10 persons.

2,620. BOMBE TUTTI-FRUTTI.

1 pint strawberry ice (No. 2,581). | 3 yolks of eggs. | 1 gill cream. | 4 ozs. glacé fruits.
 $\frac{1}{2}$ gill syrup. | 1 lemon. | 1 oz. castor sugar.

Put the yolks and syrup into a basin, place on a saucepan of hot water, and beat until thick ; then remove from the hot water, and whisk over ice until cold. Whip the cream, add the sugar to it, flavour the egg mixture with the juice of the lemon, stir in the cream, cut the fruit into dice, and mix in. Line a bombe-mould with strawberry-cream ice, fill the centre with the above mixture, cover over with more ice, and freeze in the usual way.

Average cost, 3s. 6d. Time required, 2 to 3 hours. Seasonable, June to August. Sufficient for 8 or 9 persons.

2,621. BOMBE GLACÉE AU CHOCOLAT.

1 pint chocolate-cream ice (No. 2,583). | $\frac{1}{2}$ pint vanilla ice-cream (No. 2,582). | ice wafers.

Line a bombe-mould with chocolate ice, fill the centre with vanilla ice-cream, put a layer of chocolate ice over the top, place a round of paper over the top, put on the lid, and bury in the ice and salt for two to three hours. Turn out, and serve at once. Garnish round with ice wafers.

Average cost, 2s. 6d. Time required, $2\frac{1}{2}$ to $3\frac{1}{2}$ hours. Seasonable always. Sufficient for 6 to 8 persons.

2,622. BOMBE À LA MARIE LOUISE.

$1\frac{1}{2}$ pints raspberry ice. | $\frac{1}{2}$ pint syrup. | 4 egg-yolks. | vanilla essence. | 1 gill cream.

Put the eggs and syrup into a basin, stand it on a saucepan of hot water, and beat until the mixture is the consistency of thick cream. Take it off the water, and whip on ice until cold. Whip the cream, add it to the preparation, flavour

with vanilla essence. Line a bombe-mould with the raspberry ice, fill the centre with the above mixture, cover the top with a layer of the ice, put a piece of paper on the top, and the lid, and bury the mould in ice and freezing salt for three hours. Unmould in the usual way, and serve quickly.

Average cost, 3s. 6d. Time required, 3 to 4 hours. Seasonable, June to August. Sufficient for 8 to 10 persons.

2,623. OMELETTE SOUFFLÉ EN SURPRISE.

génoise cake.	1 pint cream.	1 yolk of egg.	1 oz. castor	angelica.
3 whites of eggs.	vanilla ice (No. 2,582).	vanilla.	sugar.	cherries.

Cut the génoise cake into an oval shape, about $1\frac{1}{2}$ inches thick. Scoop out a little of the centre, and place it on a dish. Upon this arrange some vanilla ice, which must be very well frozen, in the shape of a soufflé-omelet. Have ready a meringue mixture, made as follows: Cream the yolk of the egg with the sugar, flavour with vanilla, whip the three whites very stiffly, mix them into the yolk, cover the ice-cream quickly with this mixture, sprinkle thickly with castor sugar. Put the dish into a hot oven, just long enough to set and brown the meringue. When it is removed from the oven, garnish it quickly with a few cherries and a few strips of angelica. Serve at once.

Average cost, 2s. 9d. Time required, 10 minutes. Seasonable at any time. Sufficient for 4 persons.

2,624. SURPRISES D'ORANGES.

4 oranges. | $\frac{1}{2}$ pint water. | $\frac{1}{2}$ lb. sugar. | 1 lemon. | 2 whites of eggs. | 1 oz. castor sugar.

Put the water into a stewpan with the $\frac{1}{2}$ pound of sugar, boil and reduce to a syrup. Cut the oranges in halves, scoop out the pulp with a teaspoon, taking care not to break the skins. Rub the pulp through a hair sieve, add to it the juice of the lemon; pour the syrup on to this, and let it get quite cold, then freeze the mixture in the usual way. When frozen, fill the skins of the oranges with it. Beat the whites of the eggs very stiffly, stir in the sugar lightly, and pile it on the oranges, taking care to cover the ice completely. Put the oranges into a hot oven, and bake for a few minutes, just long enough to set and brown the meringue. Serve at once.

Average cost, 8d. Time required, 1 hour. Seasonable, November to June. Sufficient for 4 persons.

2,625. ORANGES GLACÉES À LA NAPOLITAINE (ICED ORANGES, NEAPOLITAN STYLE).

4 oranges. | vanilla bavaroise (No. 2,430). | wine jelly. | cochineal. | 1 oz. chocolate.

Cut a circular piece out of the top of each orange, scoop the inside out carefully with a teaspoon, taking care not to break the skins. Divide the custard into three parts, colour one part pink, leave one part plain, and to the other stir 1 ounce of melted chocolate. Now through the opening at the top of the oranges fill them with the three different coloured custards in equal layers, putting between each layer a layer of wine jelly. When the oranges are filled, replace the piece which was cut out, wrap each orange in grease-proof paper, and put them on ice or in an ice-cave for two or three hours. When ready to serve, cut each orange in quarters, dish upon a folded napkin, and serve.

Average cost, 1s. 6d. Time required, 3 hours. Seasonable, November to June. Sufficient for 6 persons.

2,626. PÊCHES MELBA.

6 peaches. | 1 pint vanilla ice-cream (No. 2,582). | syrup. | vanilla. | raspberry purée.

Cut the peaches in halves, take out the stones. Make a syrup, flavour it with vanilla, put in the peaches, and cook them until tender. When done, drain by

placing them on a sieve and let them get quite cold. Put a layer of vanilla ice on a dish, dish the peaches on it, and coat them with a raspberry purée.

Average cost, 5s. 6d., or 4s. if preserved peaches are used. Time required, after ice is made, 10 minutes. Seasonable, August to October, or at all times if preserved peaches are used. Sufficient for 12 persons.

This dish was invented by Monsieur A. Escoffier, chef of the Carlton, who also invented for this dish a Melba sauce, which takes the place of the raspberry purée, and which can be obtained at stores, etc.

2,627. FRAISES À LA MELBA (STRAWBERRIES À LA MELBA).

1 lb. fine strawberries. | 1½ pints vanilla ice-cream. | Melba sauce. | castor sugar.

Arrange a border of ice-cream in a deep dish, take the stalks off the strawberries, put these in the centre of the border in a pile, sprinkle well with castor sugar as they are placed in the dish. Cover the fruit well with Melba sauce; put another layer of ice-cream over the strawberries, shape it into a dome shape. Serve at once.

Average cost, 3s. 6d. Time required, 10 minutes, after ice is made. Seasonable, June to August. Sufficient for 8 persons.

2,628. MANDARINES GLACÉES.

6 tangerine oranges. | tangerine ice (No. 2,603).

Cut a circular slice out of the top of each orange. Scoop out the inside carefully, so as not to break the skins. With the juice of the tangerines make some tangerine ice. Fill the tangerine skins with this preparation, put back the piece that was cut out of the top of the orange, brush the outside of the fruit all over with water, and put them in a refrigerator or ice-cave until the tangerines are covered with frost. Then dish them on a napkin, and serve quickly.

Average cost, 1s. 6d. Time required, 2 to 3 hours. Seasonable, December to February. Sufficient for 6 persons.

2,629. MERINGUES GLACÉES.

12 meringue shells (No. 2,457). | vanilla ice-cream (No. 2,582).

Make the vanilla ice-cream, fill the meringue shells with this, put the shells together in twos. Dish them on a folded napkin, and serve at once. Any kind of ice-cream would do instead of the vanilla.

Average cost, 2s. Time required, 2 hours. Seasonable at all times. Sufficient for 6 persons.

2,630. COUPES DE PÊCHES.

6 small preserved | ½ gill syrup. | 1 gill milk. | strawberries.
peaches. | ½ pint cream. | 1 lemon. | angelica.

Peel the lemon very thinly, put it into a stewpan with the milk, and bring it slowly to the boil. Pass the peaches through a hair sieve, add the syrup to them, and strain on to the milk. Partly freeze this mixture; whip the cream and add it. Continue to freeze, but not too stiff. Fill up some glasses with the mixture, put a strawberry on the top of each, and some angelica cut out in the shape of leaves. Serve when ready.

Average cost, 1s. Time required, 1 hour. Seasonable, June to August. Sufficient for 6 persons.

2,631. COUPES JACQUES.

lemon-water ice (No. 2,599). | strawberry ice (No. 2,581). | mixed fresh fruit. | maraschino.

Fill some glasses one-third full with lemon-water ice, and one-third with strawberry ice. Have ready a compote of fresh fruit flavoured with maraschino. Put this on the top of the ice. Serve at once.

Average cost, uncertain. Time required, 10 minutes, after ice is made. Seasonable, June to August.

SORBETS, GRANITES, ETC.

These preparations are very light, and only slightly frozen ices. They are served in cups, sherry or punch glasses, and should be semi-liquid, of such a consistency that they can be drunk. These ices are served after the entrées, as a help to digestion, and a refreshment of the palate before the roast.

2,632. SORBET AUX FRAISES (STRAWBERRY SORBET).

1 pint strawberry-water ice (No. 2,606). | $\frac{1}{2}$ gill Sauterne wine. | 1 lemon.

Prepare the strawberry-water ice, but only half freeze it. At the last moment, just before serving, add the wine and lemon-juice. Mix well, and serve in cups or glasses.

Average cost, 1s. 9d. Time required, 15 minutes, after syrup is cold. Seasonable, June to August. Sufficient for 6 cups.

2,633. SORBET À LA CRÈME (CREAM SORBET).

$\frac{1}{2}$ pint cream. | 1 lemon. | 1 orange. | $\frac{1}{2}$ gill sherry. | 2 egg-whites. | 6 ozs. sugar. | 1 pint water.

Put the water and sugar into a saucepan, bring to the boil, and simmer for ten minutes, then add the juice of the lemon and orange. Pour into a basin and let cool. Freeze in the usual way until the mixture is partly frozen, then add the whipped whites of eggs and the cream; freeze again to the right consistency, just before serving stir in the wine. Serve in cups or glasses in the usual way.

Average cost, 1s. 8d. Time required, 10 to 15 minutes to freeze. Seasonable always. Sufficient for 7 or 8 cups.

2,634. SORBET D'ORANGE (ORANGE SORBET).

6 oranges.		6 ozs. loaf sugar.		1 lemon.		1 $\frac{1}{2}$ ozs. castor
1 gill white wine.		1 quart water.		2 whites of eggs.		sugar.

Put the water into a stewpan, add the loaf sugar to it, and bring to the boil. Simmer for ten minutes. If any scum rises, skim it off. Grate the rind of two oranges, strain the juice of the oranges and lemon, put these into the syrup, and turn into a basin to get cold. Partly freeze this mixture, whip the whites of the eggs very stiffly, stir the castor sugar into them, and add to the ice mixture. Finish freezing until the right consistency has been attained. Before serving, stir in the wine. Serve in glasses or cups.

Average cost, 1s. 6d. Time required, 10 minutes to freeze. Seasonable, November to June. Sufficient for 10 to 12 cups.

2,635. SORBET DE CITRON (LEMON SORBET).

6 lemons.		1 quart water.		1 $\frac{1}{2}$ ozs. castor		2 whites of eggs.
1 orange.		6 ozs. loaf sugar.		sugar.		1 gill white wine.

Put the water into a saucepan with the loaf sugar, place the pan on the side of the fire until the sugar is melted, then bring to the boil, and simmer for ten minutes. Grate the rind of two lemons. Add this and the juice of all the lemons and the orange to the syrup; cook a few minutes longer, strain into a basin, and let cool. Freeze this mixture partly; whisk the whites of the eggs very stiffly, mix in the castor sugar, add to the ice preparation, and continue freezing until the right consistency has been attained. Before serving, stir in the wine, mix well, and serve.

Average cost, 1s. 3d. Time required, 10 minutes to freeze. Seasonable, November to June. Sufficient for 10 persons.

2,636. PUNCH À LA ROMAINE (ROMAN PUNCH).

1 pint syrup.	juice of 2 lemons.	$\frac{3}{4}$ gill rum.
$\frac{1}{2}$ bottle champagne.	2 small pieces of orange and	2 whites of eggs.
juice of 2 oranges.	lemon rind.	3 ozs. castor sugar.

Add the juice of the oranges and lemons, also the rind very thinly peeled, to the syrup, and let it stand by the side of the fire for half an hour, then strain the syrup into a basin, and let it get cold. Add the champagne. Put this mixture into an ice-machine, and freeze until partly frozen. Whisk the whites of the eggs, stir in the castor sugar, and add to the ice mixture; work with a spatula vigorously and, before serving, add the rum by degrees. If this mixture is too thick to be poured into the glasses in which it is to be served, a little more champagne can be added. The punch should be of a thick, creamy liquid.

Average cost, 5s. Time required, 10 minutes to freeze. Seasonable at all times. Sufficient for 7 or 8 persons.

2,637. PUNCH AU LAIT (MILK PUNCH).

1 quart milk. | 4 ozs. loaf sugar. | 1 orange. | 1 lemon. | 1 gill cream. | $\frac{1}{2}$ gill rum.

Put the milk into a saucepan with the rind of the orange, the lemon-rind, and the sugar. Bring to the boil slowly, so as to dissolve the sugar; then strain into a basin and let cool. When cold, freeze to the right consistency; then add the whipped cream, the juice of the orange and lemon, and the rum. Mix all well together; freeze again. Fill into little china cups, and serve.

Average cost, 1s. 4d. Time required, 10 minutes to freeze. Seasonable always. Sufficient for 10 persons.

2,638. GRANITE DE CITRON (LEMON GRANITE).

$1\frac{1}{2}$ pints lemon-water ice (No. 2,599). | 1 small glass maraschino.

The lemon-water ice must be only partly frozen, then add the glass of maraschino. Mix well together, and serve.

Average cost, 1s. Time required, 10 minutes to freeze. Seasonable always. Sufficient for 10 persons.

2,639. GRANITE AU VIN DE BORDEAUX (CLARET GRANITE).

6 oranges. | $\frac{1}{2}$ pint syrup. | 1 pint water. | 1 bottle claret.

Make the syrup with 6 ounces of sugar and $\frac{1}{2}$ pint of water; put into this the thinly-peeled rind of one orange, let this infuse by the side of the fire for half an hour. Strain this into a basin, and add the juice of the oranges and the pint of water; let cool. Freeze in the usual way. When partly frozen, add the claret. Mix well, and serve.

Average cost, 2s. Time required, 10 minutes to freeze. Seasonable, November to June. Sufficient for 10 persons.

2,640. GRANITE D'ANANAS (PINEAPPLE GRANITE).

1 preserved pineapple. | $\frac{3}{4}$ pint water. | 6 ozs. castor sugar. | $\frac{1}{4}$ gill brandy. | $\frac{1}{4}$ gill sherry.

Cut up the pineapple, put it into a mortar, and pound well; add to it $\frac{1}{2}$ pint of water, and rub through a fine sieve. Put this into a stewpan, and add the sugar. Boil up, turn into a basin, and let cool. Freeze in the usual manner. When partly frozen, add 1 gill of water and the flavouring. Mix all well together, and serve in the usual way.

Average cost, 1s. 2d. Time required, 10 minutes to freeze. Seasonable at all times. Sufficient for 10 persons.

CHAPTER XXX

BREAD, CAKES, BISCUITS, ETC.

HOME-MADE bread and cakes are always appreciated if well made, and there is no reason why this branch of cookery should be neglected, as it often is, by the house-keeper. Cakes, especially, can be made at home with ease, and the satisfaction of turning out a well-made and well-baked cake appeals to the good housewife. Again, who does not like sometimes to see a home-made loaf? Change of bread is always pleasant, and we can obtain the desired end by a little practice and patience. If attention is paid to a few necessary rules in these subjects, success will be assured. Yeast used in bread-making requires warmth in order to make it ferment, or "rise," therefore one secret of bread-making is to have everything warm during the process of making. The water or milk added to the yeast should be warm; if not, the yeast takes longer to ferment, and the dough takes longer to rise; but beginners must remember not to make it too hot, or the yeast will be killed, and not rise at all. The dough must be placed in a warm place to rise, taking care that it is not in a draught.

The dough must be well kneaded, and put in a hot oven at first. If this is not done, the loaf will spread in the oven, and the flavour will not be improved. The quantity of water required for making bread cannot be accurately given in all cases. The quantity depends on the quality of the flour. The better and finer the flour, the more water will be required to moisten it.

There are three chief ways of making cakes. The first method is used for making plain cakes. The butter or dripping is rubbed into the flour in the same way as for short pastry; the dry ingredients, such as sugar, fruit, spice, etc., are added, and lastly the eggs and milk. All are then well mixed together. The second way is used for fruit, Madeira, seed cakes, etc. The butter and sugar are creamed together, the eggs beaten in one at a time, the flour and fruit stirred in lightly and quickly at the last. In the third way the eggs and sugar are beaten together until thick and creamy, then the flour stirred in lightly and quickly. This is used for sponge cakes principally, and cakes of that texture. These cakes require a cool oven. Fruit cakes should be put first into a hot oven for the first half-hour, and then into a cooler place for the remainder of the time. Very rich cakes, like wedding-cakes, should be baked in a cool oven.

Care must be taken to insure the right consistency of cakes. The mixture should be fairly stiff. If too moist, the fruit will sink to the bottom. Cake-tins should be lined with paper, the paper coming a short distance above the top of the tin, so that the cake is protected as it rises. For rich fruit cakes, experience has shown that it is best not to grease the paper or tin. The cake is not so liable to burn, and the paper can be removed easily when done without injury to the cake. On the other hand, if tins are lined with paper for sponge cakes or Swiss rolls the paper should be greased.

As soon as the baking-powder or other rising medium is added to the mixture, the cake should be put into the oven as quickly as possible. As the baking-powder begins to work as soon as wetted, it is necessary that heat should be applied at once.

One important rule must be mentioned here. While cakes are baking, never bang the oven door. By doing so, a draught of cold air is sent into the oven. This causes the cake to fall, and leads to heaviness. Also the oven door should not be opened too often while the cake is baking.

When the cakes are baked, they should be turned on to a sieve to cool, so that the steam can pass off. If turned on to a dish or flat on a table, the cake would be sodden, as the steam at the bottom could not escape. The cake must not be put into a draught while cooling.

2,641. HOUSEHOLD BREAD.

3½ lbs. flour. | 1 oz. German yeast. | 1 teaspoonful castor sugar. | 1 teaspoonful salt. | 1½ pints water.

Put the flour into a large basin, mix in the salt. Put the yeast into a small basin, add the sugar to it, and cream them together with a wooden spoon till quite liquid. Pour on to this 1½ pints of tepid water. Mix well together. Make a well in the centre of the flour, and pour the yeast mixture into it. Sprinkle a little of the flour from the side over the top, and set it to rise for twenty minutes. After this, work in the flour with the hand until smooth, cover the basin with a cloth, and set it to rise for one and a half to two hours. At the end of that time turn the dough out on to a floured board, and knead it for a quarter of an hour. Divide the dough into two parts; each part will make one half-quartern loaf. If cottage loaves are to be made, divide each part in two pieces, one piece smaller than the other. Make these into balls, and place the smaller one on the top of the larger. Pass the finger through the centre. If the dough is to make tin loaves, the tins are well greased and floured. Put half of the above quantity into each tin, prick the top, and set to rise for about half an hour. Bake the bread in a hot oven (260°) for a quarter of an hour, then move into a cooler part for about half an hour. When done, turn out of the tins, and stand on their sides to cool.

Average cost, 6d. Time required, 3 hours. Sufficient for 2 half-quartern loaves

[2,642. BROWN BREAD.

½ lb. white flour. | 1 lb. wholemeal flour. | 1 teaspoonful salt. | about ½ pint and ½ gill
½ oz. German yeast. | ½ oz. butter. | 1 teaspoonful sugar. | tepid water.

Mix the two flours together in a basin, add the salt, rub in the butter. Mix the yeast and sugar together in a small basin until quite liquid, pour on to it the tepid water. It is best to use ½ pint first, and if not sufficient, use a little more. Stir the yeast and water together until well mixed. Make a well in the centre of the flour, and pour in the yeast mixture. Mix in the flour with the hand until it is a smooth paste, cover with a cloth, and set to rise in a warm place for about one and a half hours. Then turn it out on to a floured board, and knead for fifteen minutes. Cut the dough into two pieces, make each piece into a ball, make two small cuts across, intersecting each other. Put these on a floured baking-tin, and bake in a hot oven for about three-quarters of an hour.

Average cost, 4d. Time required, 3 hours. Sufficient for 2 small loaves.

2,643. WHEAT-MEAL BREAD.

1¾ lbs. wheatmeal. | 1 oz. butter. | 1 teaspoonful sugar.
½ oz. yeast. | ½ pint water. | 1 teaspoonful salt.

Melt the butter in a small stewpan, then add the water and make just lukewarm. Put the wheatmeal into a large basin, mix in the salt. Put the yeast into a small basin, add the sugar to it, and work them together with a wooden spoon until liquid; then add to it the water and butter. Make a well in the centre of the flour, and pour in the yeast mixture. Stir a little of the flour into this, cover with a cloth, and set in a warm place to rise for half an hour. At the end of that time work in the rest of the flour. If necessary, add more water, which should

be lukewarm. Put to rise again for one hour ; then turn on to a floured board, and knead well for ten minutes. Divide the dough into two parts, and make each part into a round shape. Make a cross-slit with a knife on the top of each, and bake in a hot oven for about one hour.

Average cost, 4d. Time required, 3 hours. Sufficient for 2 loaves.

2,644. DOUGH CAKE.

1 lb. dough.	2 ozs. sugar.	1 oz. candied	4 ozs. currants.
2 ozs. butter.	2 eggs.	peel.	nutmeg.

Melt the butter in a small stewpan ; cut up the peel into small pieces. Put the dough into a basin, beat in with the hand all the above ingredients, divide the mixture into two parts. Grease two tins, and put half in each. Set these in a warm place to rise until they are double the size. Bake the cakes in a hot oven for about forty minutes. Turn out of the tins, and stand on their sides until cold.

Average cost, 8d. Time required, 1½ hours. Sufficient for 2 cakes.



FIG. 208.—VIENNA BREAD.

2,645. VIENNA BREAD.

1 lb. flour. | 1 egg. | 1 oz. butter. | ½ teaspoonful sugar. | ½ pint milk. | ¾ oz. yeast. | salt.

Put the flour and a little salt into a large basin. Mix the yeast and sugar together in a small basin with a wooden spoon until liquid. Melt the butter in a small saucepan, add the milk, and make it just lukewarm. Pour this on to the yeast, mix well. Make a well in the centre of the flour, pour in the yeast mixture, work in the flour, and make into a dough. Set this dough in a warm place to rise for about two hours. Turn on to a floured board at the end of that time, and knead the dough for ten minutes. Divide into pieces, and make into rolls. Place these on a floured tin, put in a warm place to prove for ten minutes ; then bake in a quick oven for fifteen to twenty minutes.

Average cost, 6d. Time required, 3 hours. Sufficient for 10 to 12 rolls.

2,646. DOUGH-NUTS.

1 lb. flour. | 1 oz. German yeast. | 1 oz. butter. | 3 gills milk. | salt. | jam. | castor sugar.

Put the flour into a basin, mix into it a little salt. Put the yeast into a small basin, add about ½ teaspoonful of castor sugar. Cream these together with a wooden spoon until liquid. Melt the butter in a small stewpan, add the milk, and

make it just lukewarm. Pour this on the yeast, mix well together, add it to the flour, stir in the flour, and make into a stiff dough. Cover with a piece of paper or cloth, and put to rise in a warm place for two hours. When ready, turn the dough on to a floured board, and knead it well for ten minutes ; then divide it into small pieces, flatten slightly with the hand, put a little jam on each, work the dough round the jam, so as to completely enclose it. Put these on a floured tin to rise in a warm place for ten minutes. Have ready a saucepan of hot fat. Drop in three or four. They must have plenty of room. Turn them over with a spoon, so that they may be the same colour all over. They will take four or five minutes to fry. Have ready a paper thickly sprinkled with sugar. Take the dough-nuts out of the fat, put them at once into the sugar, and shake it well over them. Serve hot or cold.

Average cost, 6d. Time required, 3 hours. Sufficient for 12 to 14 nuts

2,647. YORKSHIRE TEA CAKES.

$\frac{3}{4}$ lb. flour.	$1\frac{1}{2}$ ozs. butter	1 teaspoonful castor	salt.
$\frac{3}{4}$ oz. German yeast.	$1\frac{1}{2}$ gills milk.	sugar.	1 egg.

Put the flour into a basin, add some salt to it. Cream the yeast and sugar together in a small basin until liquid. Melt the butter in a small saucepan, add the milk to it, and make lukewarm. Beat the egg, add the milk and butter. Pour this on the yeast, mix all well together. Make a well in the centre of the flour, strain in the yeast mixture, and mix well. Cover with a cloth, and set it to rise for one hour ; then turn on to a floured board, and knead for ten minutes. Divide the mixture into two parts. Grease two timbale-moulds, put in the dough, and set to rise in a warm place for about fifteen minutes. Bake in a hot oven for another fifteen minutes. Instead of putting the dough into tins, it can be divided into four pieces, made into round cakes, set to rise for ten minutes, and then baked.

Average cost, 6d. Time required, 2 hours. Sufficient for 2 to 4 cakes.

2,648. SODA BREAD.

2 lbs. flour.	1 oz. tartaric acid.	1 oz. carbonate of soda.	1 pint milk.	salt.
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Sieve the flour, salt, and tartaric acid into a basin. Dissolve the soda in the milk, and pour it into the flour. Mix together into a dough. Turn on to a floured board, knead smooth, then make up quickly into loaves or rolls, and bake for about an hour in a moderate oven.

Average cost, 7d. Time required, $1\frac{1}{4}$ hours.

2,649. DERBY SHORT CAKES.

4 ozs. butter.	2 ozs. sugar.	$\frac{1}{2}$ lb. flour.	1 egg.	a little milk.
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Sieve the flour into a basin, rub in the butter with the fingers, stir in the sugar. When well rubbed in, beat the egg, mix some milk with it, and stir it into the flour. Add more milk if necessary, until a stiff paste is made. Turn on to a floured board, and roll out thinly. Cut into fancy shapes, brush them over with white of egg, dust over with castor sugar, place them on a greased baking-sheet, and bake in a moderate oven for ten minutes. Dish up, and serve either hot or cold.

Average cost, 6d. Time required, 20 minutes.

2,650. SODA SCONES.

1 lb. flour.	$\frac{3}{4}$ teaspoonful carbonate	$\frac{1}{2}$ teaspoonful tartaric acid.
salt.	of soda.	buttermilk or sour milk.

Put the flour into a basin, mix into it a little salt, the soda and tartaric acid. Add sufficient buttermilk, or if that is not to be had, sour milk, to make into a very soft paste. Turn this on to a well-floured board, roll it out rather less than

$\frac{1}{2}$ inch in thickness, and cut it into rounds or triangle shapes. Bake these on a hot girdle or iron frying-pan that has been sprinkled with flour, cook for about ten minutes, turning them over when half done.

Average cost, 3d. Time required, 20 minutes. Sufficient for 8 scones.

2,651. WHOLEMEAL SCONES.

$\frac{3}{4}$ lb. wholemeal flour.	3 ozs. butter.	salt.
4 ozs. white flour.	1 teaspoonful baking-powder.	milk.

Put the wholemeal and the white flour into a basin, mix in a little salt and the baking-powder, rub in the butter with the fingers, and, when well mixed, make it into a soft dough with milk. Turn on to a floured board, roll out rather thinly, cut it out with a round or oval cutter about $1\frac{1}{2}$ inches in diameter. Place these on a floured baking-sheet, and bake in a moderate oven for about ten to fifteen minutes. If liked, sugar may be mixed into the flour.

Average cost, 6d. Time required, 30 minutes. Sufficient for 12 scones.

2,652. DONSIDE SCONES.

$\frac{1}{4}$ lb. flour.	2 ozs. butter.	1 teaspoonful baking-powder.
$\frac{1}{4}$ lb. oatmeal.	1 teaspoonful sugar.	milk.

Mix the flour, oatmeal, sugar, and baking-powder together. Rub the butter in lightly, mix with enough milk to bind. Turn out on a floured board, roll out rather thickly, and cut into small rounds. Place in a moderate oven, and cook for about ten minutes. When baked, split them open, butter them, and serve hot.

Average cost, 4d. Time required, 15 minutes.

2,653. IRISH FADGE.

$\frac{3}{4}$ lb. wholemeal flour.	3 ozs. lard.	salt.
$\frac{1}{4}$ lb. white flour.	3 ozs. dripping.	1 teaspoonful baking-powder.
2 eggs.	1 teaspoonful soda.	1 dessertspoonful vinegar.

Put the flours, salt, soda, and baking-powder into a basin; rub in the lard and dripping. Beat the eggs in a basin, add the vinegar, and mix into the dry ingredients. This should be a stiff dough. Roll out, cut into triangles, bake in a fairly hot oven for fifteen to twenty minutes. Butter them, and serve hot or cold.

Average cost, 6d. Time required, 30 minutes.

2,654. TEA CAKES.

12 ozs. flour.	1 egg.	1 teaspoonful baking-powder.
4 ozs. butter.	milk.	1 teaspoonful castor sugar.

Put the flour into a basin, add the baking-powder, rub in the butter with the fingers, then add the sugar. Beat the egg in a basin, add a little milk to it, and work into a firm paste. Turn on to a floured board, divide the dough into four equal pieces. Shape these pieces into balls, flatten them with the hand, place them on a floured baking-tin, and bake for about twenty minutes. When done, split open and butter them. Serve hot.

Average cost, 7d. Time required, 30 minutes. Sufficient for 4 cakes.

2,655. CREAM SCONES.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking-powder.	2 ozs. butter.	$\frac{1}{2}$ gill milk.	$\frac{1}{2}$ gill cream.
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Sieve the flour and baking-powder into a basin, rub in the butter with the fingers, add a little salt, and mix to a soft paste with the milk and cream. Turn on to a floured board, roll it out $\frac{1}{4}$ inch thick, cut out with a round cutter. Place them on a floured baking-sheet, and bake in a moderate oven for ten to fifteen minutes. When nearly ready, brush over with milk and butter in equal quantities mixed together. Put back into the oven to finish cooking.

Average cost, 7d. Time required, 30 minutes. Sufficient for 6 to 8 scones.

2,656. MILK ROLLS.

1 lb. flour. | 1 teaspoonful baking-powder. | 3 ozs. butter. | milk. | salt.

Sieve the flour and baking-powder into a basin, rub in the butter with the fingers, then mix it into a fairly firm dough with the milk. When mixed, turn the dough on to a floured board, cut it into twelve equal pieces, and make each piece into a roll. Put these on to a floured baking-sheet, and bake for about fifteen to twenty minutes.

Average cost, 6d. Time required, 30 minutes. Sufficient for 12 rolls.

2,657. SCONES.

1 lb. flour. | 3 ozs. butter. | milk. | 1 teaspoonful baking-powder. | $\frac{1}{2}$ oz. sugar.

Put the flour into a basin, mix with it the baking-powder, and about $\frac{1}{2}$ oz. of castor sugar. Rub in the butter with the fingers, mix to a dough with milk, turn on to a floured board, and roll it out rather thinly. Cut into rounds with a 2-inch



FIG. 209.—SCONES.

round cutter, arrange these on a floured baking-sheet, and bake for about fifteen to twenty minutes in a moderate oven. These scones can be eaten hot or cold. If hot, cut open as soon as baked, and butter them.

Average cost, 6d. Time required, 30 minutes. Sufficient for 12 scones.

2,658. YORKSHIRE SPICE CAKE.

2 lbs. flour. | $\frac{1}{2}$ lb. lard. | $\frac{3}{4}$ oz. German yeast. | 2 eggs. | $\frac{3}{4}$ lb. sugar
6 ozs. butter. | salt. | 1 gill water. | $1\frac{1}{2}$ lbs. currants. | nutmeg.

Put the flour into a basin, mix in some salt, rub in the butter and lard. Cream the yeast with a little sugar, then add the water lukewarm. Make a well in the centre of the flour, pour in the yeast, stir in some of the flour to make a batter. Sprinkle a little more flour over, and put in a warm place to rise. When bubbles appear on the surface, knead it thoroughly, adding more water if necessary, and let it rise again. When it has risen sufficiently, work in the currants (picked and cleaned), the sugar, the grated nutmeg, and the well-beaten eggs. Make it into loaves, put into tins, filling them only half full. Set to prove in a warm place. Bake until done in a quick oven.

Average cost, 1s. 10d. Time required, 3 hours. Sufficient for 3 cakes.

2,659. YULE CAKES.

1 lb. flour.	$\frac{1}{2}$ oz. German yeast.	$\frac{1}{2}$ lb. butter.	2 eggs.	$\frac{3}{4}$ lb. currants.
1 saltspoonful salt.	$\frac{1}{2}$ lb. moist sugar.	$\frac{1}{2}$ pint water.	1 nutmeg.	$\frac{1}{4}$ lb. mixed candied peel.

Sieve the flour with the salt into a basin, cream the yeast with $\frac{1}{2}$ teaspoonful of castor sugar until liquid, add to it $\frac{1}{2}$ pint of lukewarm water. Pour this into the centre of the flour, and work into a dough. Cover with a cloth, and put it in a warm place to rise. Beat the butter to a cream, and, when the dough has risen sufficiently, add the butter, sugar, the cleaned and picked currants, the finely-chopped candied peel, the grated nutmeg, and the two eggs well beaten. Mix all well together, fill into buttered tins, half filling them; set to rise again, then bake for one and a half to two hours in a moderate oven. When done, turn out, and let them get cold.

Average cost, 1s. 6d. Time required, 4 hours. Sufficient for 2 cakes.

2,660. HOT APPLE CAKES (1).

1 lb. flour.	3 ozs. brown sugar.	2 teaspoonfuls baking-	2 eggs.
4 ozs. dripping or butter.	1 lb. apples.	powder.	salt.

Sieve the flour and baking-powder into a basin, rub in the dripping or butter, add the sugar and a pinch of salt. Peel and core the apples, chop them finely, mix them into the flour and dripping. Beat the eggs in a basin, pour into the dry ingredients, and make into a dough, using a little milk if it is not moist enough. Well butter a Yorkshire-tin, put in the mixture, place in a moderate oven, and bake for about three-quarters of an hour. When done, cut into fingers, dish on a pile on a hot dish, sprinkle over thickly with castor sugar, and serve hot.

Average cost, 10d. Time required, 1 hour. Seasonable, September to May.

2,661. HOT APPLE CAKES (2).

1 lb. flour.	1 egg.	1 oz. butter.	$\frac{1}{2}$ teaspoonful castor sugar.
$\frac{1}{2}$ pint milk.	$\frac{1}{2}$ oz. yeast.	salt.	1 lb. apples.

Sieve the flour and a pinch of salt into a basin; cream the yeast and sugar together until liquid. Beat the egg in another basin. Melt the butter in a saucepan, add milk, and let it get warm. Pour this on to the beaten egg. When this egg and milk is tepid, stir it on to the yeast, mix into the flour. Cover the basin with a cloth, and put to rise in a warm place for one hour. Peel and core the apples, chop them finely. Turn the dough on to a floured table, knead it well for fifteen minutes, working in the chopped apples by degrees as it is kneaded. Well butter a large Yorkshire-tin, turn the apple cake into it, and place in a warm place to rise for ten to fifteen minutes. At the end of that time put it into a hot oven, and bake for twenty to thirty minutes. When done, take it out of the tin, split the cake through, spread it with butter, and dust with sugar. Place the halves together again, and cut into fingers. Dish up in a pile on a hot dish, dust over with castor sugar, and serve hot.

Average cost, 10d. Time required, 2 hours. Seasonable, September to May.

2,662. APPLE CAKE (3).

14 ozs. flour.	salt.	$\frac{1}{2}$ teaspoonful	$\frac{1}{2}$ lb. apples.	2 ozs. sugar.
$\frac{1}{2}$ oz. yeast.	1 $\frac{1}{2}$ gills tepid water.	sugar.	2 ozs. butter.	mixed spice.

Sieve the flour and a pinch of salt into a basin. Mix the yeast and a teaspoonful of sugar together until it is liquid, pour the tepid water on to it. Mix into the flour, and put into a warm place to rise for one to one and a half hours. Turn on to a floured table, and knead thoroughly for fifteen minutes. Peel and core the apples, chop them finely, melt the butter. Mix these into the dough, adding a little mixed spice. Put into a well-buttered cake-tin, set in a warm place to rise for ten minutes, then bake in a hot oven for thirty to forty minutes.

Average cost, 6d. Time required, 2 $\frac{1}{2}$ hours. Seasonable, September to May.

2,663. FRUIT TEA CAKES.

2 ozs. sugar.	$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking-powder.
2 ozs. butter.	2 eggs.	any fruit in season.

Cream the butter and sugar together, beat in the eggs one at a time. Sieve in the flour and baking-powder. Mix thoroughly together, and then fill into small buttered dariole-moulds. Place in a hot oven, and cook for fifteen to twenty minutes. When done, take them out of the tins, cut a slice off from near the top of each, take out some of the centres, and fill with any kind of fresh fruit that is in season. Sprinkle with sugar, replace the tops, and serve.

Average cost, 6d., exclusive of fruit. Time required, 30 minutes.

2,664. BUNS.

1 lb. flour.	2 ozs. butter.	2 eggs.	salt.
1 oz. German yeast.	$1\frac{1}{2}$ ozs. castor sugar.	$\frac{1}{4}$ lb. sultanas.	$\frac{1}{2}$ pint milk.

Put the flour and salt into a basin. Put the yeast and a teaspoonful of salt into a small basin, and cream them together with a wooden spoon. Add to it the milk, which should be just lukewarm. Make a well in the centre of the flour, strain in the milk and yeast, mix all together, cover with a piece of paper or cloth, and set to rise for about one hour. At the end of that time knead the dough for five minutes, return to the basin, and work in the melted butter, sugar, sultanas, and eggs one at a time. Beat well until it is thoroughly mixed. Turn the dough on to a floured board, divide it into twelve equal pieces, make them up into balls, and place them on a baking-sheet that has been greased. Set them in a warm place to rise for ten minutes, then put them into a hot oven to bake. They will take about twenty minutes to cook. A few minutes before they are done, brush them over with milk, beaten egg, and treacle mixed together in equal quantities.

To make hot-cross buns, spice should be added to the ingredients, and a cross made on each bun with the back of a floured knife.

Average cost, 8d. Time required, $1\frac{1}{2}$ hours. Sufficient for 12 buns.

2,665. BATH BUNS.

1 lb. flour.	4 eggs.	2 ozs. mixed candied peel.	4 ozs. castor sugar.
6 ozs. butter.	1 oz. yeast.	1 gill milk.	salt.

Sieve the flour into a basin, rub in the butter, and add a pinch of salt. Put the yeast into a small basin; add to it $\frac{1}{2}$ teaspoonful of castor sugar. Cream together with a wooden spoon until liquid, then pour on to it the milk, which must be first made lukewarm. Beat the eggs, and add them and the yeast mixed to the flour. Mix all well together; cover the basin, and put it to rise in a warm place for about one hour, or until it is double in size, then mix in the rest of the sugar and the finely cut candied peel. Make this paste into balls all of equal size; put them on baking-tins, and allow them to rise in a warm place for about ten to fifteen minutes. Before putting them in the oven, brush them over with beaten egg. Sprinkle some sugar over, and bake in a hot oven.

Average cost, 1s. 2d. Time required, 2 hours. Sufficient for 12 buns.

2,666. CHELSEA BUNS.

$\frac{1}{2}$ quartern bread-dough.	3 ozs. butter.	castor sugar.
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Make the dough, knead it well, roll it out into a sheet about $\frac{1}{4}$ inch thick; spread the butter over; fold it and roll three or four times; then roll out again, sprinkle some castor sugar over, then a little water, and cut it in strips about $\frac{3}{4}$ inch wide. Roll these up until they are 2 inches in diameter. Butter a baking-sheet, and arrange the rolls on it, with a space between each. Put them into a warm place to rise. Bake in a moderate oven. When cooked, sprinkle some castor sugar over them.

Average cost, 6d. Time required, 2 hours. Sufficient for 12 buns.

2,667. GIRDLE CAKES.

1 lb. flour. | 6 ozs. butter. | 3 1 teaspoonful baking-powder. | salt. | milk to mix.

Sieve the flour, baking-powder, and salt into a basin ; add the butter, and rub it into the flour until well mixed. Make into a paste with milk ; turn this dough on to a floured board, and roll it out about $\frac{1}{8}$ inch thick ; cut it out with a round cutter 3 inches in diameter. Flour a girdle, or an iron frying-pan will do as well ; place the cakes on it, and cook slowly. When a light brown, turn them over, to cook the other side. As soon as they are done, take them up, split in half, butter them, and pile one on the top of each other on a hot dish. Serve hot for tea.

Average cost, 8d. Time required, 30 minutes. Sufficient for 18 cakes.

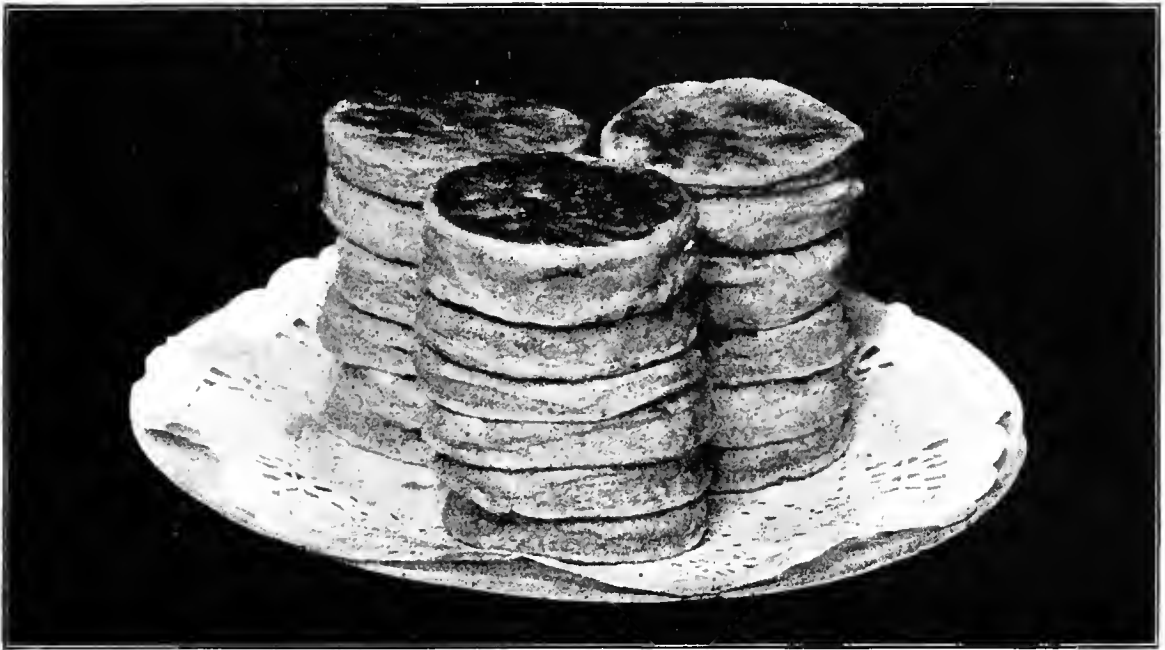


FIG. 210.—GIRDLE CAKES.

2,668. RASPBERRY BUNS.

4 ozs. butter. | 2 eggs. | $1\frac{1}{2}$ teaspoonfuls baking- | $1\frac{1}{2}$ gills milk.
6 ozs. sugar. | $1\frac{1}{4}$ lbs. flour. | powder. | raspberry jam.

Put the butter and sugar into a basin, and work them together with a wooden spoon until creamy. Break in the eggs one at a time ; beat the mixture thoroughly before adding the next ; then stir the flour and baking-powder in lightly. Make the mixture into a soft dough with the milk. Divide into twelve portions ; knead each piece a little to get it smooth, flatten, and place a little raspberry jam in the centre of each ; close up ; place the buns on a greased baking-sheet ; brush them over with beaten egg ; dust with sugar. Bake in a moderate oven for fifteen to twenty minutes.

Average cost, 10d. Time required, 35 minutes. Sufficient for 12 buns.

2,669. GINGER BUNS.

1 lb. flour. | 4 ozs. sugar. | 1 teaspoonful baking- | 1 egg.
3 ozs. butter. | 4 ozs. golden syrup. | powder. | 1 teaspoonful ginger.

Put the butter and sugar into a basin, and cream them together with a wooden spoon until soft. Add the egg ; beat well ; stir in the syrup, and mix. Sieve the flour with the baking-powder and the ginger ; stir in lightly and quickly. Divide the mixture into twelve parts ; make each portion into a round ball, place on a greased baking-sheet, and bake in a moderate oven for fifteen to twenty minutes.

Average cost, 8d. Time required, 35 minutes. Sufficient for 12 buns.

2,670. SPICE BUNS.

1 lb. flour.	1 teaspoonful baking-	4 ozs. sugar.	$\frac{1}{2}$ teaspoonful mixed spice.
4 ozs. butter.	powder.	2 eggs.	milk.

Sieve the flour and baking-powder into a basin ; rub in the butter ; add the spice ; mix with the beaten eggs and sufficient milk into a stiff dough. Divide into twelve pieces. Put these on a greased baking-sheet ; brush them over with beaten egg, and bake in a moderate oven for about twenty minutes.

Average cost, 8d. Time required, 30 minutes. Sufficient for 12 buns.

2,671. ITALIAN BUNS.

4 ozs. butter.	1 teaspoonful baking-	4 ozs. currants.	6 ozs. castor sugar.
$1\frac{1}{4}$ lbs. flour.	powder.	rind of $\frac{1}{2}$ lemon.	$\frac{1}{2}$ pint milk.

Sieve the flour and baking-powder into a basin ; rub in the butter ; add the sugar, the cleaned currants, and the grated rind of the lemon ; mix into a paste with the milk. Divide the mixture into twelve pieces ; shape them round, and put on a greased baking-sheet ; brush over with beaten egg ; sprinkle with castor sugar, and bake for about twenty minutes in a moderate oven.

Average cost, 7d. Time required, 30 minutes. Sufficient for 12 buns.

2,672. VANILLA BUNS.

1 lb. flour.	1 teaspoonful baking-	4 ozs. castor sugar.	1 teaspoonful vanilla essence.
4 ozs. butter.	powder.	2 eggs.	milk.

Sieve the flour and baking-powder into a basin ; rub in the butter ; add the sugar. Beat the eggs well ; make a well in the centre of the flour ; put in the eggs and sufficient milk to mix ; add the vanilla essence, and stir all together until all is well blended. Divide into twelve pieces ; mould them into a round shape ; put them on to a greased tin, and bake in a moderate oven for about twenty minutes. When done, turn on to a sieve to cool. Before the buns are put in the oven they should be brushed over with beaten egg and dredged with sugar.

Average cost, 8d. Time required, 30 minutes. Sufficient for 12 buns.

2,673. JUBILEE BUNS.

$\frac{1}{4}$ lb. butter.	1 lb. flour.	1 teaspoonful baking-	1 egg.	essence of almonds.
$\frac{1}{4}$ lb. sugar.	$\frac{3}{4}$ lb. currants.	powder.	milk.	ground almonds.

Rub the butter into the flour ; add the sugar and baking-powder ; stir in the cleaned currants ; mix to a dough with the beaten egg and sufficient milk ; flavour with almond essence. Shape into rounds ; place them on a greased baking-sheet, brush over with white of egg well beaten, and sprinkle with ground almonds and sugar. Bake in a moderate oven for about twenty minutes.

Average cost, 9d. Time required, 40 minutes. Sufficient for 12 buns.

2,674. CINNAMON BUNS.

1 lb. flour.	1 teaspoonful baking-	6 ozs. sugar.	1 teaspoonful ground cinnamon.
4 ozs. butter.	powder.	2 eggs.	milk.

Rub the butter into the flour ; add the sugar, cinnamon, and baking-powder. Make a well in the centre of the flour, and pour in the well-beaten eggs and milk, sufficient to mix to a stiff dough. Divide the mixture into twelve portions ; shape each part into a round ; put these on to a greased baking-sheet ; rub them over with beaten egg ; dust with castor sugar, and bake in a moderate oven for fifteen to twenty minutes. When done, put them on to a sieve to cool.

Average cost, 8d. Time required, 30 minutes. Sufficient for 12 buns.

2,675. BREAKFAST CAKE.

$\frac{1}{2}$ lb. wholemeal flour.	$\frac{1}{2}$ teaspoonful baking-	1 teaspoonful sugar.
$\frac{1}{2}$ oz. butter.	powder.	milk or water.

Put the sugar, baking-powder, and flour into a basin ; rub the butter in lightly, and mix to a dough with either milk or water. Roll it out into a large round ; place on a tin, and bake in a moderate oven.

Average cost, nominal. Time required, 20 to 30 minutes.

2,676. HASTY CAKES.

1 lb. flour.	2 teaspoonfuls baking-powder.	$\frac{1}{2}$ teaspoonful salt.	milk.
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Sieve the flour, baking-powder, and salt into a basin ; mix with enough milk to make into a soft dough. Divide into four equal portions ; shape them into balls, and then flatten them with the hand. Bake in a moderate oven for about fifteen minutes. Split open and butter.

Average cost, 2d. Time required, 20 minutes.

2,677. CORNISH TEA CAKE.

$\frac{1}{2}$ lb. flour.	1 oz. peel.	2 ozs. sugar.	$\frac{1}{2}$ teaspoonful spice.
$\frac{1}{4}$ lb. dripping.	$\frac{1}{4}$ lb. currants.	1 gill milk.	1 teaspoonful baking-powder.

Sieve the flour and baking-powder ; rub in the dripping ; add the fruit, spice, sugar, and enough milk to bind. Roll them out rather thickly ; brush them over with egg, and bake 10 to 15 minutes. Split them open, and butter.

Average cost, 3d. Time required, 30 minutes.

2,678. CURRANT ROCK CAKES.

1 lb. flour.	6 ozs. sugar.	$\frac{1}{4}$ lb. currants.
6 ozs. butter.	3 eggs.	1 teaspoonful baking-powder.

Rub the butter into the flour and baking-powder ; add the sugar and the currants, cleaned. Beat the eggs in a basin, and add by degrees to the dry ingredients. This mixture may not require all the egg, as it must be very stiff. Place in little heaps on a floured tin ; bake in a moderate oven for about fifteen minutes.

Average cost, 1s. Time required, 30 minutes.

2,679. COCOA-NUT ROCK CAKE.

$\frac{1}{2}$ lb. flour.	6 ozs. sugar.	1 egg.
3 ozs. butter.	2 ozs. desiccated cocoa-nut.	$\frac{1}{2}$ teaspoonful baking-powder.

Rub the butter into the flour and baking-powder ; then add the sugar and cocoa-nut. Beat the egg in a basin, and add to the dry ingredients. Place this mixture in little heaps on a floured tin ; put into a moderate oven, and bake for about fifteen minutes.

Average cost, 6d. Time required, 30 minutes.

2,680. ORANGE ROCK CAKES.

12 ozs. flour.	4 ozs. sugar.	2 oranges.	1 teaspoonful baking-
4 ozs. butter.	2 eggs.	milk.	powder.

Cream the butter and sugar until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder ; stir into the butter ; also the grated rind of two oranges and the juice of one. If this mixture is too stiff, a little milk can be added. Put in little heaps on a floured tin, and bake in a quick oven for about ten minutes. This dough must be very stiff, or the cakes will not keep their shape.

Average cost, 8d. Time required, 20 minutes. Seasonable, November to June.

2,681. VANILLA ROCK CAKES.

$\frac{3}{4}$ lb. flour.	2 eggs.	vanilla.
5 ozs. butter.	5 ozs. sugar.	1 small teaspoonful baking-powder.

Cream the butter and sugar ; beat in the eggs, one at a time ; sieve the flour and baking-powder, and stir into the butter and sugar. Flavour with vanilla essence. Place in small heaps on a floured tin. Bake in a quick oven for ten to fifteen minutes.

Average cost, 9d. Time required, 30 minutes.

2,682. ALMOND ROCK CAKES.

3 ozs. butter.	$\frac{1}{2}$ lb. flour.	1 egg.	almond essence.
4 ozs. sugar.	$\frac{3}{4}$ ozs. ground almonds.	1 teaspoonful baking-powder.	milk.

Cream the butter and sugar together ; beat in the egg ; sieve the flour and baking-powder ; stir into the mixture, also the almonds, a little almond essence, and milk if necessary. Place in little heaps on a floured tin, and bake for about ten minutes in a hot oven.

Average cost, 9d. Time required, 20 minutes.

2,683. ROCK CAKES.

$\frac{3}{4}$ lb. flour.	milk.	3 ozs. butter or dripping.	1 egg.	1 teaspoonful baking-
4 ozs. currants.	1 oz. peel.	3 ozs. sugar.	nutmeg.	powder.

Sieve the flour and baking-powder into a basin ; rub the butter in lightly ; add the currants cleaned, and the peel cut up, also the sugar, a grate of nutmeg, and the beaten egg. A little milk can be added, if required, taking care that the mixture is not made too moist. Put in little heaps on a floured tin, and bake in a moderate oven for about fifteen minutes.

Average cost, 8d. Time required, 30 minutes.

2,684. CHERRY CAKE.

5 ozs. butter.	3 ozs. glacé cherries.	4 eggs.
5 ozs. sugar.	$\frac{1}{2}$ lb. flour.	1 teaspoonful baking-powder.

Line a cake-tin with a thick layer of paper. Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder ; stir into the cake mixture, and, lastly, add the cherries, cut in halves, taking care that they are well distributed in the cake. Turn into the cake-tin, and bake in a moderate oven for one hour to one and a half hours.

Average cost, 1s. 2d. Time required 2 hours.

2,685. POUND CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. currants.	1 teaspoonful baking-powder.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ lb. raisins.	6 eggs.	2 ozs. peel.

Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Clean the currants, chop the peel, and stone the raisins. Sieve the flour and baking-powder into the butter and eggs ; mix thoroughly, and then stir in the fruit. Turn into a cake-tin that has been lined with paper ; place in a moderately cool oven for three or four hours. Turn out, and stand on a sieve to cool.

Average cost, 1s. 8d. Time required, 4 hours.

2,686. LUNCHEON CAKE.

1 lb. flour.	$\frac{1}{2}$ lb. currants.	3 eggs.	$\frac{1}{4}$ pint milk.
6 ozs. sugar.	$\frac{1}{4}$ lb. butter.	nutmeg.	1 teaspoonful baking-powder.

Cream the butter and sugar ; beat in the eggs, one at a time. Sieve in the flour and baking-powder ; add a little grated nutmeg, the currants cleaned, and the milk. A little more milk can be added if the cake is not moist enough. Turn into

a cake-tin which has been lined with paper, and cook in a moderate oven for about one and a half hours.

Average cost, 11d. Time required, 2 hours.

2,687. SULTANA CAKE.

$\frac{1}{2}$ lb. butter.	1 lb. flour.	$\frac{1}{2}$ lb. sultanas.	1 teaspoonful baking-
$\frac{1}{2}$ lb. sugar.	5 eggs.	2 ozs. peel.	powder.

Line a cake-tin at the sides and bottom with a thick layer of paper. Sieve the flour and baking-powder together; chop the peel and clean the sultanas, removing all the stalks. Cream the butter and sugar together; beat in the eggs, one at a time; then stir in the flour and fruit. Mix all together thoroughly, and turn into the prepared tin. Put in a moderate oven and bake for one and a half to two hours.

Average cost, 1s. 6d. Time required, $2\frac{1}{2}$ hours.



FIG. 211.—SULTANA CAKE.

2,688. GERMAN POUND CAKE.

$\frac{1}{2}$ lb. butter.	1 lemon.	$\frac{1}{4}$ lb. peel.	$\frac{3}{4}$ lb. flour.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ lb. sultanas.	5 eggs.	1 teaspoonful baking-powder.

Cream the butter and sugar together with a wooden spoon until soft. Break in the eggs, one at a time, beating each egg in thoroughly before adding the next. Clean the sultanas, and cut up the peel. Sieve the flour and baking-powder together, stir it into the cake, also the fruit and grated rind of one lemon. Mix well together, and turn into a cake-tin which has been lined with paper; put into a moderate oven, and bake for two hours. Turn out, and stand on a sieve to cool.

Average cost, 1s. 6d. Time required, $2\frac{1}{2}$ hours.

2,689. GENOA CAKE.

$\frac{1}{2}$ lb. butter.	10 ozs. flour.	6 ozs. sultanas.	5 eggs.	1 teaspoonful baking-
$\frac{1}{2}$ lb. sugar.	2 ozs. peel.	1 lemon.	2 ozs. almonds.	powder.

Cream the butter and sugar together until soft; break in the eggs, one at a time, beating each egg well before the next is added. Sieve in the flour and baking-powder; add the grated rind of one lemon, the sultanas cleaned, and the peel cut up small. Turn this into a shallow cake-tin, which has been lined with paper.

Press the mixture down, and sprinkle the top with the almonds blanched and skinned. Place in a moderate oven, and bake for one and a half hours. Turn out, and stand on a sieve to cool.

Average cost, 1s. 9d. Time required, 2 hours.

2,690. SEED CAKE.

$\frac{1}{2}$ lb. butter.	1 lb. flour.	4 eggs.	$\frac{1}{2}$ oz. carraway-seeds.
$\frac{1}{2}$ lb. sugar.	1 oz. candied lemon-peel.	a little milk.	1 teaspoonful baking-powder.

Cream the butter and sugar together until soft. Beat in each egg thoroughly, adding them one at a time. Sieve in the flour and baking-powder; stir well together; add the carraway-seeds and the candied lemon-peel, cut up in small pieces, and a little milk, if necessary. Turn the mixture into a cake-tin, which has been lined with paper. Place in a moderate oven, and bake for about one and a half hours. Turn out when done; remove the paper, and place the cake on a sieve to cool.

Average cost, 1s. 2d. Time required, 2 hours.

2,691. PLAIN CURRANT CAKE.

1 lb. flour.	2 ozs. peel.	$\frac{1}{2}$ pint milk.	1 tablespoonful vinegar.
$\frac{1}{2}$ lb. currants.	$\frac{1}{4}$ lb. sugar.	6 ozs. dripping.	2 tablespoonfuls baking-powder.

Line a cake-tin with buttered paper. Sieve the flour and baking-powder into a basin; rub the dripping in lightly; add the sugar. Clean the currants by rubbing them lightly on a sieve with a little flour. Cut the peel into small pieces; add these to the dry ingredients; then stir in the milk and vinegar. Mix thoroughly, and turn into the prepared cake-tin; press it down well, and bake in a moderate oven for one and a half hours. Take it out, remove the paper, and put on a sieve to cool.

Average cost, 6d. Time required, 2 hours.

2,692. DUNDEE CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. sugar.	$\frac{1}{4}$ lb. currants.	$\frac{1}{4}$ lb. almonds.
$\frac{3}{4}$ lb. flour.	1 teaspoonful baking-powder.	1 oz. peel.	$\frac{1}{2}$ teaspoonful ground
6 eggs.	$\frac{1}{2}$ lemon.	6 ozs. sultanas.	mixed spice.

Line a cake-tin with a thick layer of paper. Cream the butter and sugar together until quite soft; break in the eggs, one at a time, beating each one in thoroughly before adding the next. Clean the currants and sultanas, and chop up the peel. Sieve the flour and baking-powder, and stir into the butter and eggs. Add the fruit, spice, and grated rind of half a lemon. When the cake is thoroughly mixed, turn it into the cake-tin. Have the almonds ready blanched and skinned, sprinkle them over the top of the cake; place in a moderate oven, and bake for two to two and a half hours. When done, remove the paper, and place on a sieve to cool.

Average cost, 2s. Time required, 3 hours.

2,693. MADEIRA CAKE.

5 ozs. butter.	$\frac{1}{2}$ lb. flour.	1 lemon.	1 small teaspoonful baking-
5 ozs. sugar.	4 eggs.	slice of citron.	powder.

Line a cake-tin with four thicknesses of paper. Cream the butter and sugar together in a basin; beat in the eggs, one at a time. Sieve the flour and baking-powder; stir into the cake mixture, and add the grated rind of a lemon. Turn into the cake-tin, and bake in a moderate oven for about one and a quarter hours. When the cake is rather more than half cooked, place a slice of citron-peel on the top. Finish baking, turn out, remove the paper, and stand on a sieve to cool.

Average cost, 10d. Time required, $1\frac{3}{4}$ hours.

2,694. SPICE CAKE.

6 ozs. butter.	6 ozs. currants.	$\frac{1}{2}$ teaspoonful mixed spice.
6 ozs. sugar.	4 ozs. sultanas.	10 ozs. flour.
4 eggs.	2 ozs. peel.	1 teaspoonful baking-powder.

Prepare a cake-tin by lining it with thick paper. Clean the currants and sultanas by rubbing them on a sieve with a little flour and then removing all the stalks. Chop the peel finely, and sieve the flour and baking-powder together. Cream the butter and sugar until soft ; add the eggs, one at a time, beating each egg in thoroughly before adding the next. Stir in the fruit and spice, and, lastly, the sieved flour. When the cake is well mixed, turn it into the prepared cake-tin, and bake in a moderate oven for about one and a half hours.

Average cost, 1s. 6d. Time required, 2 hours.

2,695. LADY CAKE.

6 ozs. butter.	1 lb. flour.	1 gill milk.	1 teaspoonful baking-
12 ozs. sugar.	almond essence.	6 whites of eggs.	powder.

Cream the butter and sugar together until soft ; add 1 teaspoonful of almond essence and 1 gill of milk. Whisk the whites of the eggs stiffly ; stir them lightly into the mixture, and, lastly, the flour sieved with the baking-powder. Turn into a buttered tin, and bake in a moderate oven for about one to one and a half hours.

Average cost, 1s. 6d. Time required, 2 hours.

2,696. GOLD CAKE.

$\frac{1}{2}$ lb. butter.	1 lb. flour.	2 eggs.	milk.
$\frac{1}{2}$ lb. sugar.	vanilla.	6 yolks of eggs.	1 teaspoonful baking-powder.

Cream the butter and sugar until soft ; beat in the eggs thoroughly. Sieve the flour and baking-powder together ; add them to the butter and eggs, also a few drops of essence of vanilla, and a little milk, if required. Turn into a greased and lined cake-tin, and bake in a moderate oven for one and a half to two hours. The whites of eggs left over from this cake can be used for a silver cake.

Average cost, 1s. 6d. Time required, 2 hours.

2,697. ANGEL CAKE.

8 whites of eggs.	4 ozs. flour.	1 saltspoonful cream of
4 ozs. sugar.	vanilla essence.	tartar.

Whip the whites of the eggs very stiffly ; stir in the sugar, and beat again for fifteen to twenty minutes. Sieve the flour and cream of tartar ; stir very lightly into the cake, and flavour with vanilla. Turn into a buttered angel cake-tin, and bake in a cool oven for about three-quarters of an hour. Turn on to a sieve to cool. If liked, this cake can be iced with fondant icing, and decorated with glacé cherries and angelica.

Average cost, 9d. Time required, $1\frac{1}{4}$ hours.

2,698. SNOW CAKE.

$\frac{1}{2}$ lb. butter.	1 lb. cornflour.	lemon essence.
$\frac{1}{2}$ lb. sugar.	6 whites of eggs.	1 teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the whites of the eggs, one at a time ; flavour with lemon essence. Sieve the cornflour and baking-powder. Stir this into the cake ; turn into a buttered cake-tin, and bake in a moderate oven for about one and a half hours. Turn on to a sieve to cool.

Average cost, 1s. 8d. Time required, 2 hours.

2,699. GINGER CAKE.

4 ozs. butter.	1 egg.	$\frac{1}{4}$ oz. ground ginger.	$\frac{1}{2}$ teaspoonful car-
$1\frac{1}{2}$ lbs. golden	2 ozs. sultanas.	angelica.	bonate of soda.
syrup.	preserved ginger.	royal icing (No. 2,178).	almond icing (No.
$1\frac{1}{2}$ lbs. flour.	1 oz. mixed peel.	1 dessertspoonful milk.	2,180).

Put the butter into a basin, and work it to a cream ; then add the syrup, which has been first warmed ; beat in the egg ; sieve the flour, and stir it into the rest of the ingredients ; add ginger, sultanas, and peel. Lastly, dissolve the soda in the warmed milk. Mix all thoroughly together ; put the mixture into a lined cake-tin, and bake for about one and a half hours. When cooked, turn it out of the tin on to a sieve, and let it get cold. Then cover the top with a thick layer of almond icing. Let this set ; then put over the top a thin layer of royal icing. When this is firm, decorate it with pieces of preserved ginger and angelica, cut out in fancy patterns. (See coloured plate.)

Average cost, 2s. Time required, 3 hours.

2,700. GINGERBREAD.

12 ozs. flour.	4 ozs. peel.	1 oz. sweet almonds.	$\frac{1}{2}$ lb. treacle.
4 ozs. butter.	2 ozs. raisins.	$\frac{3}{4}$ oz. ginger.	$\frac{1}{2}$ teaspoonful
4 ozs. sugar.	$\frac{1}{2}$ gill milk.	2 eggs.	soda.

Pass the flour and ground ginger through a sieve into a basin ; cut up the peel finely ; blanch the almonds, and cut them in shreds ; stone the raisins, and split them in halves ; add these ingredients to the flour. Put the butter, treacle, and sugar into a stewpan to dissolve ; beat the eggs in a small basin ; put the soda into another basin ; mix the treacle, eggs, and butter into the flour. Pour the milk on to the soda, and stir it into the cake. Turn the mixture into a well-greased cake-tin, and bake for one and a quarter hours.

Average cost, 1s. 2d. Time required, $1\frac{3}{4}$ hours.

2,701. JAMAICA GINGER CAKE.

5 ozs. butter.	2 eggs.	1 teaspoonful baking-	1 oz. ground ginger.
$\frac{3}{4}$ lb. flour.	5 ozs. golden syrup.	powder.	2 ozs. almonds.

Cream the butter and syrup ; beat in the eggs ; sieve in the flour and baking-powder. If not moist enough, add a little milk. Turn into a greased tin ; sprinkle the top with halves of almonds blanched and skinned. Bake in a moderate oven for about three-quarters to one hour.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours.

2,702. SODA CAKE.

1 lb. flour.	$\frac{1}{2}$ lb. currants.	3 eggs.	1 teaspoonful carbonate of
$\frac{1}{4}$ lb. butter or dripping.	$\frac{1}{2}$ lb. moist sugar.	1 gill milk.	soda.

Rub the butter into the flour ; then add the sugar and currants, which have been ready cleaned ; mix these ingredients well together. Break the eggs into a basin, whisk them well, and stir into the flour, also nearly all the milk. Beat this mixture thoroughly with a wooden spoon ; lastly, stir in the soda, which has been dissolved in the remainder of the milk. Put the mixture into a greased cake-tin, and bake in a moderate oven for about two hours. Take it out of the tin, and let it cool on a sieve. This cake must be very well beaten, and not allowed to stand after the soda is added, but must be placed in the oven immediately. If the top of the cake browns too quickly, a piece of thick white paper must be placed on the top to prevent it burning.

Average cost, 1s. Time required, $2\frac{1}{2}$ hours. Sufficient for 6 to 8 persons.



Ginger Cake

2,703. POTATO CAKE.

$\frac{1}{2}$ lb. baked potatoes.	2 ozs. almonds.	$\frac{1}{2}$ oz. peel.	4 eggs.
1 oz. flour.	3 ozs. sugar.	1 lemon.	cinnamon.

Rub the potatoes through a sieve, put them into a basin, and add the flour. Blanch and skin the almonds ; chop them finely, also the peel. Separate the yolks and whites of the eggs ; beat the yolks in a basin, and then stir into the potato. Add the almonds, peel, and grated rind of one lemon. Mix thoroughly, and, lastly, add the stiffly beaten whites of the eggs. Turn into a buttered cake-tin, and bake in a moderate oven for thirty to forty minutes. Turn out on to a sieve to cool, and dust over with sugar and ground cinnamon.

Average cost, 8d. Time required, 1 hour.

2,704. PLUM CAKE.

12 ozs. flour.	4 eggs.	$\frac{1}{4}$ lb. brown sugar.	$\frac{1}{4}$ lb. mixed peel.	1 teaspoonful car-
6 ozs. butter.	$\frac{1}{4}$ lb. treacle.	$\frac{1}{2}$ lb. raisins.	$\frac{1}{2}$ lb. currants.	bonate of soda.

Cream the butter and sugar together until soft ; add the treacle, and then beat in the eggs one at a time ; beat each egg in thoroughly before adding the next. Stone the raisins ; cut each in half ; clean the currants, and cut up the peel. Sieve the flour, and stir it into the cake, also the fruit. Mix thoroughly ; and, lastly, stir in the soda, dissolved in a little milk. Put into a greased cake-tin that has been lined with paper, and bake in a moderate oven for about two hours. Turn out of the tin, remove the paper, and put the cake on a sieve to cool.

Average cost, 1s. 8d. Time required, $2\frac{1}{2}$ hours.

2,705. SIMNEL CAKE.

$\frac{1}{2}$ lb. butter.	cherries.	2 ozs. peel.	1 teaspoonful baking-powder.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ lb. sultanas.	$\frac{1}{4}$ oz. mixed spice.	$\frac{3}{4}$ lb. almond-paste (No. 2,180).
$\frac{3}{4}$ lb. flour.	6 ozs. currants.	6 eggs.	angelica.

Cream the butter and sugar together ; beat in the eggs, one at a time. Add the sieved flour and baking-powder, the fruit (cleaned), and the peel (cut up), also the spice. Stir all well together. Put half the cake mixture into a cake-tin which has been lined with paper ; take some of the almond-paste and roll it out to the size of the cake-tin, having it about $\frac{3}{4}$ inch thick. Place this on the top of the cake, and then the rest of the cake. Press down well, and bake in a moderate oven. When nearly done, place a roll of almond-paste round the edge, then rough it up with a fork. Cover with a piece of paper, and return to the oven. When cooked, turn it out ; remove the paper carefully ; sprinkle the top with water and sugar. Decorate with glacé cherries and leaves of angelica.

Average cost, 3s. Time required, $3\frac{1}{2}$ hours.

2,706. MARBLE CAKE.

silver cake (No. 2,707).	3 ozs. brown sugar.	1 oz. black treacle.
3 ozs. butter.	$\frac{1}{2}$ lb. flour.	ground cinnamon.
milk.	2 yolks of eggs.	$\frac{1}{2}$ teaspoonful baking-powder.

Cream the butter, treacle, and sugar together ; beat in the eggs ; add the flour and baking-powder and a pinch of cinnamon. If necessary, a little milk can be added, as this dark mixture must be slacker than the silver cake. Have a cake-tin ready that has been lined with paper ; spread a thin layer of the silver cake over the bottom of the tin, then place here and there a small quantity of the dark mixture ; on this another thin layer of the white cake ; continue in this way until the cake mixtures are used up. Put into a moderate oven, and bake for one and a half to two hours. This cake, when cut, should have marble-like veins running through it.

Average cost, 2s. Time required, 3 hours.

2,707. SILVER CAKE.

$\frac{1}{4}$ lb. butter.	1 teaspoonful baking-	14 ozs. flour.	5 whites of eggs.
$\frac{1}{4}$ lb. sugar.	powder.	2 ozs. cornflour.	1 tablespoonful sherry.

Cream the butter and sugar until soft ; beat in the whites of the eggs thoroughly Sieve in the flour, cornflour, and baking-powder ; mix well together, and then flavour with the sherry. Turn into a cake-tin which has been lined with paper, press it down, and bake in a moderate oven for about one and a half hours. Turn out, remove the paper, and place on a sieve to cool.

Average cost, 10d. Time required, $1\frac{1}{2}$ to 2 hours.

2,708. MEXICAN CAKE.

$\frac{1}{4}$ lb. butter.	2 eggs.	milk.	2 ozs. walnuts.
$\frac{1}{4}$ lb. sugar.	$\frac{1}{2}$ lb. flour.	2 ozs. hazel-nuts.	1 teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the eggs, one at a time. Cut the hazel-nuts and walnuts in halves ; sieve the flour and baking-powder. Add these ingredients to the cake mixture ; stir in thoroughly, adding a little milk, if necessary, and then turn into a lined cake-tin. Bake in a moderate oven for one hour.

Average cost, 11d. Time required, $1\frac{1}{2}$ hours.

2,709. ICING AND PIPING.

The tools necessary for icing and piping are a bowl in which to mix the sugar ; a fine sieve ; a wooden spoon ; a palette-knife ; piping-paper ; piping-tubes ; and, if possible, a piping-stand, on which to place the cake while being iced. This last item, though not absolutely necessary, adds greatly to the ease and perfection of the work done. Instead of the stand, a cake-tin turned upside down and placed on one a size smaller will answer the purpose.

The materials necessary for this work are icing sugar, whites of eggs, an acid—viz., acetic acid or lemon-juice—and colours. The icing sugar should be the best ; the same results cannot be obtained from inferior sugar ; though it may be used for coating the cake, it is not strong enough to pipe with satisfactorily, so that the designs maintain their shapes.

2,710. TO PREPARE THE ICING.

Pass the sugar through a fine sieve. Put into a basin three whites of eggs ; stir into them about 14 ozs. of sugar ; then add a few drops of acetic acid or lemon-juice. Stir all together, then beat for at least fifteen minutes, beating slowly and continuously. When the icing is stiff and can be lifted with a spoon so that it does not fall off, it is ready for use. If at the end of the beating the icing is not of this consistency, a little more sugar must be added, and then beat again for a few minutes longer. It is not possible to give the exact quantity of sugar and whites, as eggs vary in size, and the whites also vary in strength, some being much stronger than others. If the above directions are followed, beginners will soon gain experience, and by practice the necessary proficiency will be attained. A little blue added to the sugar will improve the colour ; ordinary washing-blue will answer this purpose. Care must be taken not to add too much, as the icing is to be white, and not a faint blue.

2,711. TO MASK A CAKE WITH ICING.

If the cake is to be almond-iced, put a layer of almond-paste (No. 2,180) on the top of the cake ; flatten it, so as to have a perfectly level surface. Cakes that are almond-iced are the most satisfactory, as the top can be made perfectly even with the almond-paste, and the cake will look better when the white icing is put on. The cake is now iced in the following manner : Take some of the icing out of the basin with a wooden spoon, sufficient to cover the cake ; drop it on the top of the

cake. Work this over with a palette-knife, turning the stand while doing so. After covering the top, ice the sides with the icing that has come over the edge. Take some of the sugar on the palette-knife, place it on the side of the cake; hold the knife vertically, and carry the knife round until the surface is fairly smooth. Sometimes it is advisable to ice the cake twice, putting a thin coating of sugar on first, allowing this to dry in a warm place for four or five hours before putting on the second coat. When this second coating is set, proceed to pipe the cake. Be careful before commencing this that the icing sugar is perfectly smooth and free from lumps, otherwise the pipe may become stopped up with small lumps of sugar. When that happens, the pipe must be removed, washed, and replaced before the piping can be continued. The paper cones are the best for this work, and pipes can be obtained to use with them. The pipes most used are the three stars, cord, ribbon, and leaf pattern. The learner must first practise the making of the paper cone. When this has been acquired, insert a pipe, put in some of the icing—not too much—close up the top of the cornet, and proceed to draw straight lines; then make a wave line, then a scallop, until the way has been learnt to hold the cornet and to force the sugar. Then proceed to practise more elaborate patterns. This work requires great patience and much practice to become proficient.

The cake to be piped should be thoroughly dry before commencing to decorate it, for if a beginner should then make a mistake, it can be scraped off and redone without injuring the icing.



FIG. 212.—BIRTHDAY CAKE.

2,712. BIRTHDAY CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{3}{4}$ lb. flour.	1 teaspoonful baking-	$\frac{1}{4}$ lb. mixed peel.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ lb. currants.	powder.	royal icing (No.
2 eggs.	$\frac{1}{2}$ lb. sultanas.	almond icing (No. 2,180).	2,178).

Put the butter and sugar into a basin and cream them together until soft; then add the eggs one at a time, beating each in thoroughly. Sieve the flour and baking-powder together; stir into the butter and sugar; then add the cleaned fruit and the peel, cut up small. Mix all well together. Turn into a cake-tin lined with paper, but not greased. Bake in a slow oven for three hours. When done, turn out and let it get cold; cover the top with a layer of almond icing, then ice it with royal icing, and decorate with a forcing-bag and pipe. As soon as set it is ready for use.

Average cost, 4s. 6d. Time required, 30 minutes to make; 3 hours to bake.

2,713. GÂTEAU DE NOCE (WEDDING CAKE).

2 lbs. butter.	1 lb. mixed peel.	$\frac{1}{2}$ lb. almonds.	glace royale (No.
2 lbs. sugar.	12 eggs.	almond-paste (No.	2,178).
2 lbs. flour.	1 glass French brandy.	2,180).	transparent icing
3 lbs. currants.	2 ozs. mixed spice.	1 lb. sultanas.	(No. 2,179).

Put the butter and sugar into a large basin ; cream them together until soft, then add the eggs one at a time, and beat for four or five minutes after each one is added. Clean the fruit ; chop the peel finely ; blanch and chop the almonds ; add these to the mixture, also the flour and the spice, lastly the brandy. Mix all together thoroughly ; put the mixture into a paper-lined tin, ungreased ; bake in a cool oven for six to eight hours. The cake must cook very slowly, or the centre will be sodden when the outside is done. When cooked, turn out on to a sieve to cool. Cover the top with a thick layer of almond-paste ; then mask with a layer of royal icing. When this is set, cover with a layer of transparent icing. Decorate with royal icing by means of a piping-bag and pipes. When thoroughly set the cake is ready for use, though it is better for keeping.

Average cost, 12s. 6d. Time required to make and bake the cake, 8 or 9 hours.

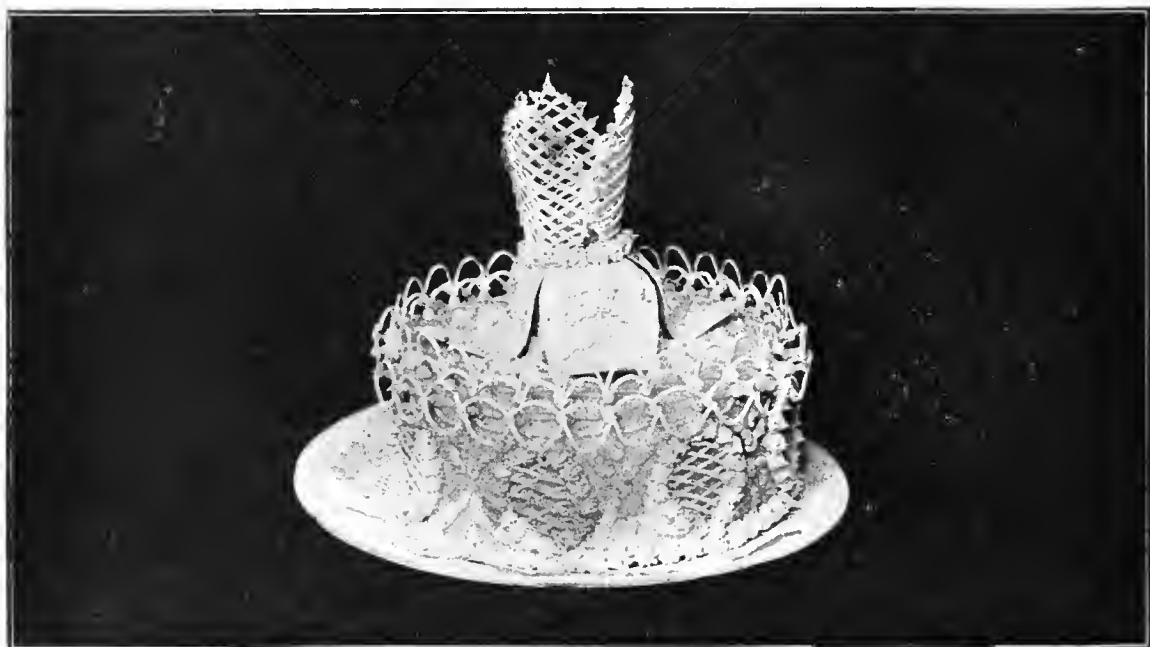


FIG. 213.—CHRISTMAS CAKE.

2,714. CHRISTMAS CAKE.

$\frac{1}{2}$ lb. butter.	5 eggs.	almond icing (No.	$\frac{1}{4}$ oz. mixed spice.
1 lb. sugar.	1 lb. currants.	2,180).	1 wineglass brandy or
1 lb. sultanas.	5 ozs. almonds.	1 teaspoonful baking-	sherry.
$\frac{3}{4}$ lb. flour.	4 ozs. mixed peel.	powder.	royal icing (No. 2,178).

Blanch the almonds, chop finely ; clean and pick the fruit ; cut up the peel ; sieve the flour and baking-powder together. Line a cake-tin with paper, but do not grease it. Put the butter and sugar into a basin, cream them together until soft, then add the eggs, one at a time ; beat each one in thoroughly ; stir in the flour, the fruit, almonds, spice, and the brandy or sherry ; mix well ; put into the prepared tin, and bake in a cool oven for four to six hours. When done, turn out on to a sieve to cool. The next day cover the top with a thick layer of almond icing ; when this is set, coat with royal icing ; let this get quite firm, then decorate it with pink royal icing through a forcing-bag with a fancy pipe. This cake improves with keeping. In three months' time it will have a better flavour than when first baked.

Average cost, 5s. 6d. Time required to make, 30 minutes ; 4 to 6 hours to bake.

2,715. RASPBERRY CAKE.

4 eggs.		1 packet Bird's raspberry		$\frac{1}{2}$ teaspoonful baking-powder.		flour.
4 ozs. sugar.		blancmange-powder.		butter icing (No. 2,181).		raspberry icing.

Weigh the packet of blancmange-powder, and make the weight up to 4 ozs. with flour. Separate the yolks and whites of the eggs ; add the sugar to the yolks, and beat thoroughly. Sieve the flour, powder, and baking-powder together ; whisk the whites stiffly ; stir these and the flour very lightly into the yolks and sugar. Turn into a greased tin, and bake in a moderate oven for twenty to thirty minutes. Turn on to a sieve to cool. When quite cold, split it in half. Make some butter icing, and flavour it with a few raspberries, which have been rubbed through a hair sieve. Spread this on one half, press the other half on the top. Sieve $\frac{1}{2}$ lb. icing sugar, put it into a basin, and mix enough sieved raspberries with it to make it the consistency of thick cream. Pour this in the centre of the cake, and let it run over it. When the icing is set, the cake can be decorated with some of the raspberry butter icing through a forcing-bag and pipe.

Average cost, 1s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, July and August.

2,716. GÂTEAU ESPAGNOLE (SPANISH CAKE).

$\frac{1}{4}$ lb. ground almonds.		$\frac{1}{4}$ lb. flour.		3 eggs.		1 teaspoonful baking-		angelica.
$\frac{1}{4}$ lb. sugar.		2 oranges.		orange icing.		powder.		cherries.

Cream the sugar and yolks of eggs together. Add the ground almonds, the grated rind of two oranges, and the juice of one. Sieve in the flour and baking-powder, stir it in, and, lastly, add the stiffly beaten whites of eggs. Mix these in very lightly ; turn into a greased cake-tin, and bake in a rather cool oven for about one hour. Turn out on to a sieve, and leave until it is perfectly cold. Sieve $\frac{1}{2}$ lb. icing sugar, and mix with it sufficient orange-juice to make it the consistency of thick cream. Pour this on the cake, and allow it to run over until quite smooth. When the icing is half set, decorate with glacé cherries and pieces of angelica, cut in diamond shapes. Put the cake aside until the icing is quite set.

Average cost, 1s. 3d. Time required, 2 hours.

2,717. WALNUT CAKE (1).

4 ozs. butter.		3 eggs.		3 ozs. walnuts.		1 teaspoonful baking-		water icing (No. 2,176).
4 ozs. sugar.		6 ozs. flour.		vanilla.		powder.		angelica.

Cream the butter and sugar together ; beat in the eggs, one at a time. Sieve the flour and baking-powder, and chop the walnuts. Add these ingredients to the cake mixture, also a few drops of vanilla. Turn into a buttered cake-tin, and cook in a moderate oven for about three-quarters of an hour. When cold, cover the cake with a layer of vanilla-flavoured icing, and decorate with halves of shelled walnuts and a little angelica.

Average cost, 1s. 3d. Time required, $1\frac{1}{2}$ hours.

2,718. WALNUT CAKE (2).

4 ozs. butter.		walnuts.		4 ozs. sugar.		1 teaspoonful baking-powder.
4 whites of eggs.		$\frac{1}{2}$ lb. flour.		$\frac{1}{2}$ gill milk.		fondant icing (No. 2,174).

Cream the butter and sugar together ; stir in the milk and 1 oz. chopped walnuts. Sieve the flour and baking-powder ; whisk the whites stiffly ; stir these ingredients into the butter and sugar, turn into a buttered cake-tin, and cook in a moderate oven for about one hour. Turn out on to a sieve, and when cold cover with fondant icing, and decorate with halves of shelled walnuts.

Average cost, 1s. 3d. Time required, 2 hours.

2,719. BURNT ALMOND CAKE.

5 ozs. butter.	$\frac{1}{2}$ lb. flour.	1 teaspoonful baking-powder.	1 lemon.	chocolate fondant icing
5 ozs. sugar.	4 eggs.	butter icing (No. 2,181).	almonds.	(No. 2,175).

Cream the butter and sugar together ; beat in the eggs, one at a time ; add the grated rind of one lemon, and, lastly, the sieved flour and baking-powder. Turn into a cake-tin lined with paper, and bake in a moderate oven for one and a quarter to one and a half hours. Turn out and put aside to cool, then cut into layers and level the top. Blanch, peel, and chop some almonds ; put in the oven, and cook until a pale brown. Have ready some butter icing ; put into it some of the burnt almonds. Spread this mixture between the layers of cake ; put them together again, and cover all over with chocolate fondant icing. When the icing begins to set, sprinkle the top of the cake thickly with burnt almonds, and put aside to get firm.

Average cost, 2s. 6d. Time required, 2 to 3 hours.

2,720. FIG CAKE.

$\frac{1}{4}$ lb. butter.	$\frac{3}{4}$ lb. flour.	4 eggs.	1 teaspoonful baking-	1 lemon.
$\frac{1}{2}$ gill milk.	$\frac{1}{4}$ lb. sugar.	figs.	powder.	fondant icing (No. 2,174).

Cream the butter and sugar together ; beat in the eggs, one at a time ; add the milk, and, lastly, the flour and baking-powder, sieved together. Mix thoroughly, and turn into three buttered cake-tins, all the same size. Put into a moderate oven, and bake for about thirty minutes. Turn out and put on to a sieve to cool. Stew some figs with sugar, water, and a little lemon-peel. When they are tender, strain off the liquor, and chop the figs very finely. Spread a layer of them on one of the cakes ; cover with another cake ; spread that with figs, and cover with the third cake. Press them lightly together, place on an icing-tray, and cover all over with vanilla-flavoured fondant icing.

Average cost, 1s. 3d. Time required, $1\frac{1}{2}$ hours.

2,721. ALPINE CAKE.

$\frac{1}{4}$ lb. butter.	1 lb. flour.	2 eggs.	$\frac{1}{2}$ pint black treacle.
2 ozs. brown sugar.	1 gill milk.	$\frac{1}{4}$ oz. carbonate of soda.	spice.

Cream the butter and sugar together ; beat in the eggs, one at a time ; stir in the treacle and a pinch of spice. Sieve in the flour and carbonate of soda ; mix together, and add about 1 gill of milk ; a little more than this may be required to make into a soft dough. Have a cake-tin, buttered and papered ; put the mixture into it, and bake in a moderate oven for about one hour. Turn out on a sieve to cool.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours.

2,722. HONEY LAYER CAKE.

4 ozs. sugar.	4 eggs.	$\frac{1}{2}$ teaspoonful baking-	chopped almonds.
4 ozs. flour.	honey.	powder.	water icing (No. 2,176).

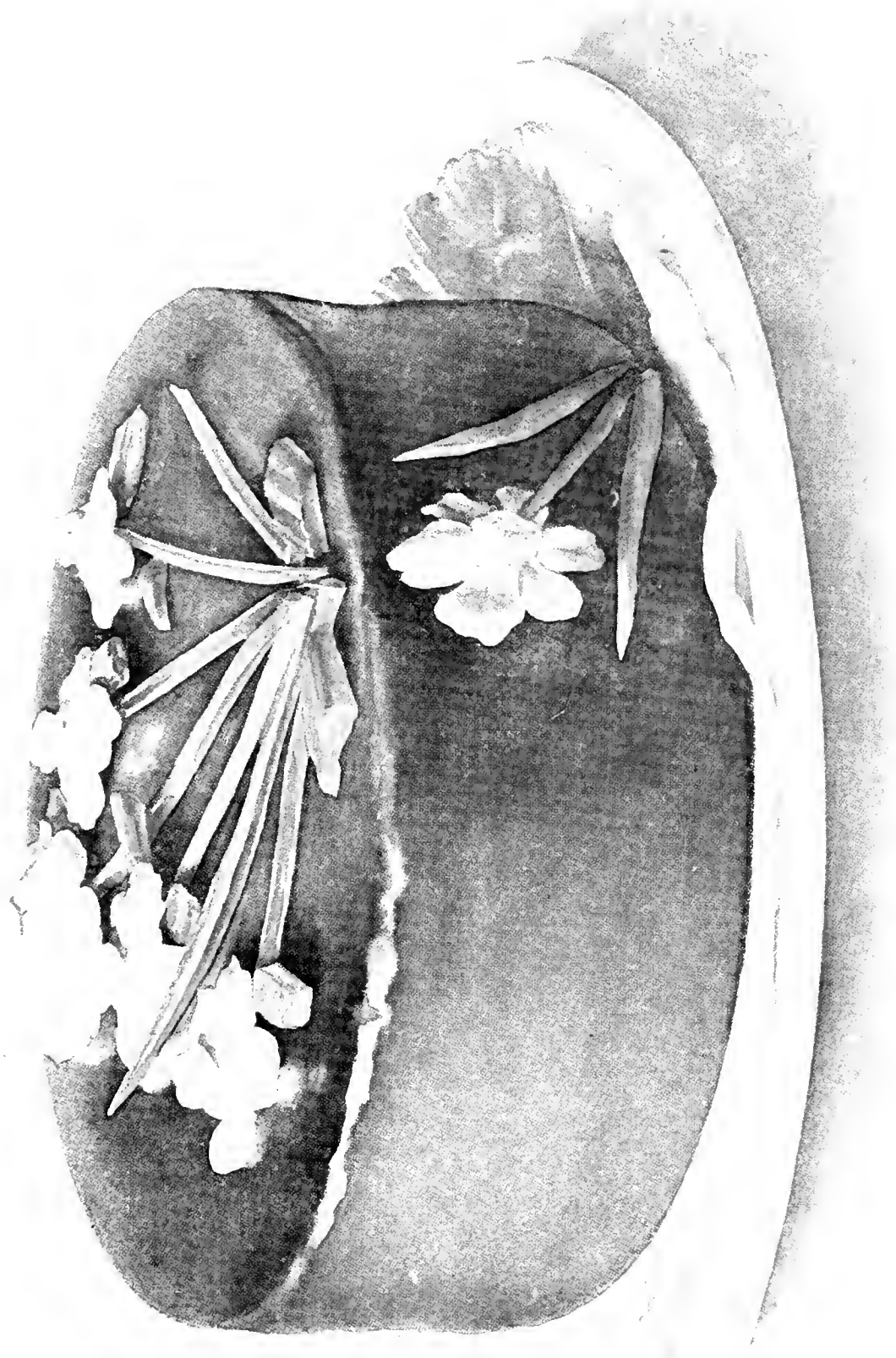
Beat the yolks of eggs and sugar together ; sieve in the flour and baking-powder, and, lastly, add the beaten whites of eggs. Mix together lightly, turn into a greased tin, and bake in a moderate oven for about twenty minutes. Turn out, and let it get quite cold. Split in half, and spread thickly with honey ; place together again, and cover the top and sides of the cake with vanilla-flavoured water icing. Sprinkle the top with coarsely-chopped burnt almonds.

Average cost, 1s. Time required, 1 hour.

2,723. STRAWBERRY CAKE.

4 eggs.	4 ozs. flour.	1 lb. strawberries.
4 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking-powder.	$\frac{1}{2}$ lb. icing sugar.

Separate the yolks and whites of the eggs ; put the sugar to the yolks, and beat until creamy. Whisk the whites of the eggs very stiffly ; sieve the flour and baking-powder into the cake mixture with the whipped whites. Mix very lightly, and



Gâteau de Chocolat

then turn into a greased cake-tin ; put in a moderate oven, and bake for twenty to thirty minutes. Turn on to a sieve to cool. Put half the strawberries through a hair sieve ; mash the other half with a fork, and mix with a little castor sugar. When the cake is quite cold, split it in half, and spread thickly with the mashed strawberries ; put the other half of the cake on the top. Sieve the icing sugar, and mix with enough of the strawberry purée to make it the consistency of thick cream. Place the cake, upside down, on an icing-tray ; pour the strawberry icing in the centre, and allow it to run over. Put aside to let the icing set.

The cake can be made also with raspberries, apricots, or any soft fruit.

Average cost, 1s. Time required to bake, 20 minutes. Seasonable, June to August.

2,724. LAWN-TENNIS CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{3}{4}$ lb. flour.	$\frac{1}{2}$ lb. sultanas.	almond icing (No. 2,180).
$\frac{1}{2}$ lb. sugar.	2 ozs. peel.	1 teaspoonful baking-	water icing (No. 2,176).
$\frac{1}{2}$ lb. currants.	5 eggs.	powder.	pistachio-nuts.

Cream the butter and sugar together, and beat in the eggs, one at a time. Clean the currants and sultanas ; cut up the peel. Stir the sieved flour and baking-powder into the cake mixture ; add the fruit, and stir all together thoroughly.

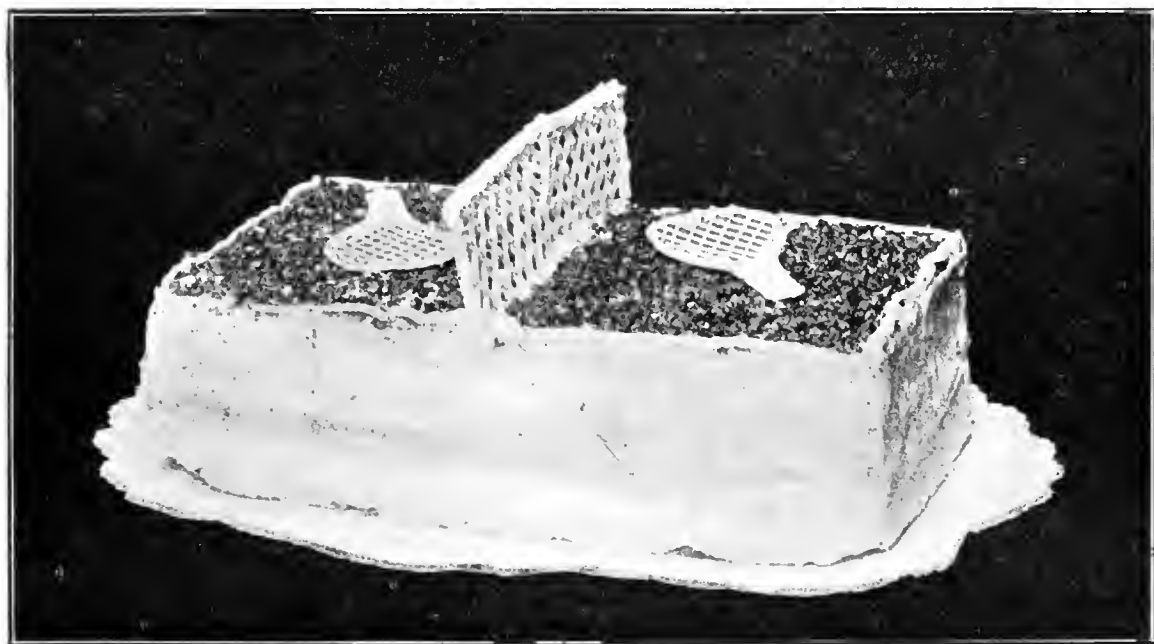


FIG. 214.—LAWN-TENNIS CAKE.

Turn into a square cake-tin, and bake in a moderate oven for three hours. When done, place on a sieve to cool. Coat the top with a thick layer of almond icing, taking care to make it quite level. Cover with vanilla-flavoured water icing, and, when nearly set, sprinkle with very finely chopped pistachio-nuts. Have ready a tennis-net, made of royal icing ; set this on the cake, and place two tennis-rackets, also made of royal icing, at each side of the net.

Average cost, 2s. 6d. Time required, 4 hours.

2,725. CHOCOLATE CAKE.

3 ozs. butter.	2 ozs. Cadbury's Mexican chocolate.	1 egg.
3 ozs. sugar.	$\frac{1}{2}$ small teaspoonful baking-powder.	chocolate icing (No. 2,177).
5 ozs. flour.	2 tablespoonfuls milk.	butter icing (No. 2,181).

Cream the butter and sugar together, break in the egg, and beat well ; chop or grate the chocolate finely ; put it into a small stewpan with the milk, and stir until it is melted ; add it to the mixture. Sieve the flour and baking-powder together, stir it lightly into the rest of the ingredients. Butter a cake-tin, pour in the mix-

ture, and bake in a moderate oven for half an hour. When cooked, take out the cake, turn it on to a sieve, and let it get cold. Ice with chocolate icing, and when this is set, decorate with butter icing, flavoured with chocolate, using a paper cornet and pipe for the purpose. Dish up when set, and serve. This cake can also be decorated with flowers. (See coloured plate.)

Average cost, 1s. 6d. Time required, 1 hour.

2,726. PARCEL-POST CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. sultanas.	Shrewsbury finger biscuits	1 teaspoonful baking-
10 ozs. sugar.	4 eggs.	French icing (No. 2,176).	powder.
1 lb. flour.	lemon-rind.	chocolate icing.	

Cream the butter and sugar together with a wooden spoon until soft ; work in, one at a time, the four eggs, beating each in well. Sieve the flour and baking-powder together, grate the lemon-rind into it, clean the sultanas, take off the stalks ; stir the flour and the fruit into the butter and eggs, mix lightly together if too stiff, use a little milk. Put into a square cake-tin, and bake for one and a half hours in a hot oven for the first half-hour, and then in a cooler one for the remainder of the time. When done, turn on to a sieve to cool. When cold, if



FIG. 215.—PARCEL-POST CAKE.

necessary, cut the cake perfectly level on the top. Have the biscuits ready, which should be cut to the exact size of the cake. Cover the cake with a thin layer of water icing ; fix the biscuits on the top and sides, placing them close together. Prepare some royal icing, coloured with chocolate. Put on the top of the cake a square of white icing, to represent the label. Into a forcing-bag with a plain tube put some of the chocolate icing ; pipe a dot at each corner of the label and at the end of each biscuit to represent the nails. Write an address on the label and any remarks preferred on the cake—viz., “Fragile,” “With care,” “Per parcel post,” etc. The cake is then ready.

Average cost, 2s. 6d. Time required, 3 hours.

2,727. ORANGE CAKE.

4 eggs.	5 ozs. castor sugar.	$\frac{1}{2}$ teaspoonful baking-	pistachio-nuts.
6 ozs. flour.	1 orange.	powder.	$\frac{1}{2}$ lb. icing sugar.

Put the eggs and sugar into a basin, and beat until it is thick and the consistency of cream. Sieve the flour and baking-powder together. Grate the rind of the orange into the flour, stir this lightly into the eggs and sugar, mix quickly,

and pour into a well-buttered cake-tin, and bake in a moderate oven for about fifteen minutes. When done, turn it out on to a sieve to get cold. Put the icing sugar through a fine sieve into a basin. mix in the juice of the orange ; pour this over the cake ; sprinkle with chopped pistachio-nuts as soon as the icing has partly set.

Average cost, 10d. Time required, 1 hour.

2,728. MOCHA CAKE.

4 eggs.		$\frac{1}{2}$ teaspoonful baking-		4 ozs. castor sugar.		$\frac{3}{4}$ lb. icing sugar.
4 ozs. flour.		powder.		6 ozs. fresh butter.		essence of coffee.

Separate the yolks and whites of the eggs, putting them into different basins. Add the sugar to the yolks of eggs ; beat until creamy. Sieve the flour and baking-powder together ; whip the whites to a stiff froth. Stir the flour and the whites into the yolks and sugar together ; mix lightly and quickly. Butter a cake-tin, pour in the mixture, and bake in a moderate oven for about thirty minutes. When cooked, turn it on to a sieve to get cold. Put the butter and icing sugar into a basin ; cream them together until soft ; add some coffee essence, a few drops at a time, until the icing is the right colour and consistency. Cover the cake with this icing, and with some of the same icing decorate it through a forcing-bag with a rose-pipe.

Average cost, 1s. 3d. Time required, 1 $\frac{1}{2}$ hours.

2,729. MOSAIC CAKE.

Genoese mixture (No. 2,760). | 2 ozs. chocolate. | cochineal. | apricot jam. | almond-paste.

Make the Genoese mixture, and divide it into three parts. Melt the grated chocolate in a little milk ; stir it until it boils, then mix it into one of the parts ; colour a second part pink with a few drops of cochineal, and leave the third part plain. Turn these respective parts into three flat square Yorkshire tins, and bake them in a moderate oven. As soon as they are done, turn the cakes out on to a sieve to cool. Cut these cakes into long strips all the same size. Arrange them alternately in layers, putting them together with a thin coating of apricot jam which has been rubbed through a sieve. The end of the cake and each slice as cut is intended to look like a chess-board ; the colours must, therefore, alternate, and the strips should be fitted very exactly. Make some almond-paste, spread it over the sides and top of the cake. When set, turn it upside down, and cover the bottom layer in the same way. Let the cake get thoroughly set, then dish up and serve whole, or cut in slices for afternoon tea.

Average cost, 2s. 6d. Time required, 2 hours.

2,730. GÂTEAU DE CITRON (LEMON CAKE).

8 ozs. flour.		6 ozs. castor sugar.		$\frac{1}{2}$ lemon.		$\frac{1}{2}$ teaspoonful baking-
6 eggs.		1 oz. candied lemon-peel.		fondant icing (No. 2,174).		powder.

Break the eggs into a basin ; add the sugar, and beat together until thick and creamy. Add the juice of half a lemon, the finely-chopped rind and candied lemon-peel. Work in lightly and quickly the flour and baking-powder. Butter a cake-tin ; put the mixture into it, and bake in a moderate oven for about half an hour. When cooked, turn the cake on to a sieve to cool. When cold, cover with white or pink fondant icing, flavoured with lemon. Let this set, then decorate with pieces of candied lemon-peel, cut out in fancy patterns.

Average cost, 1s. Time required, 1 $\frac{1}{2}$ hours.

2,731. GÂTEAU D'ABRICOTS (APRICOT CAKE).

4 eggs.		4 ozs. flour.		2 ozs. ground		preserved apricots.
4 ozs. castor sugar.		3 ozs. butter.		almonds.		whipped cream.

Put the eggs and sugar into a basin ; stand this on a saucepan containing a little hot water ; w ip until the contents of the basin are thick and creamy. Melt the butter in a small saucepan. Lift the basin off the water, and whisk a little longer ;

then stir in the almonds, flour, and butter. Butter a cake-tin ; pour the mixture into it, and bake in a moderate oven for about thirty minutes. When done, turn out, and let it get cold, then split it in half. Have ready some preserved half-apricots ; mash them with a fork ; sweeten to taste, and put a layer over one half of the cake ; put the other half on the top, and press lightly together. Whip some cream : spread this on the top of the cake, sprinkle with chopped pistachio-nuts, and serve.

Average cost, 1s. 6d. Time required, 1½ hours.

2,732. GÂTEAU VANILLE.

4 eggs.	4 ozs. flour.	¼ teaspoonful baking-powder.	royal icing (No. 2,178).
4 ozs. sugar.	crystallized violets.	water icing (No. 2,176).	angelica.

Separate the yolks and the whites of the eggs ; beat the yolks and sugar together until creamy. Whisk the whites stiffly ; sieve the flour and baking-powder together ; stir in the whites of eggs and flour very lightly. Turn into a greased tin, and bake in a moderate oven for twenty to thirty minutes. When done, place on a sieve to

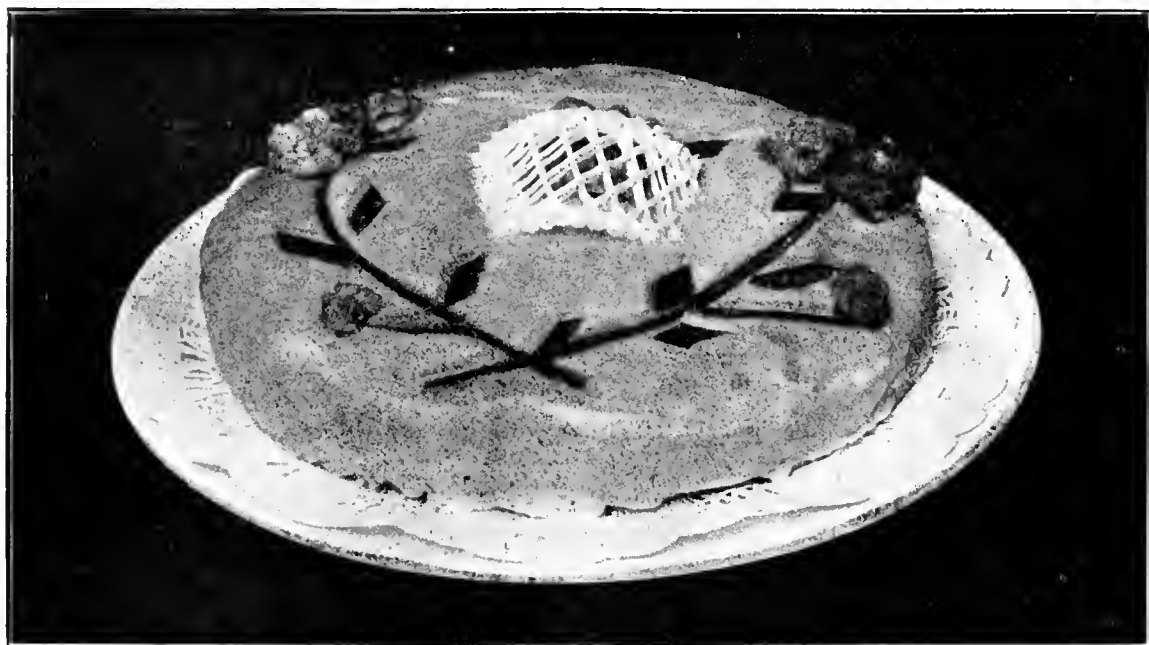


FIG. 216.—GÂTEAU VANILLE.

cool. Have ready some vanilla-flavoured water icing ; colour it a pale violet with violet colouring ; pour this over the cake, and leave it to set. Make a basket with the royal icing ; place this in the centre of the cake, fixing it with a little of the icing. Fill this basket with crystallized violets and leaves of angelica, forming it into sprays of flowers drooping out of the basket.

Average cost, 1s. 3d. Time required, 1½ hours.

2,733. COCOANUT CAKE.

4 eggs.	5 ozs. flour.	¼ lb. fresh butter.	½ lb. icing sugar.
4 ozs. sugar.	½ teaspoonful baking-powder.	4 ozs. cocoanut.	French icing (No. 2,176).

Put the eggs and sugar into a basin ; beat together for fifteen minutes, then stir in the flour and baking-powder ; mix lightly. Turn this mixture into a buttered cake-tin, and bake for about thirty minutes in a rather slow oven. When done, turn the cake out on to a sieve ; as soon as it is cold, cut it in half horizontally. Cream the butter, add the ½ lb. of icing sugar, work together until soft, then add 2 ozs. of cocoanut ; flavour with a little vanilla, spread the bottom half of

the cake with this mixture ; place the other half over ; press lightly together. Cover with white French icing, and, when beginning to set, sprinkle thickly with the remainder of the cocoanut.

Average cost, 1s. 3d. Time required, $1\frac{1}{4}$ hours.

2,734. GÂTEAU RICHE.

Genoese pastry (No. 2,760).	butter icing (No. 2,181).	1 gill cream.
apricot jam.	meringues.	pistachio-nuts.

Make the Genoese pastry in three cake-tins of equal size. When the cakes are cold, spread them with apricot jam, and stand them one on the top of the other. Cover the outside of the whole cake with apricot jam. Have ready some vanilla-flavoured butter icing ; put this into a forcing-bag, and decorate the sides of the cake with it ; place a few shreds of pistachio-nut here and there on the piping. Whip the cream stiffly ; sweeten and flavour it to taste ; pile it on the top of the cake, and arrange a circle of meringue-shells on the top of the cake, leaning against the cream. Decorate round the meringues with more butter icing in the form of roses, and also with groups of shredded pistachio-nuts and a few sprinkled on the top of the cream. This cake should be served as soon as possible, as the meringues soften with contact with the cream.

Average cost, 3s. Time required, 2 or 3 hours.

2,735. GÂTEAU DÉLICE.

5 ozs. butter.	$\frac{1}{2}$ lb. flour.	2 ozs. glacé cherries.	1 lemon.	water icing (No. 2,176).
5 ozs. sugar.	4 eggs.	1 teaspoonful baking-powder.	ribbon.	royal icing (No. 2,178).

FOR THE BISCUITS.

$\frac{1}{4}$ lb. butter.	$\frac{1}{2}$ lb. flour.	1 lemon.
$\frac{1}{4}$ lb. sugar.	1 egg.	$\frac{1}{2}$ teaspoonful baking-powder.

Line a cake-tin with a thick layer of paper. Cream 5 ozs. of butter and 5 ozs. of sugar together until soft ; beat in four eggs, one at a time. The mixture must be very well beaten. Add the grated rind of one lemon and the cherries cut in halves. Sieve in the flour and baking-powder ; mix in thoroughly, and turn into the prepared cake-tin. Put into a moderate oven, and bake for one to one and a half hours. When done, remove the paper, and put on to a sieve to cool. While the cake is being baked, the biscuits should be made. Cream the butter and sugar together, beat in the egg, add the grated rind of one lemon ; and lastly, stir in the flour and baking-powder. Make into a stiff dough ; roll out thinly, and cut into finger-shapes about 4 inches long and 1 inch broad. Bake these in a moderate oven, taking care that they do not brown. Place on a sieve to cool. When the cake is quite cold, cut it level at the top ; turn it upside down, place on an icing-tray, and cover with lemon-flavoured water icing. When this is nearly set, arrange the finger biscuits standing up round the sides, letting the biscuits touch one another. If too long, the biscuits should be cut, so that they all extend $\frac{1}{4}$ inch above the top of the cake. Leave this until the icing is quite set and the biscuits firm. Have ready some pink and white royal icing ; put one colour into a forcing-bag with a rose-tube. Force out a line of roses across the top of the cake, and then another line crossing the first, thus dividing the cake into four equal portions. Fill one of the divisions with white roses, forced close together, so that the under icing cannot be seen between. Fill the opposite division in the same way ; the two remaining portions are filled with pink roses. Put the cake aside until the icing is quite set. Then have a length of pink ribbon to match the pink roses on the cake ; place this round the cake, and tie in a pretty bow at one side. Dish up, and serve. This cake can also be decorated with white and chocolate roses, in which case white or brown satin ribbon should be used.

Average cost, 2s. 6d. Time required, 2 to 3 hours.

2,736. DAINTY CAKE.

10 ozs. butter.	3 eggs.	1 teaspoonful baking-powder.	1 dessertspoonful vanilla.
6 ozs. sugar.	8 ozs. flour.	$\frac{1}{2}$ lb. icing sugar.	pistachio-nuts.

Cream the sugar and 6 ozs. of butter together until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder ; stir into the mixture, and then turn into a buttered cake-tin. Bake in a moderate oven for about thirty minutes. Turn out on to a sieve, and let it get perfectly cold. Sieve the icing sugar ; cream the butter in a basin until soft. Add the icing sugar to it by degrees ; then flavour with vanilla essence. Spread a layer of this butter icing all over the cake, dipping the knife in hot water in order to get the covering quite smooth. Put the rest of the icing in a forcing-bag with a rose-tube ; decorate the top and sides of the cake with this. Blanch, peel, and chop a few pistachio-nuts ; sprinkle these here and there between the piping. A few glacé cherries or angelica could be used instead of the pistachio-nuts.

Average cost, 1s. 8d. Time required, 1½ hours.

2,737. DELICATE CAKE.

6 ozs. cornflour.	1 gill milk.	1 teaspoonful cream of tartar.
6 ozs. butter.	7 whites of eggs.	$\frac{1}{2}$ teaspoonful carbonate of soda.
6 ozs. flour.	14 ozs. sugar.	fondant icing (No. 2,174).

Cream the butter and sugar until soft ; stir in half the milk, then the flour, cornflour, and cream of tartar. Mix the soda in the rest of the milk ; whip the whites stiffly, and stir into the mixture with the soda. Turn into a greased cake-tin, and bake in a moderate oven for about three-quarters to one hour. Turn out on to a sieve, and, when cold, cover with fondant icing.

Average cost, 1s. 9d. Time required, 1½ hours.

2,738. SANDTORTE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ teaspoonful baking-powder.	1 lemon.	$\frac{1}{4}$ lb. flour.
$\frac{1}{2}$ lb. castor sugar.		$\frac{1}{4}$ lb. cornflour.	1 oz. almonds.

Cream the butter and sugar ; beat in the eggs, one at a time ; add the flour, cornflour, and baking-powder, also the grated rind of a lemon. Turn into a shallow greased tin, and bake in a moderate oven for three-quarters of an hour. When half baked, sprinkle the top with blanched, skinned, and shredded almonds.

Average cost, 1s. Time required, 1 hour.

2,739. GÂTEAU À L'ARLEQUIN (HARLEQUIN CAKE).

6 eggs.	1 oz. chocolate.	1 teaspoonful baking-powder.
their weight in butter, sugar, and flour.	raspberry jam.	water icing.
	apricot jam.	cochineal.

Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder together ; butter three cake-tins of equal size. Stir the flour into the butter and eggs. Put one-third of the mixture into one of the cake-tins ; spread over evenly, and put in a moderate oven to bake. Divide the rest of the cake mixture into two equal portions ; colour one with cochineal, and add the ounce of grated chocolate to the other. Put these into the remaining tins, and bake in a moderate oven. When they are done, turn them on to a sieve to cool. Spread the pink cake with a layer of raspberry jam ; place the white cake on the top ; spread that with apricot jam, and cover with the chocolate cake ; press them all well together. Mask the cake all over with water icing, flavouring it according to taste. Sprinkle a few pistachio-nuts on the surface, and put aside to set.

Average cost, 1s. 9d. Time required, 1½ hours.

BREAD, CAKES, BISCUITS, ETC.

2,740. CANADIAN CAKE.

$\frac{1}{2}$ lb. flour.	4 ozs. butter.	$\frac{1}{4}$ lb. currants.
2 ozs. fine-grain florador.	3 eggs.	1 tablespoonful sherry.
6 ozs. sugar.	1 oz. candied peel.	1 teaspoonful baking-powder.

Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Chop the candied peel very finely ; clean the currants ; add these to the cake mixture, also the florador and sherry. Sieve in the flour and baking-powder ; stir in thoroughly, and turn into a large buttered cake-tin. Put into a moderate oven, and bake for three-quarters to one hour.

Average cost, 1s. 3d. Time required, $1\frac{1}{2}$ hours.

2,741. LEMON CAKE (1).

3 eggs.	$\frac{1}{2}$ lb. castor sugar.	3 lemons.	1 teaspoonful baking-powder.	angelica.
4 ozs. butter.	$\frac{1}{2}$ lb. flour.	cherries.	water icing (No. 2,176).	$\frac{1}{4}$ lb. loaf sugar.

Cream 2 ozs. of butter and the castor sugar together until soft. Beat in two eggs, one at a time ; add the juice of two lemons and the grated rind of one. Lastly, add the sieved flour and baking-powder. Stir in lightly, and turn into a buttered tin ; bake in a moderate oven for twenty to thirty minutes. Place on a sieve to cool. Put the loaf sugar, 2 ozs. of butter, grated rind of half a lemon, and the juice of one into a saucepan. Beat one egg in a basin ; pour it into the saucepan, and stir over the fire until it is the consistency of thick cream. Turn into a basin to cool. When the cake is quite cold, cut it into three layers. Spread each layer with the lemon mixture. put the cake together again ; place it on an icing-tray and cover the top and sides with lemon-flavoured water icing. When this begins to set, decorate the cake with glacé cherries and pieces of angelica or pistachio-nuts. Put aside until the icing is quite firm.

Average cost, 1s. 4d. Time required, 2 hours.

2,742. LEMON CAKE (2).

4 ozs. butter.	8 ozs. flour.	4 whites of eggs.	1 teaspoonful baking-	1 tablespoonful milk.
$\frac{3}{4}$ lb. sugar.	3 yolks of eggs.	3 lemons.	powder.	pistachio-nuts.

Cream the butter and 4 ozs. of sugar together until soft. Beat in the yolks of the eggs, one at a time ; add the grated rind of one lemon and 1 tablespoonful of milk. Whisk two whites of eggs very stiffly ; sieve the flour and baking-powder together ; stir these ingredients lightly into the cake mixture. Turn into a buttered cake-tin, and bake in a moderate oven for thirty to forty-five minutes. When done, turn on to a sieve to cool, then cut in rather thin layers, about three or four. Whip two whites of eggs very stiffly ; stir into them $\frac{1}{2}$ lb. of castor sugar, the grated rind of two lemons, and the juice of one. Spread this mixture on each layer ; put the pieces of cake on the top of each other, and put a layer of the lemon meringue on the top. Dust with castor sugar, and sprinkle with a few blanched, skinned, and finely-chopped pistachio-nuts. Place the cake in a cool oven for a short time, to set the lemon meringue ; take out of the oven, and let the cake get cold before using.

Average cost, 1s. 6d. Time required, 2 hours.

2,743. AMERICAN LEMON CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. flour.	1 gill warm milk.	2 eggs.	$\frac{1}{2}$ lb. icing sugar.
$\frac{5}{8}$ ozs. sugar.	1 lemon.	1 teaspoonful baking-powder.	angelica.	candied lemon-peel.

Cream 4 ozs. of butter and the sugar together until soft ; beat in the yolks of the eggs, one at a time. Add the grated rind and juice of one lemon, the warm milk, and, lastly, the flour and baking-powder, sieved together, and the stiffly beaten whites of the eggs ; stir these in very lightly ; turn into a buttered cake-tin, and bake in a moderate oven for thirty to forty-five minutes. When the cake is done,

turn on to a sieve to cool, then cut into layers. Rub the icing sugar through a fine sieve ; put it into a basin ; add 4 ozs. of butter, and cream them together until quite soft. Grate the rind of one lemon ; stir it into the butter and sugar, and also a little of the juice, until the icing is nicely flavoured with lemon. Spread a layer of this on each piece of cake ; put them all together again, and cover the top of the cake with some of the icing, dipping the knife in hot water in order to get the coating quite smooth. Soak a piece of lemon-peel in hot water to soften it ; dry it in a cloth, and then cut into fancy patterns with a small cutter. Decorate the top of the cake with a design composed of these and of pieces of angelica cut in a similar pattern.

Average cost, 1s. 6d. Time required, 1½ hours.

2,744. AMERICAN WHITE CAKE.

½ lb. castor sugar.	2 ozs. butter.	5 whites of eggs.	2 teaspoonfuls baking-
½ lb. flour.	1 gill milk.	vanilla.	powder.

Put the butter and sugar into a basin ; cream them together until soft, then stir in 1 gill of milk and 1 teaspoonful of vanilla essence. Beat the whites of five eggs stiffly ; sieve the flour and baking-powder together. Stir these ingredients into the cake mixture very lightly ; turn into a buttered cake-tin ; place in a moderate oven, and bake for three-quarters to one hour, taking care that the surface does not get too brown. When done, turn on a sieve, and leave until cold.

Average cost, 10d. Time required, 1½ hours.

2,745. GÂTEAU À LA PORTUGAISE (PORTUGUESE CAKE).

½ lb. sugar.	2 ozs. ground rice.	vanilla.	glace royale (No.	cherries.
¼ lb. almonds.	2 ozs. flour.	4 eggs.	2,178).	angelica.

Blanch the almonds, and pound them in a mortar ; flavour with a few drops of vanilla. Put the yolks of the eggs into a basin ; add the sugar, and work together until creamy ; add the ground rice and the flour, mix well, stir in the pounded almonds. Whisk the whites of the eggs very stiffly, and stir them lightly to the mixture. Grease a cake mould ; turn in the mixture, and bake in a moderate oven for about thirty minutes. When done, turn it out on to a sieve ; let it get cold, then coat with glace royale ; decorate with cherries and angelica. Serve cut up or whole.

Average cost, 1s. 4d. Time required, 1 hour.

2,746. TROCADERO CAKE.

½ lb. butter.	1 teaspoonful baking-powder.	2 ozs. lemon-peel.
½ lb. castor sugar.	2 ozs. mixed crystallized	fondant icing (No. 2,174).
1 lb. flour.	fruits.	1 oz. pistachio-nuts.
6 eggs.	¼ lb. sultanas.	royal icing (No. 2,178).

Put the butter and sugar into a basin, and cream them together until soft ; beat in the eggs, one at a time. Mix the flour and baking-powder together. Prepare the fruit ; take the stalks off the sultanas, and cut up the crystallized fruit and peel in very small pieces. After the eggs have been well beaten to the butter and sugar, stir in the flour and the fruit ; mix all well together. Grease a round cake-tin ; put in the mixture, and bake in a moderate oven for about one and a half hours. When done, turn the cake on to a sieve to cool. Blanch the pistachio-nuts ; peel and chop them finely. Prepare some fondant icing ; colour it a pale shade of green with spinach greening ; ice the cake with this, and sprinkle round the sides thickly with the pistachio-nuts. Decorate the top of the cake with white royal icing through a forcing-bag. As soon as the icing is dry, the cake is ready to serve.

Average cost, 2s. 6d. Time required, 3 hours.

2,747. PRINCESS CAKE.

$\frac{1}{2}$ lb. butter.	$1\frac{1}{4}$ lbs. flour.	6 eggs.	$\frac{1}{4}$ lb. currants.	1 oz. almonds.
$\frac{1}{2}$ lb. sugar.	$1\frac{1}{4}$ teaspoonfuls baking-powder.	$\frac{1}{2}$ lb. sultanas.	2 ozs. peel.	milk, if necessary.

Shred the peel into thin strips, put it into a basin ; clean the fruit, and add it to the peel ; blanch, peel, and chop the almonds, put them with the rest of the above ingredients ; mix all well together. Cream the butter and sugar together until soft ; add the eggs, one at a time, beating each one in thoroughly before putting in the next. Sieve the flour and baking-powder together ; stir them into the mixture. Paper a cake-tin ; put half this mixture into it, then put the mixed fruit on the top, forming a layer ; then arrange the remainder of the mixture over that. Press it down, so as to make it level, and bake in a moderate oven for about one and a half hours. When done, turn on to a sieve to cool.

Average cost, 1s. 9d. Time required, 2 hours.



FIG. 217.—ROSE CAKE.

2,748. ROSE CAKE.

2 eggs.	$\frac{1}{2}$ lb. flour.	1 teaspoonful baking-	angelica.
2 ozs. butter.	2 ozs. chopped	powder.	crystallized rose-leaves.
4 ozs. sugar.	almonds.	water-icing (No. 2,176).	ratafia essence.

Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder ; stir into the mixture, also the chopped almonds. Put into a buttered cake-tin, and cook in a moderate oven about three-quarters to one hour. When quite cold, cut the cake level if it is not straight, and then cover with water icing flavoured with ratafia essence. When this is nearly set, decorate with a spray of flowers made with strips of angelica for the stalks, and crystallized rose-leaves to represent the flowers.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours.

2,749. ALMOND-SEED CAKE.

$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ oz. caraway-seeds.	1 oz. whole almonds.	$\frac{3}{4}$ lb. flour.
$\frac{1}{2}$ lb. sugar.	1 teaspoonful baking-powder.	$1\frac{1}{2}$ ozs. ground almonds.	4 eggs.

Cream the butter and sugar together ; work in the eggs, one at a time, beating each thoroughly before putting in the next ; add the ground almonds, the flour, and the seeds ; mix all well together. Blanch, peel, and shred the whole almonds.

Put the mixture into a lined cake-tin ; sprinkle the shredded almonds over the top, and bake in a moderate oven for about one hour, or longer. When done, turn out of the tin on to a sieve to cool.

Average cost, 1s. 4d. Time required, 2 hours.

2,750. PINEAPPLE CAKE.

2 ozs. butter.	$\frac{1}{2}$ lb. flour.	2 ozs. glacé pineapple.	$\frac{1}{2}$ lb. icing sugar.
$\frac{1}{4}$ lb. sugar.	3 eggs.	1 teaspoonful baking-powder.	angelica.

Cream the butter and sugar together ; beat in the eggs, one at a time ; cut the pineapple into small pieces ; sieve the flour and baking-powder ; add this and the pineapple to the cake mixture. Turn into a greased tin, and bake in a moderate oven for about three-quarters of an hour. When done, turn out on to a sieve to cool. Sieve the icing sugar into a basin ; stir into it enough pineapple syrup to make it the consistency of thick cream. Pour this on the cake, allowing it to run all over it and down the sides. When nearly set, decorate the cake with pieces of glacé pineapple and leaves of angelica. Put the cake aside until perfectly set.

Average cost, 10d. Time required, 1½ hours.

2,751. ORANGE-CREAM CAKE.

4 ozs. sugar.	$\frac{1}{2}$ teaspoonful baking-	2 oranges.	1 tablespoonful arrow-
4 ozs. flour.	powder.	2 ozs. butter.	root.
6 eggs.	glacé oranges.	2 ozs. sugar.	fondant icing (No. 2,174).

Beat the sugar and four yolks of eggs together until creamy. Sieve in the flour and baking-powder, and lastly stir in the stiffly beaten whites of four eggs. Put into a buttered cake-tin, and cook in a moderate oven for about thirty minutes. When quite cold, split the cake in two. Put 2 ozs. of butter into a saucepan ; add the sugar ; mix the arrowroot with the eggs ; put this with the butter and sugar, also the grated rind and juice of two oranges. Stir over a slow fire until the mixture thickens and becomes the consistency of thick cream. Spread this cream between the layers of cake ; put them together again, and place on an icing-tray. Have ready some orange-flavoured fondant icing ; pour this over the cake, covering the top and sides completely. When the icing begins to set, decorate the cake with glacé oranges, arranging the quarters round the edge of the cake, letting each one lean on the one before, making a kind of wall round the cake. Place a few more quarters of oranges in the centre of the cake, and serve when the icing is firm.

Average cost, 2s. Time required, 2 hours.

2,752. JELLY-LAYER CAKE.

2 ozs. butter.	1 teaspoonful baking-	2 eggs.	1 teaspoonful mixed
4 ozs. sugar.	powder.	2 ozs. currants.	spice.
$\frac{1}{2}$ gill milk.	$\frac{1}{2}$ lb. flour.	red-currant jelly.	cocoanut.

Well butter two cake-tins. Cream the butter and sugar together ; add the yolks of the eggs, beating each egg in well. Stir in the milk, the flour, and baking-powder, and the stiffly beaten whites of the eggs. Divide this mixture into two equal portions ; put one into one of the buttered cake-tins, and put into a moderate oven to bake. To the other portion add 2 ozs. of cleaned currants, the spice, and 1 tablespoonful of flour. Put this into the other cake-tin, and place in the oven. When these cakes are baked, turn them out on to a sieve to cool. As soon as they are quite cold, spread a thick layer of red-currant jelly on one of them ; cover with the other cake, and spread that also with jelly. Sprinkle the surface with cocoanut and serve.

Average cost, 1s. 3d. Time required, 1½ hours.

2,753. BOSTON CAKE.

$\frac{1}{4}$ lb. butter.	1 gill sour milk.	1 dessertspoonful of orange-
6 ozs. sugar.	$\frac{1}{2}$ nutmeg.	flower water.
$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful carbonate	$\frac{1}{2}$ teaspoonful ground cinnamon.
3 eggs.	of soda.	2 ozs. citron-peel.

Cream the butter and sugar together until soft ; beat in the yolks of the eggs, one at a time. Stir in the orange-flower water, the cinnamon, and half a nutmeg, grated. Add the flour ; dissolve the soda in a little of the milk ; put this into the cake ; also the rest of the sour milk, the citron cut into small pieces, and the whites of the eggs very stiffly beaten. Mix these ingredients lightly together, and turn into a buttered cake-tin. Bake in a moderate oven for about one hour.

Average cost, 1s. 3d. Time required, $1\frac{1}{2}$ hours.

2,754. HONEY CAKE.

$\frac{1}{2}$ lb. flour.	3 ozs. butter.	$\frac{1}{4}$ lb. honey.
2 eggs.	3 ozs. sugar.	1 teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the eggs, one at a time. Add the honey, and mix thoroughly. Sieve the flour and baking-powder together, stir them into the cake mixture. When well mixed, turn into a cake-tin that has been lined with paper. Press it down well, make the top level, and put into a moderate oven ; bake for about one hour. When done, turn out of the tin, remove the paper, and then place on a sieve to cool.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours.

2,755. RAISIN CAKES.

1 lb. flour.	$\frac{1}{4}$ lb. stoned raisins.	1 small tablespoonful	$\frac{1}{2}$ teaspoonful grated
4 ozs. butter.	1 egg.	milk.	cloves and cinna-
4 ozs. sugar.	$\frac{1}{4}$ grated nutmeg.	pinch of soda.	mon mixed.

Sieve the flour into a basin ; rub in the butter ; add the sugar, the grated nutmeg, and the spices ; chop the raisins finely, and mix them to the rest of the ingredients. Beat the egg, and add it, also the carbonate of soda, mixed with the milk ; work into a paste, using more milk if necessary. Turn the mixture on to a floured board, roll it out about $\frac{1}{4}$ inch thick, and cut out with a round cutter. Bake in a quick oven for ten to fifteen minutes.

Average cost, 8d. Time required, 30 minutes. Sufficient for 12 cakes.

2,756. MOUSSELINE CAKE.

6 eggs.	juice and rind of $\frac{1}{2}$ lemon.	1 tablespoonful straw-	1 tablespoonful rasp-
6 ozs. sugar.	$\frac{1}{2}$ lb. icing sugar.	berry purée.	berry purée.
6 ozs. flour.	4 ozs. strawberries.	sugar.	baking-powder.

Separate the yolks and whites of the eggs ; put the yolks into a basin ; add the sugar to them, and cream together until thick. Sieve the flour and baking-powder together ; beat the whites of the eggs to a stiff froth ; stir these into the yolks and sugar ; add the grated rind and juice of the lemon ; mix quickly and lightly. Put this mixture into a buttered, shallow cake-mould, and bake in a moderate oven for about thirty minutes. When done, turn out on to a sieve to cool. Mash the strawberries with a fork ; sprinkle with sugar. Cut the cake in half, horizontally ; put a layer of the mashed strawberries on the bottom half ; place the other on the top ; press together lightly. Put the cake on a wire tray. Sieve the icing sugar into a basin ; mix with it the strawberry and raspberry purées mixed ; add a little water, if necessary, to make the sugar of the right consistency. Pour this over the cake ; sprinkle in the centre a few chopped pistachio-nuts. As soon as the cake is dry it is ready to serve.

Average cost, 1s. Time required, 1 hour. Seasonable, June to August.

2,757. DELILLE CAKE.

12 eggs.	1 lb. flour.	orange-water icing (No. 2,176).	pinch of salt.
1 lb. castor sugar.	4 ozs. butter.	chocolate icing (No. 2,177).	royal icing (No. 2,178).

Put the eggs into a basin, add the sugar, and beat them over a saucepan of hot water until thick and creamy. Take the basin off the saucepan, and whip a little longer. Then stir in the sifted flour and the melted butter. Mix well. Put this mixture into five buttered, flat, round moulds; each mould should be a size smaller than the last. Bake the cakes in a moderate oven. When done, turn the cakes out of the moulds, and let them get cold. Ice three of these cakes with orange icing and two with chocolate icing. The cakes must be iced alternately with the different coloured icings. Arrange the cakes, when dry, one upon the other, alternating the colours. Make some royal icing, colour it pink with a little cochineal, and decorate the cake with it. Dish up, when dry, on a fancy dish-paper, and serve.

Average cost, 1s. 8d. Time required, 1½ hours.

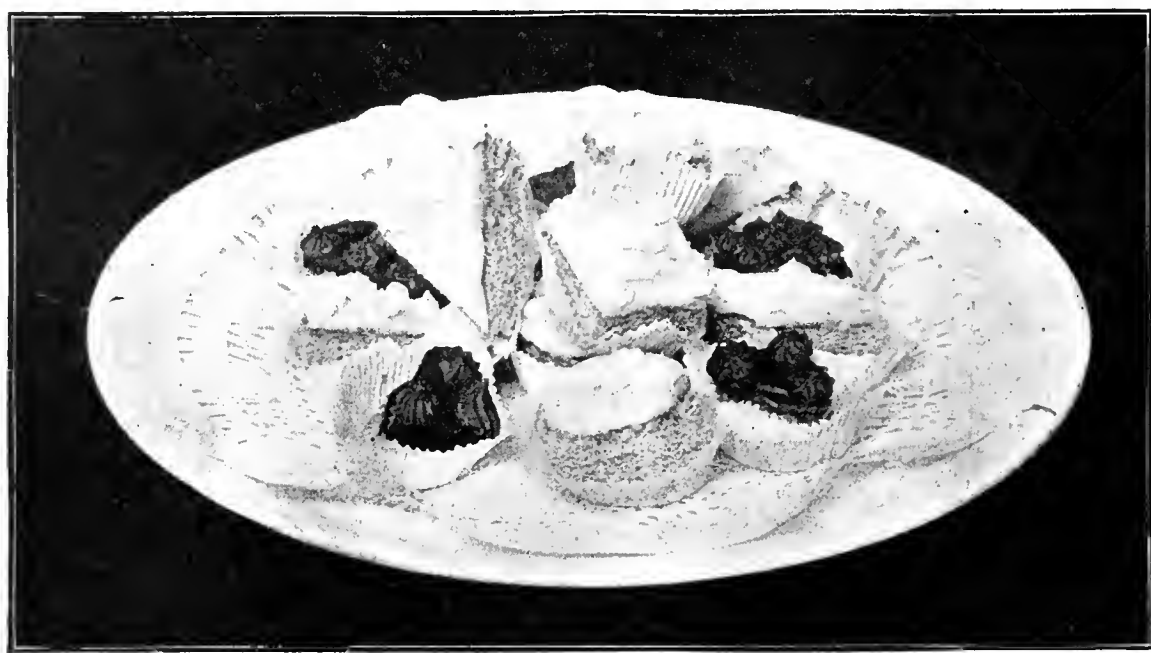


FIG. 218.—PETITS GÂTEAUX.

2,758. PETITS GÂTEAUX (LITTLE CAKES).

Genoise pastry (No. 2,760).	royal icing (No. 2,178).
fondant icing (Nos. 2,174 and 2,175).	paper cases.

Prepare the Genoise pastry as in recipe No. 2,760; when baked and cold, cut it out into different shapes with fancy cutters. Ice these with pink, white, and chocolate fondant icing, and, when dry, ornament with royal icing through a forcing-bag with a rose-pipe attached. Place them when ready in little fancy-paper cases. Serve for afternoon tea.

Average cost, 1s. 2d. Time required, 1½ hours.

2,759. VICTORIA SANDWICH.

3 eggs.	6 ozs. flour.	6 ozs. sugar.	½ teaspoonful baking-powder.	jam.
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Put the eggs into a basin, add the sugar, and beat well; sieve the flour and baking-powder together, stir lightly into the eggs and sugar, mix well. Turn this mixture into two round, greased, shallow cake-tins, half in each. Bake in a quick oven for about ten minutes. When done, turn out, and let cool. Warm some jam; spread a layer of it over one of the cakes; place the other on the top, and sprinkle with castor sugar. Serve whole or cut in pieces.

Average cost, 8d. Time required, 20 minutes.

2,760. GENOESE PASTRY.

3 large eggs. | 4 ozs. sugar. | 3 ozs. flour. | $2\frac{1}{2}$ ozs. butter. | $\frac{1}{2}$ teaspoonful baking-powder.

Sieve the flour and baking-powder; prepare a cake-tin, grease it, and line with paper. Put the eggs and sugar into a basin, stand the basin on a stewpan containing boiling water, and whip for twenty minutes; melt the butter. When the eggs and sugar are ready, take the basin off the stewpan, and stir in the flour and melted butter; mix lightly and quickly. Pour the mixture into the prepared tin, and bake in a moderate oven for about twenty minutes.

Average cost, 7d. Time required, 45 minutes.

2,761. RASPBERRY GENOESE.

3 eggs. | flour. | 1 packet Bird's raspberry blanc- | $2\frac{1}{2}$ ozs. butter.
4 ozs. sugar. | jam. | mange powder. | $\frac{1}{2}$ teaspoonful baking-powder.

Add sufficient flour to the blancmange powder to make the quantity up to 3 ozs.; add the baking-powder, and pass all together through a sieve. Grease a baking-tin, and line it with greased kitchen-paper. Melt the butter in a small stewpan. Put the eggs and sugar into a basin; stand this on a stewpan of boiling

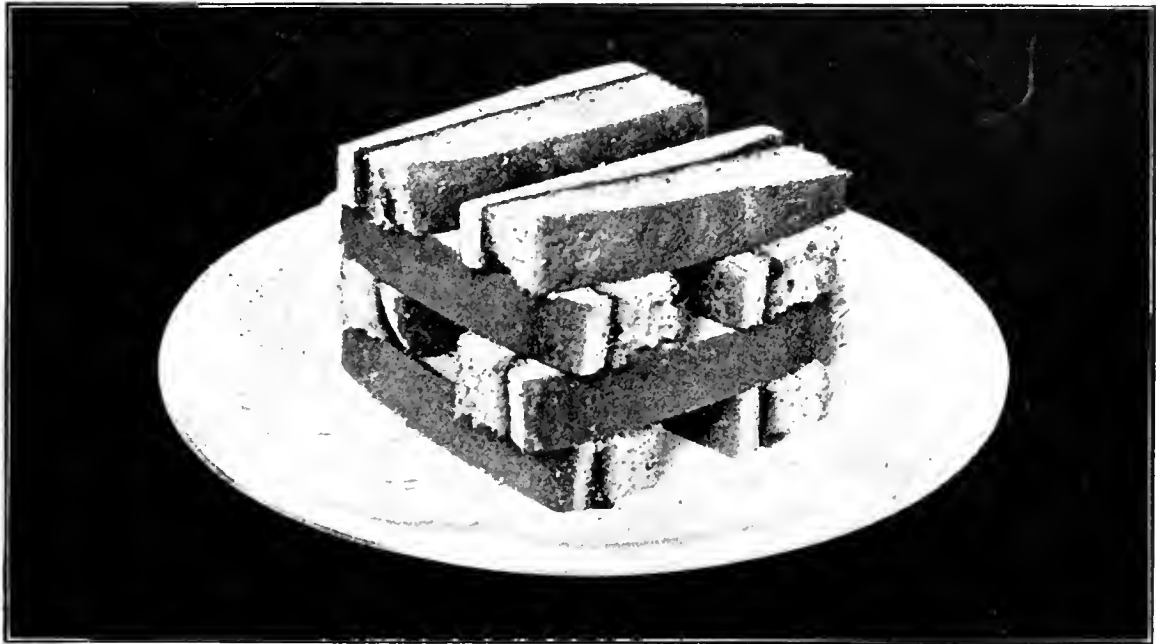


FIG. 219.—RASPBERRY GENOESE.

water, and beat for twenty minutes. At the end of that time take the basin off the hot water, and stir in the flour mixture and the melted butter; mix all well together. Turn this into the prepared tin; put into a moderate oven, and bake for about twenty minutes. When done, turn out on to a sieve to cool. Cut the cake into strips; put them together in pairs, with raspberry jam between. Dish up in a pile on a lace paper, and serve.

Average cost, 9d. Time required, 45 minutes.

2,762. SWISS ROLL (1).

3 eggs. | their weight in sugar and flour. | $\frac{1}{2}$ teaspoonful baking-powder. | jam.

Break the eggs into a basin, add the sugar, and beat them together with a whisk. Sieve in the flour and baking-powder; stir lightly, and turn on to a well-buttered and papered tin. Spread rather thinly over the tin, getting it a little thicker at the sides and corners. Place in a hot oven, and bake for five to ten minutes. Have ready a piece of paper sprinkled with sugar, and also some jam

warmed over the fire. Turn out the roll on to the sugared paper ; remove the paper from the roll, spread with the warm jam, and roll up as quickly as possible. Place on a sieve to cool. After the cake is taken from the oven, it should be rolled as quickly as possible, or the cake will harden and then crack when rolled.

Average cost. 6d. Time required, 20 minutes.

2,763. SWISS ROLL (2).

2 eggs. | their weight in sugar, butter, and flour. | $\frac{1}{2}$ teaspoonful baking-powder. | jam.

Put the butter and sugar into a basin ; work them together with a wooden spoon until creamy, then beat in the eggs, one at a time ; beat well ; sieve the flour and baking-powder together, stir it into the butter and sugar ; mix all well together. Butter a baking-sheet, line it with greased paper. Turn the mixture out on to this, spread it over with a knife, taking care to have the mixture thick in the corners and down the sides ; bake in a quick oven for eight or ten minutes. Put sufficient jam into a saucepan, melt it, and make it hot. When the cake is done, turn it out on to a sugared paper ; take off the paper quickly, spread with the jam, roll up quickly, and put it on to a sieve to cool.

Average cost, 9d. Time required, 20 minutes.



FIG. 220.—SWISS ROLL.

2,764. LEMON SWISS ROLL.

2 eggs.	the weight of 2 eggs in butter,	$\frac{1}{2}$ gill water.
$\frac{1}{2}$ teaspoonful baking-powder.	sugar, and flour.	1 tablespoonful cornflour.
1 lemon.	1 egg.	4 ozs. sugar.

Mix the cornflour with $\frac{1}{2}$ gill of water until quite smooth ; put it into a saucepan, and stir over the fire until it boils. Let it cook for a few minutes ; then add 4 ozs. sugar, grated rind and juice of one lemon ; let it cool a little, then stir in one egg, well beaten. Cook this over the fire again, and let it simmer for a few minutes. Paper and butter a baking-tin for the Swiss roll. Cream the butter and sugar together ; beat in the eggs, one at a time. Sieve the flour and baking-powder together ; stir into the butter and eggs. Spread this mixture on the prepared tin ; cook in a quick oven for five or ten minutes. Turn out on to a piece of paper which has been sprinkled with castor sugar ; spread quickly with the prepared lemon mixture, roll it up tightly, and place on a sieve to cool.

Average cost, 1s. Time required, 30 minutes.

2,765. YULE LOG.

Swiss roll (No. 2,762). | chocolate icing. | almond-paste. | green colouring.

Prepare a Swiss roll ; let it get cold, then cut off the ends of the roll. Prepare some royal icing ; colour it a dark brown with melted chocolate ; beat well. Put the icing into a paper cornet, with a ribbon or rose-pipe attached to it. Ice the roll all over with this in straight rows ; imitate here and there a knot in the wood. Do the ends of the roll in the same way ; let the log dry a little, then decorate it with almond-paste, to represent mistletoe. Keep a small piece of the almond-paste white ; colour the remainder green with spinach greening. With the latter make a long stem, to go right along the cake. Shape some leaves to resemble mistletoe as much as possible ; with the white almond icing make some small rounds the shape of peas, to represent the berries. Arrange these on the log, and it is then ready.

Average cost, 1s. Time required after roll is baked, 30 minutes. Seasonable at Christmas-time.

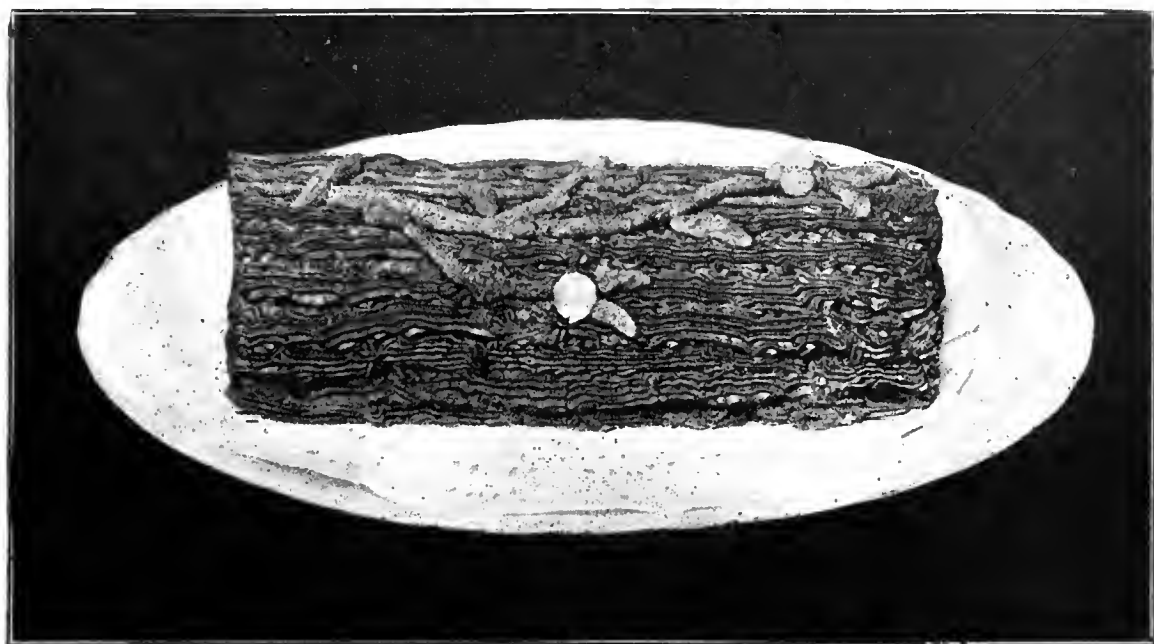


FIG. 221.—YULE LOG.

2,766. SMALL SWISS ROLLS.

2 eggs. | 3 ozs. butter. | 3 ozs. sugar. | 3 ozs. flour. | pinch of baking-powder. | jam.

Put the butter and sugar into a basin, and cream them together ; then add the eggs, one at a time ; beat them in well. Sieve the flour and baking-powder together ; stir lightly into the mixture. Butter a baking-sheet ; cover with greased paper ; spread the mixture over it, and bake in a moderate oven for about eight to ten minutes. Have ready a piece of paper sprinkled with castor sugar ; turn the cake on to this ; take off the paper ; spread some warm jam over quickly ; divide the cake into eight or ten equal pieces ; roll up quickly. Sprinkle with sugar, place on a sieve to cool, then dish up.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times Sufficient for 8 or 10 rolls.

2,767. CHOCOLATE SWISS ROLL.

2 eggs. | their weight in butter, sugar, | 1½ ozs. grated chocolate.
½ teaspoonful baking-powder. | and flour. | raspberry jam.

Prepare a baking-tin by lining it with paper and buttering it. Cream the butter and sugar together until soft ; beat in the eggs, one at a time. Sieve the flour and baking-powder. Stir into the butter and eggs and also the grated chocolate. If

the mixture is too stiff, a little milk may be added. Turn on to the prepared tin, spread it over evenly ; place in a hot oven, and bake for five to ten minutes. Turn out on to a piece of paper sprinkled with sugar. Spread quickly with hot raspberry jam, roll up tightly, and place on a sieve to cool.

Average cost, 8d. Time required, 30 minutes.

2,768. MADELEINE CAKES.

4 eggs. | $\frac{1}{2}$ lb. flour. | $\frac{1}{2}$ lb. sugar. | 4 ozs. butter. | vanilla.

Break the eggs into a basin ; add the sugar ; work together over a saucepan of hot water until thick and creamy. Sieve the flour ; melt the butter. Take the basin with the eggs off the hot water ; stir in the flour, vanilla, and melted butter ; fill some madeleine-moulds with this mixture ; put them into a fairly hot oven, and bake about ten minutes. Turn on to a sieve to cool when baked.

Average cost, 10d. Time required, 30 minutes. Sufficient for 18 cakes.

2,769. WALNUT LAYER CAKE.

6 eggs. | 6 ozs. flour. | $\frac{1}{2}$ teaspoonful baking-powder. | 4 ozs. icing | shelled walnuts.
6 ozs. sugar. | 4 ozs. butter. | fondant icing (No. 2,174). | sugar. | vanilla.

Separate the yolks and whites of the eggs ; add the sugar to the yolks, and beat together until creamy. Sieve the flour and baking-powder together, and whisk the whites of the eggs very stiffly. Stir these ingredients very lightly into the yolks and sugar. Turn the mixture into a buttered cake-tin, and bake in a moderate oven for thirty to forty-five minutes. Turn out on a sieve to cool. When quite cold, cut through into several slices. Sieve the icing sugar ; put it into a basin with the butter, and cream them together with a wooden spoon until quite soft. Chop some shelled walnuts finely ; add them to the butter and sugar ; flavour with vanilla essence. Spread this butter icing on each of the slices of cake ; put them all together again, and press lightly, to make them adhere. Cover the top and sides of the cake with vanilla-flavoured fondant icing. Decorate with a few shelled walnuts.

Average cost, 1s. 6d. Time required, 2 hours.

2,770. FLORADOR CAKE.

5 ozs. flour. | 2 ozs. sugar. | 2 eggs. | milk.
3 ozs. florador (medium grain). | 2 ozs. butter. | 1 teaspoonful baking-powder. | 1 lemon.

Cream the butter and sugar together ; beat in the eggs, one at a time. Add the florador, the grated rind of one lemon, and the sieved flour and baking-powder. Stir all these well together ; add a little milk if the mixture is too stiff. Turn into a buttered cake-tin, and bake for three-quarters to one hour in a moderate oven.

Average cost, 9d. Time required, $1\frac{1}{2}$ hours.

2,771. SPONGE CAKE.

4 eggs. | 4 ozs. sugar. | 4 ozs. flour. | 1 gill water.

Sieve the flour into a basin ; put the sugar into a small stewpan with the water, and let it simmer until the syrup sticks to the fingers. Beat the eggs for ten minutes ; add the syrup to them, and beat for ten minutes longer ; then stir the flour in very lightly and quickly. Have ready a well-buttered mould ; sprinkle with castor sugar ; pour in the mixture, and bake in a rather slow oven for twenty to thirty minutes. Turn out on a sieve when done.

Average cost, 4d. or 5d. Time required, 1 hour.

2,772. BALMORAL CAKE.

4 eggs. | 4 ozs. flour. | 4 ozs. sugar.

Break the eggs into a basin ; add the sugar to them ; sieve the flour. Beat the eggs and sugar together for twenty minutes. To do this, stand the basin on a saucepan containing a little hot water. When the eggs and sugar have increased to twice the quantity, and are thick and creamy, stir in the flour quickly and lightly. Have ready buttered a Balmoral cake-tin ; sprinkle with sugar ; pour in the mixture, and bake in a slow oven for twenty to thirty minutes. Turn out on to a sieve to cool.

Average cost, 5d. Time required, 50 to 60 minutes.



FIG. 222.—BALMORAL CAKE.

2,773. SMALL SPONGE CAKES.

4 eggs. | 4 ozs. sugar. | 4 ozs. flour.

Put the eggs and sugar into a basin, and beat them together for fifteen minutes. Sieve the flour, and stir it lightly into the mixture. Butter some small sponge-cake tins ; dust them over with sugar or flour ; fill them three parts full with the mixture. Bake in a moderate oven for about fifteen minutes. When done, turn them out of the tins on to a sieve to cool.

Average cost, 5d. Time required, 35 minutes. Sufficient for 12 small cakes.

2,774. SAVOY CAKE.

8 eggs. | $\frac{1}{2}$ lb. flour. | $\frac{1}{2}$ lb. loaf sugar. | $\frac{1}{2}$ lemon. | water.

Rub the lemon-rind on to some of the lumps of sugar ; put this with the rest of the sugar into a stewpan ; add the juice of the lemon and enough water to make it up to $\frac{1}{2}$ pint ; boil until it becomes a thick syrup. Break the eggs into a basin and beat for ten minutes, then stir the hot syrup into them ; whisk for ten minutes longer. Work in the flour quickly and lightly. Butter a Savoy-mould, dredge it with sugar, turn in the mixture, and bake in a very moderate oven for about thirty minutes.

Average cost, 10d. Time required, 1 hour.

2,775. FRENCH GINGERBREAD.

1 lb. flour.	1 teaspoonful baking-	4 ozs. butter.	1 lemon.
8 ozs. treacle.	powder.	$\frac{1}{2}$ teaspoonful ground cloves and	2 ozs. ground
1 oz. ginger.	1 egg.	nutmeg, mixed.	almonds.

Sieve the flour and baking-powder together. Put the butter into a stewpan, and just as it becomes liquid, add the treacle to it ; warm it over the fire together until it is thoroughly mixed. Grate the lemon-rind into the flour. Beat the egg ; mix it with the treacle and butter off the fire. Mix the almonds and spice into the flour. Stir in the liquid ingredients, and mix all well together ; add a little milk if necessary. Beat until quite smooth. Put the mixture into a well-greased baking-tin, and bake in a moderate oven for about thirty to forty minutes. Turn out when done, and cut it into shapes or fingers, and serve. If liked, before the cake is cut up, it can be iced with French icing, nicely flavoured.

Average cost, 1s. Time required, 1 hour

2,776. WHITE GINGERBREAD.

1 lb. flour.	$\frac{1}{2}$ lb. castor sugar.	1 egg.	1 lemon.
$\frac{1}{2}$ lb. butter.	1 oz. ground ginger.	milk.	$\frac{1}{2}$ teaspoonful carbonate of soda.

Sieve the flour into a basin ; mix in the sugar, ground ginger, and the grated rind of the lemon. Warm the butter ; beat it until creamy ; whisk the egg ; add it to the butter, and mix them into the other ingredients ; stir all well together ; warm a little milk, mix into it the carbonate of soda. Work into a smooth paste. Butter a baking-sheet, and drop the mixture on to it with a spoon. Bake the cakes in a moderate oven. When cooked, let them get cold, and then serve.

Average cost, 1s. Time required, 45 minutes.

2,777. SCOTCH GINGERBREAD.

1 lb. flour.	2 ozs. oatmeal.	1 egg.	$\frac{1}{2}$ teaspoonful carbonate of soda.
4 ozs. butter.	1 oz. ground ginger.	$\frac{1}{2}$ lb. treacle.	milk.

Beat the butter in a basin until creamy ; add the egg to it and the treacle, then stir in the flour, oatmeal, and ginger ; mix all well together ; warm a little milk ; add the carbonate of soda to it ; stir thoroughly to a light dough. Well grease a tin, and bake in a moderate oven for about fifteen minutes. When done, turn it out on to a sieve to cool ; then serve, either whole or cut in strips, or any other fancy shapes.

Average cost, 10d. Time required, 30 minutes.

2,778. HONEY CAKES.

$\frac{1}{2}$ pint honey.	4 ozs. candied peel.	$\frac{1}{2}$ teaspoonful bicar-	1 teaspoonful ground nut-
4 ozs. castor sugar.	1 glass rum.	bonate of soda.	meg and cloves.
2 ozs. almonds.	lemon.	$\frac{1}{2}$ lb. flour.	French icing (No. 2,176).

Put the honey and sugar into a stewpan ; bring them slowly to the boil ; chop the almonds with the skins on ; add them to the honey ; simmer for about five minutes. Take the pan off the fire ; stir in the flour, the candied peel cut in fine strips, the grated rind of the lemon, the spice, soda, and lastly the rum. Sufficient flour must be worked in to make the mixture into a dough of a consistency to roll out. Turn the dough out on to a floured board while still warm ; roll it out very thinly, cut it into pieces 4 inches long by 2 inches wide ; place them on floured baking-tins, and put them in a cool place to stand for twelve hours. Then bake them in a moderate oven, taking care not to let them brown. When done, let them cool ; then mask with French icing, flavoured to taste. As soon as this is set the cakes are ready for use.

Average cost, 1s. 10d. Time required, 20 minutes to make, 10 minutes to bake, 10 minutes to ice.

2,779. YORKSHIRE PARKINS.

$\frac{1}{2}$ lb. coarse oatmeal.	$\frac{1}{4}$ lb. treacle.	$\frac{1}{2}$ oz. mixed spice.	$\frac{1}{4}$ lb. butter.	$\frac{1}{2}$ oz. carbonate
$\frac{1}{2}$ oz. ground ginger.	$\frac{1}{2}$ lb. flour.	6 ozs. brown sugar.	milk.	of soda.

Mix the oatmeal and flour together ; rub in the butter lightly ; add the sugar, spice, and ginger. Melt the treacle ; stir it into the cake ; dissolve the soda in a little milk ; add this last of all, and some more milk, if required, to make it into a soft dough. Divide this mixture into small flat cakes ; brush them over with milk ; place on a greased tin, and cook in a slow oven.

Average cost, 6d. Time required, 45 minutes.

2,780. CORBEILLES (BASKETS).

3 eggs.	2 ozs. butter.	angelica.	$\frac{1}{2}$ teaspoonful baking-powder.
4 ozs. sugar.	3 ozs. flour.	cream.	jam.

Beat the eggs and sugar together over hot water until thick and creamy. Melt the butter in a saucepan ; sieve the flour and baking-powder ; stir these ingredients into the beaten eggs. Have ready buttered some deep, round or oval tins ; nearly fill these with the cake mixture, and put into a moderate oven to bake for about

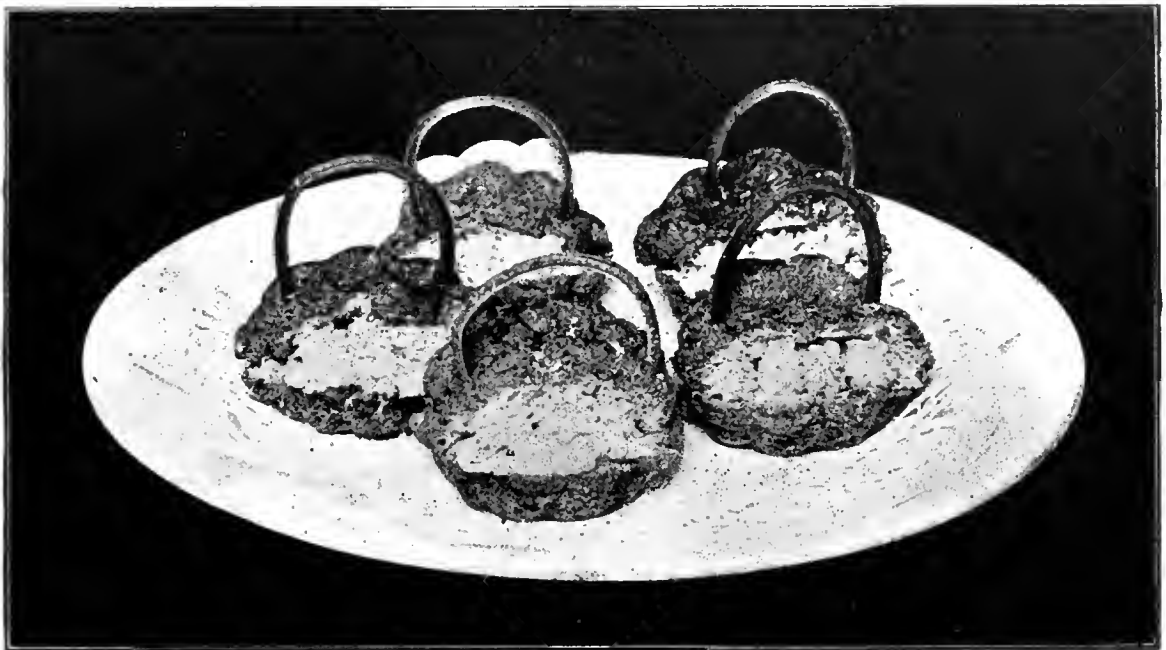


FIG. 223.—CORBEILLES.

ten minutes. Turn them out of the tins, and let them get quite cold. Then cut a slice off the top of each cake ; hollow out a little of the centre, and fill with a spoonful of jam. Soak a strip of angelica in hot water until it will bend without breaking ; cut it into thin pieces, and put one across each cake, to represent handles. Cut the slices that were removed from the cakes in halves. Place two of these on each basket, standing them nearly upright, to represent the lid of the basket. Whip the cream very stiffly ; put it into a forcing-bag with a rose-pipe, and fill the cavities under the lids with roses of whipped cream. Dish up on a lace paper.

Average cost, 1s. Time required, 1 hour.

2,781. CHOCOLATE PRALINÉ.

Genoise pastry (No. 2,760).	chocolate icing (No. 2,177).	2 ozs. butter.
almonds.	1 oz. chocolate.	2 ozs. icing sugar.

Make the Genoise pastry in a deep tin, so that it is about $1\frac{1}{2}$ inches thick when baked. Let the pastry get quite cold, and, if possible, do not use it until the following day, as in that case it will cut much better than if it is quite new. Cut

the pastry in squares about $1\frac{1}{2}$ inches across. Have ready some almonds that have been blanched and skinned, then chopped coarsely, and baked in the oven until a pale fawn colour. Coat the squares of pastry with chocolate icing, covering the tops and sides completely. When the icing begins to set, cover the sides only with the burnt almonds. Put the cakes away to get quite firm. Grate 1 oz. of chocolate ; melt it in a very little water over a low fire ; put the butter into a basin ; sieve the icing sugar ; add it to the butter, and cream them together ; lastly, stir in the melted chocolate. Put this mixture into a forcing-bag with a rose-tube ; cover the top of the cakes with roses, forcing them out close together. Dish up, and serve.

Average cost, 2s. Time required, 1 hour after the pastry is made.

2,782. COCOANUT BALLS.

$\frac{1}{2}$ lb. flour.		1 egg.		$\frac{1}{2}$ teaspoonful baking-		apricot jam.
2 ozs. sugar.		2 ozs. butter.		powder.		desiccated cocoanut.

Cream the butter and sugar together until soft ; beat in the egg, and then stir in the sieved flour and baking-powder. A little milk can be added if required, but the mixture must be stiff. Make into balls ; place them on a floured tin, and bake in a moderate oven for fifteen to twenty minutes. When they are quite cold, cover them with apricot jam, and then roll in cocoanut.

Average cost, 8d. Time required, 1 hour.

2,783. PITCAITHLY BANNOCKS.

$\frac{1}{2}$ lb. flour.		6 ozs. butter.		2 ozs. peel.		3 ozs. sugar.		2 ozs. almonds.
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Blanch and peel the almonds ; cut them into rather coarse strips. Chop the peel finely, removing the sugar from the centre. Sieve the flour into a basin ; rub the butter in lightly ; add the sugar, peel, and shredded almonds. Mix this all together with the hand until it forms a dough. No moisture of any kind should be added to the mixture. Turn on to a floured board ; roll it out about $\frac{1}{3}$ inch in thickness ; cut into rounds or squares. Place them on a floured tin ; prick the cakes with a fork, and pinch round the edges with the fingers. Cook in rather a slack oven until they are quite crisp and a pale brown. Leave on the tin until they are cold.

Average cost, 1s. Time required, 1 hour.

2,784. SMALL CHOCOLATE CAKES.

3 ozs. butter.		6 ozs. flour.		3 ozs. grated chocolate.
3 ozs. sugar.		3 eggs.		$\frac{1}{2}$ teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the eggs one at a time. Add the grated chocolate, and, lastly, the sieved flour and baking-powder. Butter some small tins ; fill with the chocolate mixture, and bake in a moderate oven for about fifteen minutes. Turn them out of the tins, and place on a sieve to cool.

Average cost, 1s. Time required, 45 minutes.

2,785. BOUCHÉES DAMES (LADY BOUCHÉES).

4 eggs. | 4 ozs. sugar. | $3\frac{1}{2}$ ozs. flour. | vanilla essence. | apricot jam. | fondant icing (No. 2,174).

Separate the yolks and whites of eggs ; put the yolks in one basin, the whites in another. Put the sugar to the yolks, and work them together with a wooden spoon until light and creamy ; flavour with vanilla. Beat the whites of the eggs until a stiff froth. Add the flour and whites of eggs to the yolks and sugar. Stir in lightly and quickly until well mixed. Drop this mixture on to some foolscap paper in round shapes, about 2 inches in diameter ; bake in a quick oven. When done, take them from the oven, and leave till cold ; then take them off the paper, trim with a round cutter, and put two together, with apricot jam between. Have ready some fondant icing ; dip the cakes into it, so that they are coated all over ; place them on a sieve to dry.

Average cost, 9d. Time required, 1 hour. Sufficient for 12 cakes.

2,786. TRANCHES À L'ORANGE.

Genoese pastry (No. 2,760). | 2 oranges. | apricot jam. | $\frac{1}{2}$ lb. icing sugar. | candied orange-peel.

Prepare the Genoese pastry ; add to it the grated rind of two oranges. Put the mixture into two square, flat tins, and bake in a moderate oven. When done, turn it out on to a sieve to cool. Pass the icing sugar through a fine sieve into a basin ; mix it with the juice of the oranges until it is of the consistency of thick cream. Spread one of the cakes with apricot jam ; put the other one over, sandwich fashion. Pour the icing over, and let it set a little. Cut the cake into strips, and decorate each strip with candied orange-peel cut out in fancy shapes. Dish up, and serve.

Average cost, 1s. Time required, 1 hour.

2,787. TRANCHES AU CITRON.

Genoese pastry (No. 2,760). | 2 lemons. | $\frac{1}{2}$ lb. icing sugar.
raspberry jam. | candied lemon-peel.

Prepare and bake the pastry in two flat tins. When done, turn on to a sieve to cool. The grated rind of the lemon is to be added to the mixture before it is baked. Make the icing with the icing sugar and juice of the lemons, as in last recipe. Put the two cakes together, with raspberry jam between ; pour the icing over, and when half set, cut in strips ; decorate with the candied lemon-peel cut out in fancy shapes. Dish up and serve.

Average cost, 1s. Time required, 1 hour.

2,788. ALMA CAKES.

10 ozs. flour. | 1 oz. butter. | 3 ozs. sugar. | 1 gill milk. | $\frac{1}{2}$ teaspoonful baking-powder.

Sieve the flour and baking-powder into a basin, rub the butter in, add the sugar, and mix to a dough with the milk. Turn on to a floured board ; roll out about $\frac{1}{4}$ inch thick ; cut into rounds ; place on a floured board, and bake in a moderate oven.

Average cost, 3d. Time required, 30 minutes.

2,789. SWISS CAKES.

10 ozs. flour. | 2 ozs. butter. | milk. | almond essence. | $\frac{1}{2}$ teaspoonful baking-
3 ozs. sugar. | 1 egg. | mixed spice. | almonds. | powder.

Sieve the flour and baking-powder into a basin ; rub the butter in lightly ; add the sugar, $\frac{1}{4}$ teaspoonful of mixed spice, and a few drops of almond essence. Beat the egg in a basin, add to the mixture, and make into a dough with a little milk. Turn out on a floured board ; roll out about $\frac{1}{4}$ inch thick, and place them on a floured baking-tin. Blanch, peel, and chop some almonds ; brush the cake over with a little beaten egg ; sprinkle thickly with almonds ; place in a moderate oven for ten to fifteen minutes. When done, place on a sieve until cold.

Average cost, 8d. Time required, 45 minutes.

2,790. CURRANT TARTLETS.

$\frac{1}{2}$ lb. puff-pastry (No. 2,185). | 2 ozs. butter. | 1 oz. ground rice.
2 ozs. cakecrumbs. | 2 whites of eggs. | water icing (No. 2,176).
3 ozs. sugar. | 1 tablespoonful cocoanut. | 2 ozs. currants.

Roll out the pastry ; cut it into rounds, and line some patty-pans with it. Cream the butter and sugar together ; mix in the rice, cakecrumbs, and currants. Whisk the whites stiffly, and stir lightly into the mixture. Put into the patty-pans, and bake in a moderate oven for twenty to thirty minutes. Remove from the tins, and place on a sieve to cool. When quite cold, cover the top with a little lemon-flavoured water icing ; sprinkle thickly with desiccated cocoanut, and put aside to set.

Average cost, 1s. 3d. Time required, 1 hour.

2,791. DEVONSHIRE CAKES.

$\frac{1}{4}$ lb. butter.	1 lb. flour.	2 eggs.	milk.	$\frac{1}{4}$ oz. carbonate of
6 ozs. sugar.	$\frac{1}{4}$ lb. currants.	mixed spice.	$\frac{1}{4}$ oz. cream of tartar.	soda.

Sieve the flour, cream of tartar, and carbonate of soda into a basin ; rub the butter in lightly ; add the sugar, currants, and a little mixed spice. Beat the eggs in a basin, stir into the mixture, and add enough milk to make into a dough. Put the mixture in buttered crinkled patty-pans, dust them over with sugar, and bake in a moderate oven for about fifteen to twenty minutes.

Average cost, 10d. Time required, 45 minutes.

2,792. CHILDREN TARTLETS.

$\frac{1}{2}$ lb. short-pastry (No. 2,183).	1 lemon.	2 ozs. breadcrumbs.
2 eggs.	1 teacupful golden syrup.	2 whites of eggs.

Roll out the pastry ; line some tartlet-moulds with it ; prick the bottom of each with a fork. Put the breadcrumbs into a basin ; beat two eggs ; warm the golden syrup ; add both these ingredients to the breadcrumbs. Grate the rind of one lemon ; squeeze the juice, and stir into the mixture. Put some of this preparation into the lined tins. Whip the whites of the eggs stiffly, and decorate the tops of each tartlet with a little of the whipped white. Dust them over with castor sugar, and place in a moderate oven to bake.

Average cost, 10d. Time required, 45 minutes.

2,793. MACAROON TARTLETS.

$\frac{1}{2}$ lb. short-pastry (No. 2,183).	4 ozs. sugar.	$\frac{1}{2}$ oz. butter.	4 ozs. ground almonds.
	1 egg.	jam.	$\frac{3}{4}$ oz. flour.

Roll out the pastry ; line some patty-pans with it ; prick the bottom of each with a fork. Mix the flour, sugar, and almonds together ; beat the egg, and stir into the mixture ; melt the butter, and add last. Put a little jam at the bottom of each patty-pan, and cover with the macaroon mixture. Bake in a moderate oven.

Average cost, 10d. Time required, 45 minutes.

2,794. TARTELETTES AU RHUM.

$\frac{1}{2}$ lb. puff-pastry.	6 ozs. castor sugar.	4 ozs. butter.	1 gill rum.
4 ozs. ground almonds.	3 eggs.	1 oz. flour.	$\frac{1}{2}$ lb. icing sugar.

Roll out the pastry ; line some tartlet-moulds with it. Put the ground almonds into a basin ; mix in the sugar and flour ; melt the butter, and add it to the rest of the ingredients, with the eggs and $\frac{1}{2}$ gill of rum. Mix all well together ; fill the tartlets with this mixture ; bake them in a moderate oven. Sieve the icing sugar into a basin ; add the $\frac{1}{2}$ gill of rum to it, and what water may be required ; mix to the consistency of thick cream. When the tartlets are done, take them out of the oven and coat the top with a layer of the icing. Serve hot or cold.

Average cost, 2s. Time required, 30 minutes, after pastry is made. Seasonable at all times. Sufficient for 12 small tartlets.

2,795. PUIITS D'AMOUR (LOVE WELLS).

2 ozs. butter.	4 ozs. flour.	red-currant jelly.
2 ozs. sugar.	1 egg.	6 pistachio-nuts.

Cream the butter and sugar together until soft, add the egg, stir well into the mixture, and beat for a few minutes. Sieve the flour, and stir it into the rest of the ingredients ; mix into a stiff paste. Turn it on to a floured board ; roll out about $\frac{1}{8}$ inch thick ; stamp out some rounds with a crinkly cutter. When the mixture has all been cut out in these rounds, take half of them, and with a smaller cutter take out the centres, so as to form rings. Place these rings on the top of the plain

rounds ; put them on a floured baking-sheet, and bake in a moderate oven for about ten minutes. When done, take them up and let them cool ; then fill the centre of each with red-currant jelly. Blanch the pistachio-nuts, take off the skin, chop them finely, and sprinkle them over the jelly. Dish up on a fancy paper, and serve cold.

Average cost, 6d. Time required, 25 minutes. Seasonable always. Sufficient for 12 cakes.

2,796. TRANCHES À LA NEIGE (SNOW CAKES).

$\frac{1}{4}$ lb. butter.	2 ozs. flour.	raspberry jam.	vanilla essence.
4 ozs. castor sugar.	2 whole eggs and 1 white of egg.	1 oz. ground almonds.	lemon-rind.

Put the butter and 3 ozs. of sugar into a basin ; work together until creamy, then add the yolks of the eggs, the flour, ground almonds, and a few drops of vanilla essence. Whip stiffly the whites of two eggs, and stir lightly into the mixture. Grease a flat tin ; turn the mixture into it, and bake in a moderate oven. Whisk the third white of egg very stiffly ; stir in 1 oz. of sugar and a little lemon-rind. Spread the cake when it is baked with a layer of raspberry jam, over that put the meringue mixture. Cut the cake into squares or fingers, and place in the oven to bake a pale colour. Dish up, and serve hot or cold.

Average cost, 10d. Time required, 35 minutes. Seasonable at all times. Sufficient for 6 or 8 cakes.

2,797. IRRESISTIBLES.

Genoese mixture.	4 ozs. castor sugar.	essence of almonds.	$\frac{1}{2}$ gill whipped cream.
3 ozs. ground almonds.	vanilla essence.	raspberry jam.	pistachio-nuts.

Bake the Genoese mixture in a flat, shallow tin ; when done, turn it out on to a sieve to cool. Mix the ground almonds and sugar together ; make into a stiff paste with a little water ; flavour with a few drops of vanilla essence and a drop or two of almond essence ; the latter adds to the flavour of the almonds, but can be omitted if a few bitter almonds are included in the ground almonds. Put the almond-paste on to a board dusted with icing sugar ; roll it out carefully. Cut out in rounds with a crinkly cutter about $1\frac{1}{2}$ inches in diameter. Cut out the Genoese pastry with the same cutter ; slice these pieces of cake horizontally into pieces $\frac{1}{4}$ inch thick. Take one of these pieces, spread over it a thin layer of raspberry or strawberry jam ; place on this one of the thin rounds of almond-paste, then another thin layer of jam, then a piece of Genoese. Whip the cream, and put rather a thick layer on each cake ; sprinkle over a few blanched and chopped pistachio-nuts, and serve for afternoon tea.

Average cost, 1s. 2d. Time required after Genoese cake is cold, 15 minutes. Seasonable always. Sufficient for 10 or 12 cakes.

2,798. PETITS GÂTEAUX À LA TURQUE.

3 eggs.	2 ozs. butter.	white fondant icing	angelica.
4 ozs. sugar.	3 ozs. flour.	(No. 2,174).	flavouring.

Break the eggs into a basin ; add the sugar, and beat well until it is the consistency of thick cream. It will take twenty minutes to half an hour to beat. Melt the butter in a small stewpan ; sieve the flour ; stir these quickly and lightly into the yolks and sugar. Turn the mixture into a greased, oblong, flat tin, and bake in a fairly hot oven for ten to fifteen minutes. When done, turn out and let the cake get cold, then cut it out into crescents. Flavour the icing according to taste ; pour it over the cakes ; let them set, but do not let them get quite hard. Cut some stars and crescents out of angelica, one of each for each cake ; fix these on the cakes. They are then ready to serve.

Average cost, 10d. Time required to make and bake the cake, 30 to 35 minutes. Seasonable always. Sufficient for 12 cakes.

2,799. PETITS CHOUX PRALINÉS.

2½ ozs. flour.	1 gill milk.	1 yolk of egg.	1 tablespoonful whipped cream.
1 oz. butter.	1 whole egg.	1 oz. sugar.	almonds.

Sieve the flour ; put the butter and milk into a stewpan and bring to the boil ; stir in the flour quickly and vigorously until the mixture leaves the side of the pan, then remove from the fire ; let it cool ; then beat the eggs in, one at a time ; add the sugar and the whipped cream. Form the paste, when cold, into small cakes ; have ready some blanched almonds cut in strips ; stick these all over the little shapes ; brush over the egg, and bake in a very cool oven for about half an hour.

Average cost, 6d. Time required, 45 minutes. Sufficient for 8 cakes.

2,800. PETITS CHOUX AU CARAMEL.

choux-paste (No. 2,186). | 4 ozs. sugar. | 1 gill water. | pistachio-nuts. | castor sugar.

Prepare the choux-paste ; let it get cold, then shape it into small balls ; bake them in a cool oven for half an hour or longer. Put the sugar and water into a stewpan ; boil until the water has evaporated and the sugar becomes a dark golden colour. Take the little choux, one at a time, on the end of a skewer, dip them into the caramel, and then roll at once in chopped pistachios mixed with castor sugar ; put them on to a wire sieve, and leave till set. Arrange them on a dish with an ornamental paper, and serve.

Average cost, 8d. Time required, 45 minutes. Sufficient for 8 or 9 cakes.

2,801. PETITS CHOUX GLACÉ À LA CRÈME.

choux-paste (No. 2,186). | French icing (No. 2,176). | vanilla. | whipped cream. | cochineal.

Prepare the choux-paste ; make into round shapes, and bake in a cool oven for about thirty minutes ; they should be a golden brown, and crisp. Take up, put them on a sieve, and let them get cold. Prepare some white French icing ; flavour it with a few drops of vanilla essence. Coat the petits choux with it ; let them stand until quite set. Whip some cream ; colour it with a drop or two of cochineal a pretty pink. Put this into a forcing-bag with a rose-pipe, and decorate the top of each with a large rose. Dish up on a fancy dish-paper, and serve.

Average cost, 1s. Time required, 1 hour. Sufficient for 8 cakes.

2,802. COFFEE FINGERS.

2 eggs.	3 ozs. butter.	3 ozs. flour.	coffee icing.
¼ gill coffee essence.	3 ozs. sugar.	¼ teaspoonful baking-powder.	chopped almonds.

Cream the butter and sugar together ; beat the eggs in, one at a time ; add the coffee essence, and then the flour and baking-powder sieved together. Mix thoroughly ; turn into a greased Yorkshire tin, and bake for ten to fifteen minutes. Turn on to a sieve, cut into fingers, and cover with coffee icing ; sprinkle with chopped almonds.

Average cost, 9d. Time required, 1 hour.

2,803. CHOCOLATE FINGERS.

3 ozs. Mexican chocolate.	2 ozs. sugar.	½ teaspoonful baking-	6 ozs. flour.
2 ozs. butter.	1 egg.	powder.	chopped almonds.

Put the chocolate in the oven until soft, then put it into a basin, with the butter and sugar. Cream all these together until soft ; beat in the egg thoroughly, and, lastly, add the sieved flour and baking-powder. Make this into a stiff dough, adding a little milk if required. Roll out about ¼ inch thick ; cut into fingers ; put them on a floured tin ; brush them over with egg, and sprinkle with chopped almonds. Bake for about fifteen minutes.

Average cost, 9d. Time required, 30 minutes.

2,804. ALEXANDRA CAKES.

2 eggs.	4 ozs. sugar.	1 teaspoonful baking-powder.	pistachio-nuts.
4 ozs. butter.	1 lb. flour.	almond essence.	water icing (No. 2,176).

Cream the butter and sugar together ; beat in the eggs, one at a time, and flavour with almond essence. Sieve in the flour and baking-powder ; turn into a large Yorkshire tin, previously greased. Bake in a moderate oven for about fifteen minutes. When cold, cut into small diamond shapes. Have ready some water icing, flavoured with almond essence, and coloured pink with cochineal. Ice half the diamond shapes with it, and, when half set, place another diamond shape of cake on the top of each. Ice the whole of each cake over again, and sprinkle with chopped pistachio-nuts.

Average cost, 1s. 3d. Time required, 1 hour.

2,805. QUEEN CAKES.

4 ozs. butter.	6 ozs. flour.	1 oz. candied peel.	rind of 1 lemon.
4 ozs. sugar.	4 ozs. sultanas.	3 eggs.	$\frac{1}{2}$ teaspoonful baking-powder.

Sieve the flour and baking-powder together. Grease one dozen queen-cake tins. Put the butter and sugar into a basin, and cream them together with a wooden spoon until soft ; add the eggs, one at a time, beating each in well before



FIG. 224.—QUEEN CAKES.

putting in the next. Have the fruit (cleaned) ready, the candied peel (chopped), and the rind of the lemon (grated) ; stir the flour into the butter and eggs ; add the fruit ; mix all well together quickly. Put the mixture into greased tins, filling them half full ; bake in a moderate oven about fifteen to twenty minutes. When done, turn them out of the tins on to a sieve to cool.

Average cost, 10d. or 1s. Time required, 45 minutes. Sufficient to make 12 cakes.

2,806. LANGUES DE CHAT (CATS' TONGUES).

$\frac{1}{4}$ lb. butter.	5 ozs. sugar.	5 ozs. flour.	3 whites of eggs.	$\frac{1}{4}$ oz. ground almonds.
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Cream the butter and sugar together until quite soft ; add the flour, ground almonds, and the stiffly-beaten whites of eggs. Mix together thoroughly, and then place in small long heaps on a buttered and floured tin. Put into a cool oven until a pale brown colour.

Average cost, 8d. Time required, 45 minutes.

2,807. MARMALADE CAKES.

8 ozs. flour.	4 ozs. butter.	3 eggs.
$\frac{1}{2}$ teaspoonful baking-powder.	4 ozs. sugar.	3 tablespoonfuls marmalade.

Sieve the flour and baking-powder together. Grease some small queen-cake tins ready. Put the butter and sugar into a basin; cream them together with a wooden spoon until soft; break in the eggs, and beat each egg in well before adding the next; then stir in the marmalade; add the flour; mix all well together. Fill the prepared tins half full; put them into a moderate oven, and bake for fifteen to twenty minutes. When done, turn on to a sieve to cool.

Average cost, 6d. Time required, 35 minutes. Sufficient for 12 cakes.

2,808. COCOANUT BISCUITS.

$\frac{1}{2}$ lb. desiccated cocoanut.	4 ozs. castor sugar.	3 whites of eggs.	$1\frac{1}{2}$ ozs. flour.
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Put the whites of eggs into a basin; whisk them until they become a stiff froth. Mix the cocoanut, sugar, and flour together in a basin, then stir in the whites of the eggs until a stiff and rather crumbly mixture is formed. Add the whites of eggs

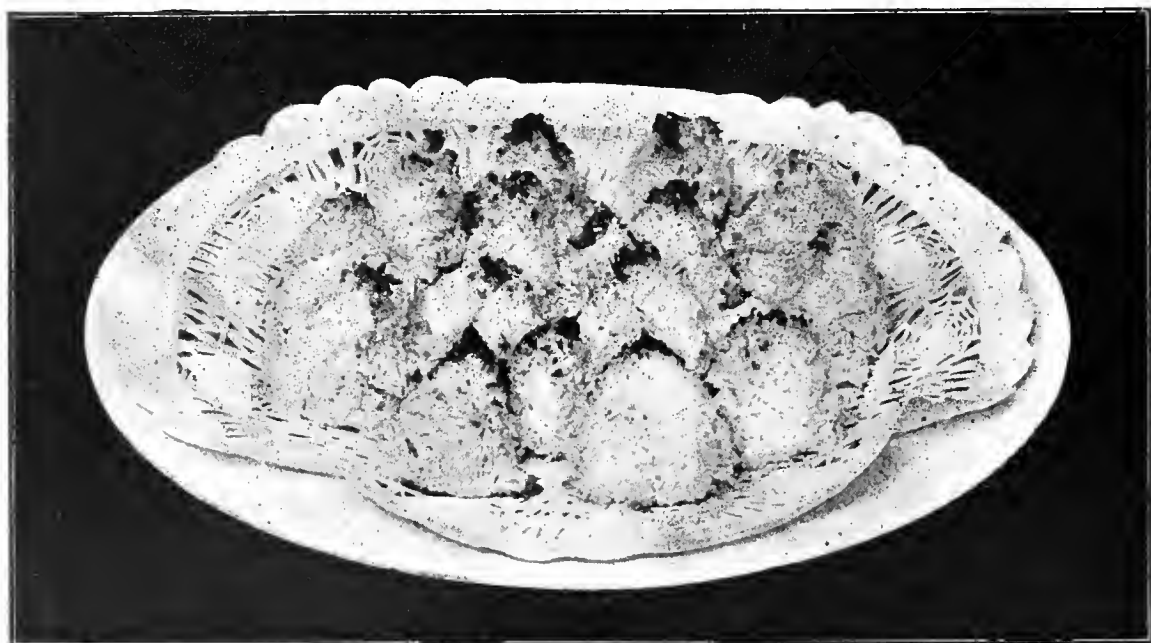


FIG. 225.—COCOANUT BISCUITS.

by degrees. The whole of it may not be required, as eggs vary in size. When mixed, place on a greased baking-sheet in little pyramid shapes; bake in a moderate oven until the biscuits are firm and lightly browned at the top. Take out of the oven when done; turn them on to a sieve to cool.

Average cost, 6d. Time required 20 minutes. Seasonable always. Sufficient for 36 biscuits.

2,809. GÂTEAUX DE RIZ (RICE BUNS).

4 ozs. butter.	3 eggs.	$1\frac{1}{2}$ ozs. flour.
4 ozs. castor sugar.	3 ozs. ground rice.	$\frac{1}{2}$ teaspoonful baking-powder.

Put the butter and sugar into a basin; cream them together with a wooden spoon until soft; break in the eggs, one at a time, beating each one in well before adding the next. Mix in the flour, ground rice, and baking-powder. Grease some patty-pans; put in the mixture, filling the tins two-thirds full. Put them into a moderate oven, and bake for fifteen minutes. When done, turn them out on to a sieve to cool.

Average cost, 9d. Time required, 30 minutes. Sufficient for 12 buns.

2,810. ALMOND PYRAMIDS.

$\frac{1}{4}$ lb. almonds. | 2 ozs. castor sugar. | $\frac{3}{4}$ oz. flour. | 2 whites of egg. | $\frac{1}{2}$ oz. bitter almonds.

Blanch and chop the almonds finely : put them into a basin with the sugar and flour : mix together ; whisk the whites of eggs stiffly, and stir into the rest of the ingredients to make a stiff paste. Place the mixture on a greased baking-sheet in little shapes like pyramids : bake in a moderate oven for about ten minutes. When done, put on a sieve to cool.

Average cost, 7d. Time required, 30 minutes.

2,811. COFFEE-BUTTER PYRAMIDS.

4 ozs. butter. | 2 ozs. sugar. | $\frac{1}{2}$ lemon. | $\frac{1}{4}$ teaspoonful baking-powder. | coffee icing.
4 ozs. flour. | 1 yolk of egg. | coffee. | 5 ozs. icing sugar. | royal icing.

Put 2 ozs. of the butter into a basin with 2 ozs. sugar ; cream them together until soft, and then beat in the yolk of the egg. Sieve in the flour and baking-powder ; add the grated rind of half a lemon ; mix together, adding a little milk if necessary.

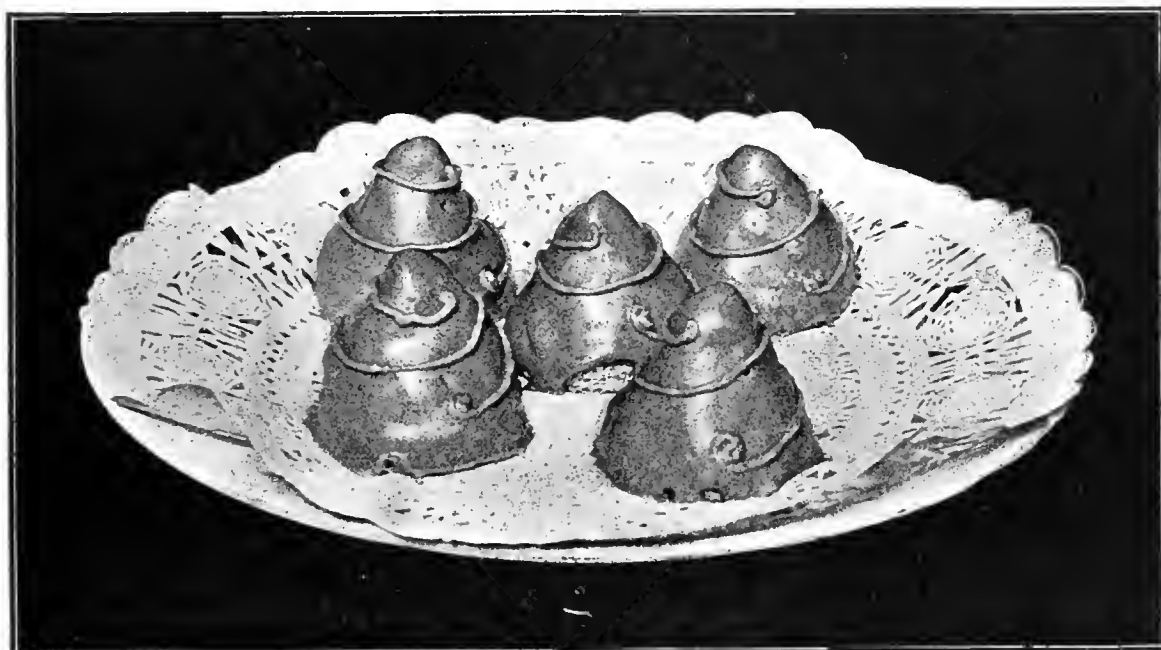


FIG. 226.—COFFEE-BUTTER PYRAMIDS.

Turn on to a floured board ; knead a few minutes, and roll out rather thinly ; cut into rounds $1\frac{1}{2}$ inches in diameter. Put them on a floured tin, and bake for about five or eight minutes. Place them on a sieve to cool. Sieve 5 ozs. of icing sugar ; put into a basin, with 2 ozs. butter ; cream them together until soft ; flavour with coffee. Make a pyramid of this on each biscuit, shaping it to a point with a knife dipped in hot water. Sieve $\frac{1}{2}$ lb. icing sugar, and mix with enough coffee to make it the consistency of thick cream. Coat the pyramids with this. Make a little royal icing ; flavour it with coffee ; put it in a forcing-bag with a plain tube, and with it make a spiral on each biscuit.

Average cost, 1s. 3d. Time required, 1 hour.

2,812. FAIRY CAKES.

4 ozs. butter. | 3 eggs. | $\frac{1}{2}$ teaspoonful baking-powder. | 3 ozs. glacé cherries.
4 ozs. sugar. | 6 ozs. flour. | cochineal. | 1 lemon-rind.

Sieve the flour and baking-powder together ; grate the lemon-rind, and mix it with the flour ; chop the cherries finely. Put the butter and sugar into a basin, and cream them together with a wooden spoon until soft ; then add the eggs, one at a time, beating each one thoroughly before putting in the next. Add the flour

and the cherries : stir all together lightly ; colour the mixture a pink shade with a few drops of cochineal. Grease some queen-cake tins, and half fill them with the mixture. Put in a moderate oven, and bake for fifteen to twenty minutes. When done, turn out of the tins on to a sieve to cool.

Average cost, 10d. Time required, 45 minutes. Sufficient for 12 cakes.

2,813. PRINCE OF WALES CAKES.

$\frac{1}{2}$ lb. flour.	3 ozs. sugar.	milk.	$\frac{3}{4}$ oz. ground rice.
$1\frac{1}{2}$ ozs. butter.	1 egg.	$\frac{1}{2}$ teaspoonful baking-powder.	1 lemon.

Cream the butter and sugar together ; beat in the egg ; add the flour and baking-powder sieved, the ground rice, and grated rind of one lemon. Mix together, adding a little milk if necessary ; cut into even-sized pieces, form into long rolls, and then tie in knots. Brush them over with water, sprinkle with castor sugar, and cook in a moderate oven for about fifteen to twenty minutes.

Average cost, 5d. Time required, 30 minutes.

2,814. LEMON JUMBLES.

3 ozs. butter.	3 ozs. sugar.	8 ozs. flour.	1 lemon.	2 eggs.
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Cream the butter and sugar together until soft, then beat the eggs in, one at a time. Sieve the flour ; grate the lemon-rind into the flour ; stir this into the butter, sugar, and eggs. Mix all well together into a stiff paste. Turn on to a floured board, cut in pieces, make them into twirls, and bake in a moderate oven for fifteen to twenty minutes. When done, place on a sieve to cool.

Average cost, 7d. Time required, 30 minutes.

2,815. CHOCOLATE ÉCLAIRS.

2 ozs. flour.	1 gill milk.	1 yolk of egg.	vanilla.	chocolate icing (No.
1 oz. butter.	1 whole egg.	cream.	sugar.	2,177).

Put the butter and milk into a stewpan. Sieve the flour. As soon as the milk boils, put in the flour, and mix quickly, and cook over the fire until the paste leaves the sides of the pan clean. Take the pan off the fire, and let the mixture cool ; then break in the whole egg ; stir until well mixed ; beat well. Proceed in the same way with the yolk. As soon as it is thoroughly mixed and well beaten turn on to a plate to cool. When cold, put the paste into a forcing-bag and force it out on to a baking-sheet in finger shapes about 6 inches long. Put into a moderate oven and bake for about thirty minutes. After they are baked, let them get cold, then cut them along the side, and take out the soft inside, if there is any. Whip some cream ; sweeten and flavour to taste ; fill the éclairs with it by means of a forcing-bag. Ice the top with chocolate icing. As soon as this is set the cakes are ready.

Average cost, 1s. 2d. Time required, 1 hour. Sufficient for 10 or 12 éclairs.

2,816. COFFEE ÉCLAIRS.

Proceed in the same way as for chocolate éclairs, flavouring the cream with coffee, and using coffee icing instead of chocolate.

2,817. GÂTEAUX D'ORANGES À LA BRAZIL (ORANGE CAKES).

$\frac{1}{2}$ lb. Brazil-nuts.	3 eggs.	$\frac{1}{4}$ lb. butter.
$\frac{1}{2}$ lb. castor sugar.	1 oz. ground rice.	1 orange.

Shell and blanch the nuts, then weigh the $\frac{1}{2}$ lb. ; put them into a mortar with the ground rice and pound well together. Put the butter and sugar into a basin ; work together with a wooden spoon until creamy ; then mix in the pounded nuts, the grated rind of the orange, and the strained juice. Add the eggs by degrees ; mix thoroughly. Put into little well-greased tins, dust sugar over them, and bake in a moderate oven.

Average cost, 1s. Time required, 40 minutes.

2,818. VICTORIA CAKES.

2 ozs. butter.	2 eggs.	$\frac{1}{4}$ lb. Brazil-nut	$\frac{1}{2}$ oz. ground rice.
3 ozs. sugar.	$\frac{1}{2}$ glass brandy.	kernels.	glacé cherries.

Put the butter and sugar into a basin, and cream them together with a wooden spoon ; then add the eggs, one at a time, beating them well. Blanch the kernels ; pound them with the ground rice until fine ; then stir into the other ingredients. Add the brandy, and mix all well together. Well butter some small round tins ; put some of the mixture in each. Put a glacé cherry in the centre. Sprinkle with sugar, and bake in a moderate oven.

Average cost, 1s. Time required, 40 minutes.

2,819. CHAMPIGNONS (MUSHROOMS).

3 whites of eggs.	6 ozs. castor sugar.	pinch of cream of tartar.
4 ozs. icing sugar.	2 ozs. chocolate.	almond-paste (No. 2,180).

Break the whites into a basin ; add to them the cream of tartar, and whisk until very stiff. Then work in the castor sugar, taking care not to stir too much. Put this mixture into a paper cornet, and force out on to strips of paper placed on a



FIG. 227.—CHAMPIGNONS.

board round shapes, like mushrooms ; sprinkle these with chocolate-powder through a dredger ; bake in a very cool oven until firm. Make a small quantity of almond-paste, and shape with it a small stalk for each mushroom. Make some chocolate icing with the remainder of the chocolate and the icing sugar. When the meringues are done, take them off the paper. This is best done by damping the back of the paper. Cover the bottom part of each with chocolate icing, and before the icing is quite set insert a stalk in each. When the icing is quite set, dish up and serve.

Average cost, 10d. Time required, 2 or 3 hours.

2,820. DOMINOES.

Genoise pastry (No. 2,760).	$\frac{3}{4}$ lb. icing sugar.	lemon-juice.	apricot jam.
	1 white of egg.	2 ozs. chocolate.	desiccated cocoanut.

Bake the pastry in a Yorkshire tin ; when baked, let it get cold. The cake is best baked the day before it is wanted. Cut it into pieces the shape of dominoes ; put some apricot jam through a sieve ; coat the sides of the dominoes with it, then

sprinkle the cocoanut over the jam. Put $\frac{1}{2}$ lb. of icing sugar into a basin, and make some royal icing, using the white of the egg and a little lemon-juice. Beat well until quite smooth. Ice the top of each domino with this, and let it set. Grate the chocolate; melt it in a very little water; add it to the icing that is left; work in the remainder of the sugar; make into a stiff paste; add a little more lemon-juice if necessary. Put this icing into a paper bag with a plain pipe attached, and draw a line with it across the dominoes, dividing each into half; make little dots, so as to resemble dominoes. Let them get perfectly dry before dishing them up.

Average cost, 1s. 4d. Time required, 1 hour after pastry is baked. Seasonable always.

2,821. ERIN CAKES.

$\frac{1}{2}$ lb. flour.	4 ozs. sugar.	1 gill milk.
3 yolks of eggs.	1 white of egg.	water icing (No. 2,176).
$\frac{1}{2}$ teaspoonful baking-powder.	2 ozs. butter.	pistachio-nuts.

Put the butter and sugar into a basin; cream them together until soft beat, in the yolks of eggs, one at a time, and then the milk. Lastly, add the flour and baking-powder, sieved together, and the white of egg, very stiffly beaten. Put this into a greased Yorkshire tin, and bake in a moderate oven for about twenty minutes. Turn out, and let it cool. When quite cold, cut into diamond shapes; place these on an icing-tray, and cover each with vanilla-flavoured water icing which has been coloured a pale green with sap-green colouring. Blanch a few pistachio-nuts, skin them, and then cut into slices across the nut. Put three of these together in the form of a shamrock on each cake. Cut some strips of pistachio-nut; place one on each, to represent the stalk of the shamrock. Leave the cakes until quite set, then dish up and serve.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours.

2,822. DOVER CAKE.

$\frac{1}{4}$ lb. butter.	2 eggs.	nutmeg.	cinnamon.	1 tablespoonful brandy.
$\frac{1}{2}$ lb. sugar.	1 gill milk.	vanilla.	$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ teaspoonful baking-powder.

Cream the butter and sugar together until soft; beat in the eggs, one at a time; then add the milk, brandy, a little grated nutmeg, ground cinnamon, and vanilla essence. Sieve the flour and baking-powder, stir into the cake, and then turn into a buttered cake-tin. Place in a moderate oven for one to one and a half hours.

Average cost, 11d. Time required, 2 hours.

2,823. CINGALESE CAKES.

sponge cake (No. 2,771). | red-currant jelly. | 2 whites of eggs. | 4 ozs. sugar.

Make the sponge-cake mixture, and bake it in small dariole-moulds. Turn them on to a sieve to cool; cut them in slices; spread with red-currant jelly, and put together again. Whip the whites of eggs very stiffly; stir in the sugar; put the mixture into a forcing-bag with a rose-tube, and ornament the top of each cake with a pyramid of meringue. Dust them over with castor sugar, and put into a very cool oven to dry the meringue without letting it take colour. Serve them when cold.

Average cost, 1s. Time required, $1\frac{1}{2}$ hours.

2,824. CONDÉ CAKES.

$\frac{1}{2}$ lb. puff-paste (No. 2,185). | cherries. | $\frac{1}{4}$ lb. almond-paste (No. 2,180). | angelica.

Roll out the puff-pastry; cut it into fingers 4 inches long and $1\frac{1}{2}$ inches broad. Roll out the almond-paste; cut it into fingers the same size as the pastry; lay an almond-paste strip on each piece of puff-pastry; dust them with castor sugar;

place on a baking-sheet, and cook in a rather cool oven until the pastry is done. Take them up, trim the edges, and decorate each with half a cherry and two leaves of angelica.

Average cost, 1s. 3d. Time required, 45 minutes after the pastry is made.

2,825. COCOANUT-SPONGE DROPS.

2 eggs.	3 ozs. flour.	apricot jam.
3 ozs. sugar.	$\frac{1}{4}$ teaspoonful baking-powder.	cocoanut.

Beat the eggs and sugar together with a whisk ; stir in the flour and baking-powder sieved. Grease a baking-tin, and put the mixture on it in round heaps. Bake for about ten minutes. When cold, spread with apricot jam and roll in cocoanut.

Average cost, 6d. Time required, 30 minutes.

2,826. BÂTONS AU RHUM (RUM STICKS).

3 ozs. butter.	5 ozs. flour.	$\frac{1}{2}$ lb. icing	rum.
4 ozs. sugar.	2 eggs.	sugar.	$\frac{1}{2}$ lemon.

Sieve the flour into a basin ; rub in the butter ; add the sugar and the grated rind of half a lemon ; mix to a paste with the eggs. Turn on to a floured board, roll out into a long strip 3 to 4 inches wide and $\frac{1}{4}$ inch thick. Brush over with beaten egg, and bake in a quick oven for about ten to fifteen minutes. Put the icing sugar through a fine sieve into a basin ; mix it with water to the consistency of cream ; flavour with rum. As soon as the cake is taken from the oven pour the rum icing over, and cut it at once into strips about 1 inch wide. Let it set, then dish up and serve for afternoon tea.

Average cost, 10d. Time required, 20 minutes.

2,827. BÂTONS AUX AMANDES (ALMOND STICKS).

4 ozs. almonds.	2 whites of eggs.	royal icing (No. 2,178).
$\frac{1}{2}$ lb. icing sugar.	vanilla essence.	2 ozs. vanilla sugar.

Peel the almonds ; put them into a mortar, and pound with the icing sugar and the vanilla sugar ; mix in the whites of the eggs. If not sufficient, add a little more, as it depends on the size of the eggs. Put the mixture aside in a cool place for one hour. Roll out about $\frac{1}{4}$ inch thick ; cover with royal icing flavoured with vanilla ; cut it into strips $\frac{1}{2}$ inch wide. Arrange these on a greased baking-sheet, and put into a cool oven.

Average cost, 1s. Time required, 2 hours.

2,828. GIMBLETTES SUISSE (SWISS GIMBLETS).

4 ozs. flour.	2 ozs. castor sugar.	3 ozs. butter.	$\frac{1}{2}$ lemon-rind.	egg.
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Put the flour into a basin ; add the sugar and butter ; work into a dough ; add the grated lemon-rind. Put aside into a cool place for half an hour. Roll out about $\frac{1}{4}$ inch thick. Cut out the paste with a round cutter 2 inches across, then from the centre of each cut out a round with a smaller cutter ; brush over with beaten egg, and bake in a quick oven.

Average cost, 6d. Time required, 1 hour.

2,829. CROQUETS.

4 ozs. castor sugar.	2 whites of eggs.	3 ozs. flour.	3 ozs. almonds.
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Whip the whites of eggs in a basin until quite stiff. Have ready the almonds peeled and finely shredded ; stir the sugar into the beaten whites ; add the flour and the almonds ; mix together quickly and lightly. Arrange on a greased baking-sheet in the shape of a finger, and bake in a medium oven.

Average cost, 6d. Time required, 30 minutes.

2,830. CHOCOLATE BISCUITS.

3 ozs. Cadbury's cocoa. | 1 lb. castor sugar. | whites of 3 eggs. | vanilla.

Put the whites of the eggs into a bowl ; beat them to a stiff froth, then add the cocoa, sugar, and a few drops of vanilla to flavour. Grease a baking-sheet slightly, and drop the mixture from a teaspoon on to it ; they must not be put too close together. Bake for ten to fifteen minutes in a slow oven.

Average cost, 10d. Time required, 25 minutes. Seasonable at all times.

2,831. FANCY MERINGUES.

4 egg-whites. | 8 ozs. castor sugar. | colourings—i.e., violet, cochineal, etc.

Beat the whites of the eggs very stiffly, then mix in the sugar quickly and lightly. Divide the mixture into portions ; colour each part differently, leaving one white. Put these respective mixtures in turn into a forcing-bag with a pipe, and force out fancy shapes on to paper arranged on a piece of board. Bake the meringues in a cool oven. They must not be allowed to colour.

Average cost, 6d. Time required, 30 minutes to bake. Seasonable always. Sufficient for 24 meringues.

2,832. ALMOND BISCUITS.

4 ozs. butter. | 4 ozs. sugar. | 10 ozs. flour. | 1 egg. | almonds.

Cream the butter and sugar together until quite soft ; add the egg ; mix in well. Sieve the flour, and stir it in. Use a little milk if necessary, but the paste must be of a consistency to roll out. Turn on to a floured board, and roll it out about $\frac{1}{4}$ inch thick, and cut out some rounds with a cutter. Blanch a few almonds ; cut them in strips. Brush the biscuits over with white of egg ; sprinkle the almond strips thickly over. Arrange on a floured baking-tin, and bake in a moderate oven for about ten to fifteen minutes. When done, place on a sieve to cool. Serve for afternoon tea.

Average cost, 8d. Time required, 30 to 40 minutes.

2,833. DESSERT BISCUITS.

6 ozs. butter.	2 yolks of eggs.	vanilla essence.	fondant icing (No.	glacé cherries.
2 ozs. icing sugar.	$\frac{1}{2}$ lb. flour.	apricot jam.	2,174).	angelica.

Cream the butter and icing sugar together, then add the yolks of the eggs ; beat well ; add the flour and a few drops of vanilla. Mix all well together. Roll out thinly ; cut into rounds with a cutter ; place them on a baking-sheet, and bake in a moderate oven for about ten minutes. When done, let cool, then put them together in couples, with a layer of jam between. Cover them with the icing flavoured with rum. Decorate with half a cherry on each and some little leaves of angelica.

Average cost, 1s. Time required, 30 minutes.

2,834. CHOCOLATE GENOESE.

3 eggs.	2 ozs. butter	1 oz. chocolate.
4 ozs. sugar.	3 ozs. flour.	$\frac{1}{2}$ teaspoonful baking-powder.

Put the eggs and sugar into a basin ; stand it over a saucepan of boiling water, and whisk for ten to fifteen minutes until the mixture is thick and creamy. Melt the butter in a saucepan ; sieve the flour, baking-powder, and grated chocolate together. Stir all these ingredients into the beaten eggs and sugar. Turn into a papered and buttered tin, and bake in a moderate oven for fifteen to twenty minutes. Turn on to a sieve to cool. Cut in fingers.

Average cost, 7d. Time required, 45 minutes.

2,835. FRUIT MARZIPAN.

$\frac{1}{2}$ lb. almond-paste. | crystallized fruit. | water icing (No. 2,176). | icing sugar.

Roll out the almond-paste, using sugar instead of flour, to prevent it sticking. Cut out into rounds with a crinkled cutter; place a piece of crystallized fruit in the centre of each, fold the almond over, and place on an icing-tray. Have ready some pink and white water icing, flavoured with almond or vanilla. Coat the marzipan with this, having half of them white and half pink. Serve when the icing has set.

Average cost, 1s. 4d. Time required, 30 minutes.

2,836. QUEEN COCOANUT CAKES.

4 ozs. butter.	3 eggs.	$\frac{1}{2}$ teaspoonful baking-powder.
8 ozs. sugar.	4 ozs. cocoanut.	2 whites of eggs.
6 ozs. flour.	$\frac{1}{2}$ gill milk or cream.	1 teaspoonful vanilla essence.

Cream the butter and 4 ozs. sugar together; beat in the yolks of the eggs, one at a time; then add the milk or cream, the cocoanut, and vanilla essence. Beat the whites of the eggs very stiffly; sieve the flour and baking-powder; stir these into the cocoanut mixture. Have ready some small patty-pans; butter them, and then half fill with the preparation; place them on a baking-tin, and cook in a moderate oven for fifteen to twenty minutes. Turn them out of the patty-pans; place on a sieve to cool. Whisk two whites of eggs very stiffly; stir 4 ozs. castor sugar into them very lightly, also a drop or two of cochineal, to make it a nice pink. Put this mixture into a forcing-bag with a star tube, and cover the top of each cake with the meringue, making it into the form of a pyramid. Dust them over with castor sugar; place in a cool oven, and leave them there until the meringue is quite cooked. The meringue should not be allowed to brown. Take them out of the oven, and put aside until perfectly cold.

Average cost, 1s. 4d. Time required, 2 hours.

2,837. DESSERT CAKES.

$\frac{1}{4}$ lb. butter.	1 oz. almonds.	2 ozs. currants.	1 oz. peel.	$\frac{1}{2}$ teaspoonful baking-
3 ozs. sugar.	6 ozs. flour.	1 oz. sultanas.	2 eggs.	powder.

Sieve the flour and baking-powder into a basin; rub in the butter lightly; add the sugar, the peel, and almonds (chopped), the fruit, and yolks of eggs. Beat the whites stiffly, and add last of all. Bake in a buttered Yorkshire tin for about thirty minutes. Turn out, and cut into small squares; return to the oven to dry.

Average cost, 10d. Time required, 1 hour.

2,838. SOUPIRS.

Genoese mixture (No. 2,760). | meringue. | fondant icing (No. 2,174).

Make the Genoese mixture; butter some little bouché-moulds, fill them with the mixture, and bake them in a rather quick oven. When done, turn them out, and let them cool. Prepare some meringue mixture; place a pyramid of this on the top of each cake; put into the oven to set the meringue. When done and cool, ice them over with white or pink fondant icing.

Average cost, 8d. Time required, 45 minutes.

2,839. SPICE NUTS.

2 eggs.	$\frac{1}{2}$ lb. flour.	1 lemon.	1 oz. candied peel.
$\frac{1}{2}$ lb. brown sugar.	$\frac{1}{4}$ oz. ground cinnamon.	ground cloves.	milk.

Beat the eggs and sugar together for about ten to fifteen minutes; add the cinnamon, grated lemon-rind, a little ground cloves, and the finely-chopped peel. Sieve in the flour; mix thoroughly, and put on a buttered baking-tin in small heaps; brush them over with milk, and put into a moderate oven. When they are cooked, remove from the tin and lay them on a sieve, bottom side upwards, and leave to cool.

Average cost, 6d. Time required, 45 minutes.

2,840. POMMES EN SURPRISE (SURPRISE APPLES).

Genoese pastry (No. 2,760).	6 ozs. ground almonds.	spinach greening.	jam.
	8 ozs. castor sugar.	angelica.	flavouring.

Cut the Genoese pastry in rounds, about $1\frac{1}{2}$ inches across, with a plain cutter; split each round in half, and stamp out the centre of one with a smaller cutter, so forming a ring; spread one half with jam; place the ring on the top. Mix the ground almonds and sugar together; make into a paste with water; flavour with a few drops of almond essence and vanilla or lemon. Colour green with spinach greening. Fill the centre of the ring of Genoese with a piece of this green marzipan. Roll out the remainder of the marzipan, and cut it into rounds. Put each piece of cake in one of these rounds; place another on the top, and work it round the cake so as to make a ball. Make a slight depression at the top, to represent an apple. Put one or two pieces of angelica in the depression for the stalk.

Average cost, 1s. Time required, 1 hour. Sufficient for 7 or 8 apples.

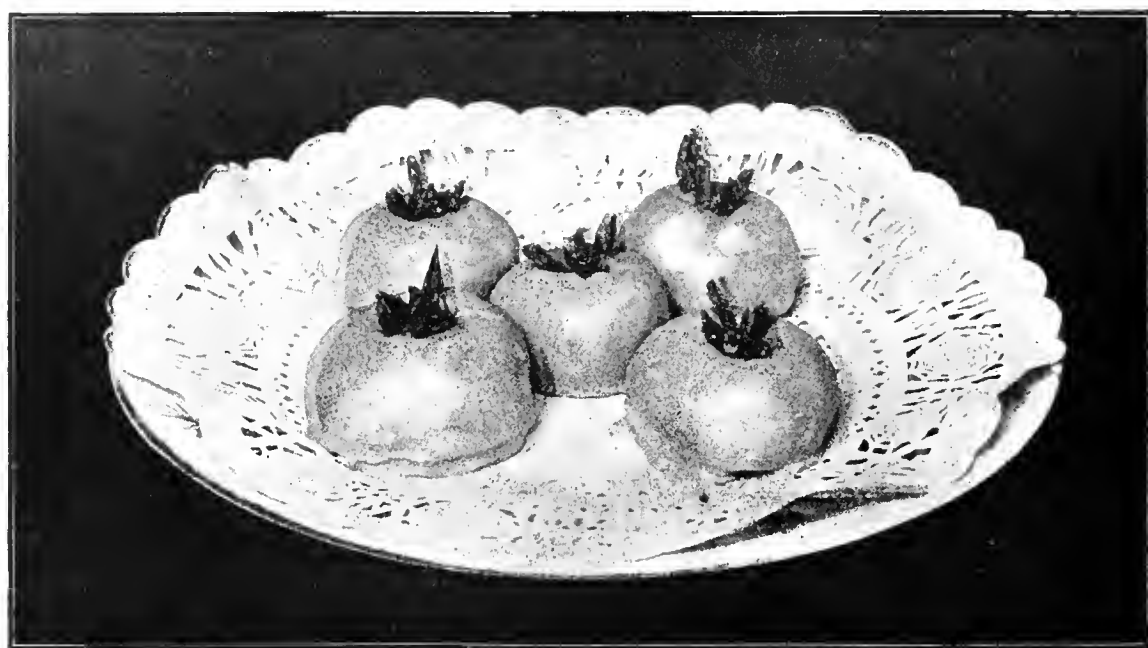


FIG. 228.—POMMES EN SURPRISE.

2,841. POMMES DE TERRE NOUVELLE.

1 egg.	1 oz. flour.	$\frac{1}{2}$ lb. ground	$\frac{1}{2}$ lb. castor sugar.	vanilla.
1 oz. sugar.	jam.	almonds.	1 oz. chocolate.	almond essence.

Separate the yolk and white of the egg into different basins; put the sugar to the yolk, and cream them together until thick. Whip the white to a stiff froth. Mix a pinch of baking-powder with the flour; stir this and the white of the egg into the yolk and sugar; mix quickly and lightly. Spread this on a tin that has been greased and lined with greased paper; bake in a quick oven. When done, turn it out and let it get cold; then cut out small shapes with an oval cutter, and put them together in pairs, with a thin layer of jam between. Mix the almonds and sugar together; make into a paste with water; flavour with almond essence and vanilla. Take a piece of this paste and work it round one of the oval pieces of cake, shaping it as much like a new potato as possible. Continue to do this until the cake and almond-paste are all used up. Grate the chocolate; mix half of it with a little sugar; keep the other half plain; roll the potatoes first into the mixed chocolate, then into the plain. Mark the potatoes here and there with a blunt instrument, to represent eyes.

Average cost, 1s. 1d. Time required, 30 minutes. Sufficient for 10 potatoes.

2,842. VENICE CAKES.

3 eggs.	2 ozs. butter.	raspberries.	royal icing (No. 2,178).
4 ozs. sugar.	4 ozs. flour.	$\frac{1}{2}$ lb. icing sugar.	$\frac{1}{2}$ teaspoonful baking-powder.

Beat the eggs and sugar together until creamy ; add the butter (melted) and the sieved flour and baking-powder. Stir well together, and then spread on a buttered baking-tin. Bake in a moderate oven for ten to fifteen minutes. Turn on to a sieve, and when cold cut in halves. Spread one half with crushed raspberries, dredge with castor sugar, and cover with the other half. Sieve the icing sugar ; put it into a basin, and add sufficient sieved raspberries to flavour it and make it the consistency of thick cream. Pour this over the top of the cake, and when it is set, cut into fancy shapes, such as diamonds, crescents, fingers, etc. Have ready some white royal icing ; put it into a forcing-bag with a fancy tube, and decorate the cakes in any pattern desired. Put aside to set.

Average cost, 1s. 4d. Time required, 2 hours.

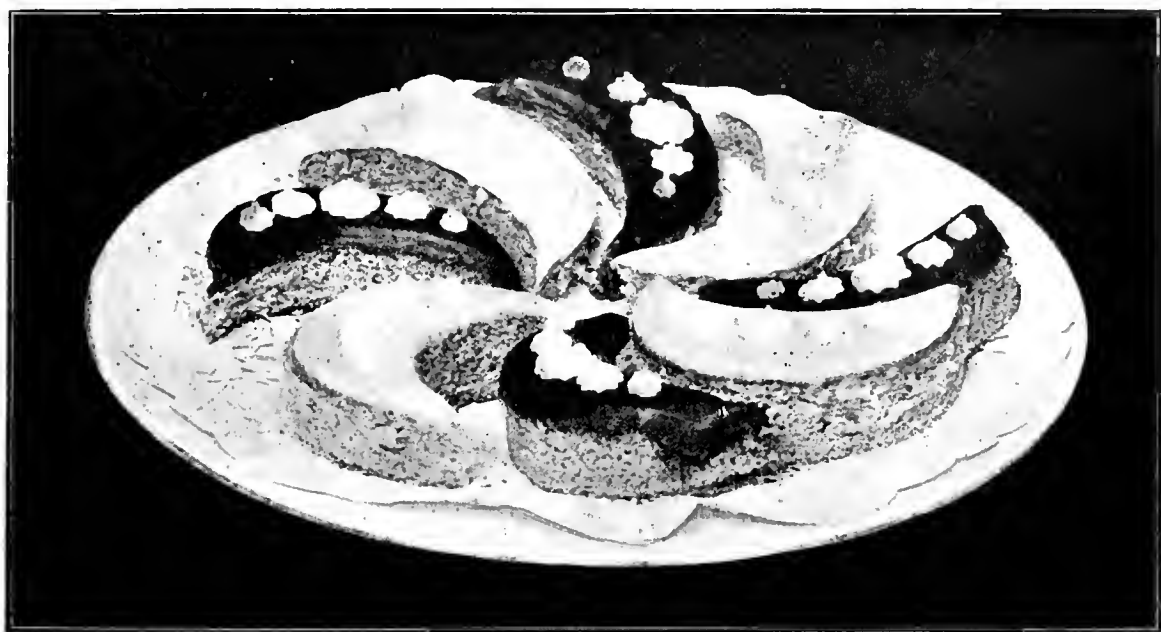


FIG. 229.—CROISSANTS.

2,843. CROISSANTS (CRESCENTS).

4 eggs.	$\frac{1}{2}$ teaspoonful baking-	4 ozs. flour.	French icing (No. 2,176).
4 ozs. sugar.	powder.	vanilla.	royal icing (No. 2,178).

Separate the yolks and whites of the eggs ; put them into separate basins ; add the sugar to the yolks, and work together with a wooden spoon until creamy. Sieve the flour and baking-powder ; whisk the whites of the eggs to a stiff froth ; stir the flour and whites into the yolks and sugar ; add a few drops of vanilla. When well mixed, turn it into a well-greased and lined baking-tin ; bake in a moderate oven for about ten to fifteen minutes. When baked, turn the cake on to a sieve to cool. Cut into crescents, and ice with different-coloured icing. Let this dry, and then ornament with royal icing through a forcing-bag with a rose-pipe. Dish on a lace paper, arranging them so that the colours come alternately, in the shape of a star.

Average cost, 1s. 2d. Time required, $1\frac{1}{2}$ hours. Sufficient for 8 or 10 crescents.

2,844. HUNGARIAN CAKE.

Genoise cake (No. 2,760).	water icing (No. 2,176).	2 ozs. sugar.	1 yolk of egg.
$\frac{1}{4}$ lb. ground almonds.	$\frac{1}{4}$ oz. flour.	$\frac{1}{2}$ gill milk.	vanilla essence.

Mix the flour and milk together until smooth ; put into a saucepan, and stir over the fire until it has boiled for a few minutes ; then add the sugar, almonds, yolk of egg, and vanilla essence. Stir over the fire again to cook the yolk of egg.

When this mixture is cold, split the cake in half, and spread with some of this almond mixture ; replace the top of the cake, and press together. Put the rest of the almond mixture in a forcing-bag with a plain tube ; force this out in cross-lines on the cake, so as to make diamonds. Have ready some pink and white vanilla-flavoured water icing ; fill the diamonds alternately with the white and the pink, taking care that the cake is quite covered.

Average cost, 1s. 6d. Time required, 1½ hours.

2,845. PETITS GÂTEAUX À LA PRINCESSE.

Genoese pastry (No. 2,760).	4 ozs. ground almonds.	jam.	flavouring.
	6 ozs. castor sugar.	pistachio-nuts.	cochineal.

Bake the Genoese in a Yorkshire baking-tin. When done, turn it out and let it get cold, then cut it in rounds with a cutter, about 2 inches across ; spread these with jam. Mix the ground almonds and sugar together ; flavour to taste ; mix into a paste with water coloured with cochineal. The paste should be a pretty



FIG. 230.—PETITS GÂTEAUX À LA PRINCESSE.

rose-pink colour. It must be stiff enough to roll out. Turn it out on to a board that has been dusted with icing sugar ; roll it out about ⅛ inch thick ; cut it in rounds with a cutter the size of a sixpence ; press the finger in the centre of each, so as to make an indentation. Arrange these little rounds in a circle round the edge of the pieces of Genoese, overlapping each other. Blanch and chop a few pistachio-nuts ; dredge a little castor sugar over the rings of almond-paste, and place a little of the chopped nut in the centre of the cakes. Arrange on a dish with a lace paper, and serve for afternoon tea.

Average cost, 1s. Time required, 1 hour. Sufficient for 8 cakes.

2,846. COFFEE ROLLS.

4 ozs. sweet almonds.	½ lb. flour.	pinch of ground cinnamon.
2 whites of eggs.	¾ lb. moist sugar.	coffee essence.

Do not blanch the almonds ; put them into a mortar as they are, and pound until quite fine ; mix them by degrees with the whites of the eggs ; then add the sugar, flour, coffee, and cinnamon ; stir until the whole is well mixed. Then shape with the mixture some little rolls, the thickness of a finger, and 2 or 3 inches in

length. Place them on a buttered tin ; place half an almond at each end of the rolls. and cook in a moderate oven. When done, take them out of the oven. let them get cold. then ice them with French icing.

Average cost, 1s. Time required, 30 minutes. Sufficient for 10 or 12 rolls.

2,847. GÂTEAUX AU CHOCOLAT.

3 eggs. | 4 ozs. castor sugar. | 3 ozs. flour. | chocolate icing (No. 2,177). | jam or cream.

Separate the yolks and whites of the eggs into two different basins ; add the sugar to the yolks ; cream them together until thick ; beat the whites very stiffly ; sieve the flour ; stir these into the yolks and sugar together ; mix lightly. Grease some small crinkly patty-pans ; fill them half full with the mixture ; put them into a moderate oven and bake for about ten minutes. When done, turn them out of the tins and let them get cold. Scoop out the centre of each, the top side ; put a little whipped cream or jam into the cavity ; place two cakes together. Make some chocolate icing and cover the cakes with it ; dish up, and serve. Instead of chocolate icing they could be iced with coffee icing or any other kind of flavour preferred.

Average cost, 10d. Time required, 30 minutes. Sufficient for 12 cakes.

2,848. ALMOND RINGS.

8 ozs. flour. | 6 ozs. butter. | 5 ozs. sugar. | 1 egg. | 25 almonds.

Cream the butter and sugar together until soft ; add the egg, and beat well for about ten minutes ; stir in the flour ; blanch and chop the almonds, and add them to the mixture. Mix all well together to a stiff paste ; turn on to a floured board, and roll out about $\frac{1}{4}$ inch thick. Cut out some rounds with a cutter about 2 inches in diameter ; then stamp out the centre of each round with a smaller cutter, so as to form rings ; arrange these on a baking-sheet, and bake in a moderate oven for about ten minutes.

Average cost, 10d. Time required, 30 minutes.

2,849. BRANDY WAFERS.

$\frac{1}{2}$ lb. treacle. | 4 ozs. butter. | 6 ozs. sugar. | 5 ozs. flour. | $\frac{1}{4}$ oz. ground ginger.

Put the butter and treacle into a saucepan and melt them together ; then stir in by degrees the flour, sugar, and ginger ; mix all well together. Grease a baking-tin ; drop a spoonful of the mixture on it, in the centre, and put in a moderate oven to bake for about ten minutes. Continue until all the mixture is used up. Several of these can be done at the same time, but on separate tins, as they are liable to join up if on the same tin. When baked, they can be rolled up, if liked, or left flat. If rolled, it must be done at once, directly they come from the oven, or they will become crisp, and then it will be impossible to roll them.

Average cost, 10d. Time required, 1 to 2 hours.

2,850. GAUFRES À LA VANILLE (VANILLA WAFERS).

8 ozs. flour. | 3 ozs. sugar. | 3 ozs. butter. | 3 eggs. | 1 gill water. | vanilla essence.

Put into a basin the flour and sugar ; add the eggs, one at a time ; mix well to a smooth batter. Melt the butter in a stewpan ; put in the water ; let it just get warm ; then stir it into the batter by degrees ; flavour with vanilla. Take the wafer-tongs and heat them over a clear fire ; grease the inside surfaces with a little butter ; put in the paste, and close the tongs ; place the iron on the fire, and turn constantly, so as to bake both sides a golden colour. When done, unfasten the tongs, remove the wafer, and leave it flat, or the wafer can be rolled on a small round oiled stick. Continue to cook in this way until the batter is used up. They can be eaten hot or cold.

Average cost, 8d. Time required, 1 hour to make and bake.

2,851. WALNUT WAFERS.

2 ozs. butter.		2 ozs. sugar.		2 ozs. walnuts.
2 eggs.		3 ozs. flour.		$\frac{1}{4}$ teaspoonful baking-powder.

Cream the butter and sugar until soft ; beat in the eggs, one at a time ; chop the walnuts very finely ; sieve the flour and baking-powder ; stir these ingredients into the butter and eggs. Mix thoroughly, and then drop on to a greased baking-tin in small spoonfuls, placing them some distance apart, to allow them to spread. Put into a quick oven, and bake for five to ten minutes.

Average cost, 7d. Time required, 30 minutes.

2,852. ORANGE WAFERS.

2 ozs. butter.		2 eggs.		2 oranges.
2 ozs. sugar.		4 ozs. flour.		$\frac{1}{4}$ teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the eggs, one at a time ; add the grated rind of the oranges and $\frac{1}{2}$ gill of orange-juice. Sieve in the flour and baking-powder, and when well mixed, put in spoonfuls on a greased baking-tin, placing them some distance apart. Bake in a quick oven for about five or ten minutes, until the edges turn brown.

Average cost, 6d. Time required, 30 minutes.

2,853. MILK WAFERS.

1 lb. flour.		$\frac{1}{2}$ pint milk.		salt.		2 ozs. butter.		$\frac{1}{2}$ teaspoonful baking-powder.
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Put the butter into a saucepan, and, when melted, add the milk. Sieve the flour and baking-powder into a basin ; add a good pinch of salt, and then stir in the hot milk and butter. Make into a dough ; turn on to a floured board ; roll out very thinly ; cut into squares ; prick them, and then place on a floured baking-tin, and bake in a hot oven until crisp. After they are cold, keep in a tin until required.

Average cost, 6d. Time required, 45 minutes.

2,854. COCOANUT WAFERS.

4 ozs. butter.		$\frac{1}{2}$ gill milk.		2 eggs.		1 teaspoonful baking-
$\frac{1}{2}$ lb. sugar.		1 lb. flour.		2 ozs. cocoanut.		powder.

Cream the butter and sugar together until soft ; beat in the eggs, one at a time ; add the milk and cocoanut. Sieve in the flour and baking-powder ; make into a dough ; turn on to the board ; roll out ; cut into rounds ; place on a floured baking-tin ; brush them over with beaten egg, and sprinkle thickly with desiccated cocoanut. Put into a hot oven and cook until a pale brown. When done, place on a sieve to cool.

Average cost, 1s. Time required, 45 minutes.

2,855. GAUFRES PARISIENNES (FRENCH WAFERS).

8 ozs. flour.		4 ozs. sugar.		4 ozs. butter.		2 lemons.		3 eggs.
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Put the flour into a basin ; add the butter ; rub it into the flour ; add the sugar ; mix well. Stir in the grated rind and strained juice of the lemons ; beat in the eggs, one at a time. Mix all together until smooth with a wooden spoon. Roll out ; shape them into little cakes. Cook them in the wafer-tongs over a clear fire, as in recipe No. 2,850.

Average cost, 10d. Time required, 1 hour.

2,856. ENGLISH MACAROONS.

$\frac{1}{2}$ lb. sweet ground almonds.		3 or 4 whites of eggs.		13 ozs. castor sugar.		a few whole almonds.
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Put the ground almonds into a basin ; mix to a paste with the whites of the eggs ; add by degrees until the right consistency is obtained. It is impossible to tell the exact amount of egg, as it depends a good deal on the size of the eggs and

the dryness of the almonds. Add the sugar ; mix all together thoroughly ; arrange the mixture on wafer-paper in round shapes. Wet the top of each lightly with cold water ; blanch and cut the almonds in slices ; put some of these on each macaroon ; bake in a moderate oven.

Average cost, 1s. 3d. Time required, 30 to 40 minutes.

2,857. HAZEL-NUT MACAROONS.

4 ozs. hazel-nut kernels. | 3 whites of eggs. | $\frac{1}{2}$ lb. castor sugar.

Put the nuts into a mortar, and pound them to a paste ; add the whites of eggs by degrees, then stir in the sugar, and work all together to a smooth paste. Arrange them in rounds on wafer-paper, and bake in a moderate oven.

Average cost, 6d. Time required, about 30 minutes.

2,858. SWISS PASTRY.

$\frac{1}{2}$ lb. ground almonds. | $\frac{1}{4}$ lb. glacé cherries. | water icing (No. 2,176). | vanilla.
 $\frac{1}{2}$ lb. sugar. | yolks of eggs. | royal icing (No. 2,178). | almond essence.

Mix the almonds and sugar together in a basin ; flavour with a few drops of almond essence and $\frac{1}{2}$ teaspoonful of vanilla essence. Make into a stiff paste with yolks of eggs. Place on a board that has been sprinkled with icing sugar ; roll out about $\frac{1}{4}$ inch thick. Divide the paste into two equal portions. Put the glacé cherries in a mortar, and pound until it becomes a paste. Spread the pounded cherries on one of the pieces of almond-paste ; cover with the other piece, and press them well together. Cut into fingers or any fancy shape ; place on a buttered baking-tin, and cook in a cool oven. Leave them on the tin until cold, then lift them off, and place on an icing-tray. Have ready some vanilla-flavoured water icing ; cover the almond-pastries with this, and leave until the icing is quite firm. Then make some royal icing ; put it into a forcing-bag with a tube attached, and decorate each cake with a pattern with the royal icing.

Average cost, 2s. Time required, 2 hours.

2,859. MACARONS DE NANCY.

90 sweet almonds. | 28 bitter almonds. | 1 egg. | $3\frac{1}{2}$ ozs. castor sugar.

Blanch and peel the almonds ; chop them very finely ; put into a basin with the sugar and yolk of egg ; whip the white stiffly, and stir into the almond mixture. Make into smooth balls ; place on wafer-paper, and bake in a cool oven.

Average cost, 9d. Time required, 45 minutes.

2,860. CHOCOLATE MACAROONS.

3 ozs. ground almonds. | 3 ozs. grated | 3 whites of eggs.
4 ozs. sugar. | chocolate. | 1 oz. ground rice.

Whisk the whites of eggs very stiffly ; stir in the almonds, sugar, chocolate, and rice. Make into small balls ; place them on wafer-paper, some distance apart. Bake in a cool oven until the macaroons are crisp.

Average cost, 10d. Time required, 45 minutes

2,861. COCOANUT MACAROONS.

3 whites of eggs. | 1 oz. ground rice. | 1 oz. ground almonds.
4 ozs. castor sugar. | 3 ozs. cocoanut. | vanilla.

Whisk the whites of the eggs very stiffly ; stir in the sugar, cocoanut, almonds, ground rice, and a few drops of vanilla essence. Make this mixture into small balls ; place them on wafer-paper, leaving several inches of space between each one, to allow them to spread. Put into a cool oven, and bake until they are crisp. Keep in a tin until required, or they will not keep crisp.

Average cost, 6d. Time required, 45 minutes.

2,862. COCOANUT SANDWICHES.

2 eggs.	$\frac{1}{4}$ lb. cocoanut.	1 teaspoonful baking-powder.
their weight in butter, sugar,	jam.	fondant icing (No. 2,174).
and flour.	vanilla.	royal icing (No. 2,178).

Cream the butter and sugar together ; beat in the eggs, one at a time. Sieve the flour and baking-powder ; stir into the butter and eggs, also the cocoanut and vanilla. Divide the mixture into equal-sized tins ; bake in a moderate oven for about fifteen minutes. Turn out on to a sieve to cool, then spread one cake with a layer of jam, and place the other cake on the top. Cover with vanilla-flavoured fondant icing, and, when set, cut into fancy shapes with a sharp knife. Decorate with royal icing, coloured pink, forced through a bag and pipe in a pretty design.

Average cost, 1s. Time required, 1 hour.

2,863. COFFEE MACAROONS.

$\frac{1}{4}$ lb. ground almonds.	5 ozs. castor sugar.	coffee essence.	1 white of egg.
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Mix the almonds and sugar together : flavour with a little coffee essence ; add the white of egg, very stiffly beaten. Make into small balls ; place on wafer-paper, and bake in a cool oven until crisp and a pale brown.

Average cost, 6d. Time required, 45 minutes.

2,864. CREAM BUNS.

$\frac{1}{4}$ lb. flour.	2 ozs. butter.	2 yolks of	cream.	vanilla.
$\frac{1}{2}$ pint water.	2 eggs.	eggs.	sugar.	icing sugar.

Sieve the flour ; put the butter and water together in a saucepan ; place on the fire, and, when boiling, stir in the flour very quickly. Cook over the fire until the mixture leaves the sides of the pan clean. Remove from the fire, and let it cool a little ; then beat in the eggs, one at a time. Turn on to a plate to cool ; shape into balls, place on a buttered tin, and bake in not too hot an oven for about three-quarters to one hour. This quantity should make ten or twelve buns. Care should be taken not to allow them to brown too much ; they should be a pale brown. When they are cold, cut a slice off near the top of each, fill the centres with whipped cream, sweetened and flavoured with vanilla. Replace the tops, and dredge them with icing sugar.

Average cost, 1s. 4d. Time required, 1½ hours.

2,865. SCOTCH SHORTBREAD.

$\frac{1}{2}$ lb. flour.	1 oz. sugar.	salt.	6 ozs. butter.
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Put the flour, sugar, and a pinch of salt in a basin ; rub in the butter, and then knead it with the hand until it becomes a dough. Turn on to a floured board ; roll out about $\frac{1}{2}$ inch thick ; cut into rounds or squares ; place on a floured tin ; pinch them round the edges, and prick the centres with a fork. Put in a moderate oven, and cook slowly for about thirty to forty-five minutes. This shortbread is sometimes ornamented with candied peel or carraway comfits. No water or moistening of any kind should be used, or it will not be short.

Average cost, 8d. Time required, 1 hour.

2,866. CARNIVAL WAFERS.

1 egg.	1 oz. butter.	5 ozs. flour.	$\frac{1}{2}$ gill milk.	sugar.	cinnamon.
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Beat the egg and milk together, melt the butter, and add to the milk. Pour this in a basin ; stir in the flour, and beat well ; then mix in some more flour—enough to make it into a stiff paste. Turn on to a floured board ; roll out thinly ; cut into fancy patterns ; stand them on a floured tin, and leave to dry for three hours. At the end of that time, fry in hot fat until a golden colour ; take them out, and toss quickly in a mixture of sugar and ground cinnamon, or sugar only, if cinnamon is not liked.

Average cost, 4d. Time required, 3½ hours.



Iced Genoese Cakes.

2,867. GALETTES.

$\frac{3}{4}$ lb. flour.		6 ozs. butter.		water.		$\frac{1}{2}$ oz. sugar.		1 egg.
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Sieve the flour on to the table or a board ; make a well in the centre ; add, by degrees, 2 ozs. of warm butter, the sugar, and about 1 gill of cold water. Make this into a dough ; put it in a cool place for a quarter of an hour. Then roll out into a strip ; place the remaining butter in one piece in the centre ; fold the pastry over it, and then roll, fold, and turn it five times, like puff-pastry. Have the pastry at the last roll about $\frac{3}{4}$ inch thick ; cut into rounds with a scalloped cutter. Place them on a baking-tin ; brush over with egg ; dust with sugar, and then mark the surface with a knife in diamond patterns. Bake in a moderate oven for about thirty minutes.

Average cost, 8d. Time required, 2 to 3 hours.

2,838. FANCY-ICED GENOESE.

Genoese pastry (No. 2,760).		chocolate fondant icing.		crystallized flowers.
fondant icing (No. 2,174).		angelica.		cherries.

Divide the Genoese pastry into three equal portions. Ice one with white fondant icing, one with pink fondant icing, and the last with chocolate. When they are firm, cut with a sharp knife into diamond shapes. Decorate each cake with flowers made of angelica, cherries, crystallized lilac, violets, or rose-leaves, or any other pretty design. (See coloured plate.)

Average cost, 1s. 6d. Time required, 30 minutes to ice and decorate.

2,869. CINNAMON CRULLERS.

1 oz. butter.		1 egg.		2 ozs. sugar.		$\frac{1}{2}$ teaspoonful cinnamon.
$\frac{1}{2}$ lb. flour.		$\frac{1}{2}$ gill milk.		salt.		$\frac{1}{2}$ teaspoonful baking-powder.

Sieve the flour and baking-powder into a basin ; rub in the butter lightly, and add the salt, sugar, and cinnamon. Beat the egg in a basin ; add the milk, and then stir into the dry ingredients. Turn on to a floured board, and roll out $\frac{1}{4}$ inch thick, and cut into rings. Fry these in hot fat until a golden brown.

Average cost, 5d. Time required, 30 minutes.

2,870. GINGER CRULLERS.

2 ozs. butter.		2 ozs. sugar.		$\frac{1}{2}$ gill milk.		$\frac{1}{2}$ teaspoonful baking-
$\frac{1}{2}$ lb. flour.		1 egg.		$\frac{1}{4}$ teaspoonful ground ginger.		powder.

Rub the butter into the flour and baking-powder ; add the sugar and ground ginger. Beat the egg in a basin ; add the milk. Stir these into the flour, and make into a stiff dough. Turn on to a floured board ; knead a little, and then roll out $\frac{1}{4}$ inch thick ; cut into rounds with a fancy cutter, and fry in very hot fat until a golden brown colour. Take up, and drain on paper to remove all fat.

Average cost, 6d. Time required, 30 minutes.

2,871. PINEAPPLE SHORT-CAKES.

4 ozs. butter.		$\frac{1}{2}$ lb. flour.		1 teaspoonful glacé pineapple.
4 ozs. sugar.		1 yolk of egg.		pineapple essence.

Cream the butter and sugar together until soft ; beat in the yolk of egg. Cut the pineapple into small pieces ; stir it into the butter and sugar ; add the flour and a few drops of pineapple essence. Turn on to a floured board, and knead until the mixture is smooth. Leave in a cool place for one hour, then roll out rather thinly. Cut into small cakes with a round cutter ; place on a floured tin ; bake in a moderate oven until a pale brown. Leave the cake on the baking-tin until cold.

Average cost, 8d. Time required, $1\frac{3}{4}$ hours.

2,872. PEACH SHORT-CAKE.

4 ozs. butter.	$\frac{1}{2}$ lb. flour.	1 bottle preserved peaches or fresh peaches.
2 ozs. sugar.	1 egg.	cream.

Sieve the flour into a basin ; rub the butter in lightly ; add the sugar and the beaten egg. Make into a dough ; turn on to a floured board, and knead until smooth. Roll out into a round shape about $\frac{1}{3}$ inch in thickness ; place on a baking-tin, and bake in a moderate oven for ten to fifteen minutes. When cold, split in half. Cut some peaches into small pieces ; place a layer of them on the short-cake ; sprinkle with castor sugar ; put the other slice of cake on the top, placing it upside down. Cover this again with more peaches and a good sprinkling of castor sugar. Place on a dish, and serve with cream.

Average cost, 1s. 6d., without the cream. Time required, 1 hour.

2,873. LEMON SHORT-CAKE.

6 ozs. butter.	6 ozs. sugar.	$\frac{1}{2}$ lb. flour.	2 eggs.	2 lemons.
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Sieve the flour into a basin ; rub in 4 ozs. of butter lightly ; add 2 ozs. of sugar, the grated rind of one lemon, and one egg, well beaten. Sieve in the flour, and make into a stiff dough. Turn on to a floured board, and knead until it is quite smooth. Roll out about $\frac{1}{4}$ inch thick, and then cut into rather smooth rounds with a pastry-cutter. Place in a moderate oven, and cook until a pale brown. When quite cold, split them in halves. Put 4 ozs of sugar, the grated rind and juice of one lemon into a saucepan, with 2 ozs. of butter and one egg, well beaten. Stir these over a slow fire until it is the consistency of thick cream. When cooked sufficiently, turn into a basin to get cold. Spread the short-cakes with a thick layer of this mixture ; place the halves together again, and dust the top of each with castor sugar.

Average cost, 1s. Time required, 1 hour.

2,874. BERLIN CAKES.

4 ozs. butter.	$\frac{1}{2}$ lb. flour.	$\frac{1}{4}$ teaspoonful ground	$\frac{1}{2}$ teaspoonful baking-powder.
4 ozs. sugar.	1 teaspoonful mixed	ginger.	water icing (No. 2,176).
1 egg.	spice.	jam.	pistachio-nuts.

Cream the butter and sugar together until soft ; beat in the egg ; sieve the flour, baking-powder, mixed spice, and ground ginger together. Stir into the mixture ; make into a stiff dough ; turn out on to a floured board ; roll out rather thinly. Cut into rounds, place on a floured baking-tin, and cook in a moderate oven for about ten minutes. Put on to a sieve to cool ; then spread the biscuits with jam, and put together, like a sandwich. Have ready some vanilla-flavoured water icing ; cover the biscuits with this, and, when nearly set, decorate with a few blanched, peeled, and chopped pistachio-nuts.

Average cost, 1s. 3d. Time required, 1 hour.

2,875. COOKIES.

1 lb. flour.	$\frac{1}{4}$ lb. butter.	1 dessertspoonful cream	almond essence.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ teaspoonful carbonate of soda.	or milk.	3 eggs.

Sieve the flour and carbonate of soda into a basin ; rub the butter in lightly ; add the sugar and a few drops of almond essence. Beat the eggs in a basin ; add the milk or cream to them ; mix into the dry ingredients. The mixture should be a soft dough when finished. Turn out on to a floured board ; roll out about $\frac{1}{3}$ inch thick ; cut into rounds or ovals, and bake in a moderate oven for about ten minutes.

Average cost, 1s. Time required, 30 minutes.

2,876. LEMON COOKIES.

$\frac{1}{4}$ lb. butter.	$\frac{1}{2}$ lb. flour.	3 eggs.
2 lemons.	$\frac{1}{2}$ lb. sugar.	1 teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the yolks of the eggs, the grated rind of one lemon and the juice of two. Beat this mixture thoroughly. Sieve the flour and baking-powder ; whisk the whites of the eggs stiffly ; stir these into the lemon mixture. Add a little more flour if the dough is not stiff enough. Turn on to a floured board ; roll out rather thinly, cut into rounds with a pastry-cutter. Place on a floured baking-tin, and bake in a quick oven.

Average cost, 1s. Time required, 45 minutes.

2,877. COCOANUT COOKIES.

4 ozs. butter.	1 teaspoonful baking-	1 egg.	2 ozs. cocoanut.
4 ozs. sugar.	powder.	1 tablespoonful milk.	$\frac{1}{2}$ lb. flour.

Cream the butter and sugar together, add the egg, and beat thoroughly for five minutes. Stir in the cocoanut and milk. Sieve the flour and baking-powder together ; mix into the butter and sugar, and make into a stiff dough. Turn out on to a floured board ; roll rather thinly, and cut into rounds with a pastry-cutter. Sprinkle them with granulated sugar ; place on a floured baking-tin, and cook in a quick oven for ten to fifteen minutes.

Average cost, 1s. Time required, 45 minutes.

2,878. GINGER COOKIES.

$\frac{1}{4}$ lb. butter.	1 saltspoonful carbonate of soda.	$\frac{1}{2}$ teaspoonful ground cinnamon
$\frac{1}{4}$ lb. sugar.	$\frac{3}{4}$ lb. flour.	and nutmeg.
2 eggs.	1 dessertspoonful ground ginger.	1 tablespoonful milk.

Cream the butter and sugar together until soft ; beat in the yolks of the eggs, one at a time. Sieve the flour ; mix the ginger, cinnamon, and nutmeg with it ; whisk the whites of the eggs very stiffly. Stir these ingredients into the butter and sugar. Lastly, add the soda, dissolved in 1 tablespoonful of milk. Turn on to a floured board ; knead for a few minutes, and then roll out thinly ; cut into rounds, and bake in a quick oven.

Average cost, 9d. Time required, 45 minutes.

2,879. FIG COOKIES.

$\frac{1}{4}$ lb. butter. | $\frac{1}{4}$ lb. sugar. | 2 eggs. | $\frac{1}{2}$ lb. flour. | 2 ozs. figs. | 1 teaspoonful baking-powder.

Cream the butter and sugar together ; beat in the eggs, one at a time. Chop the figs finely, and stir into the butter and eggs. Sieve the flour and baking-powder together ; mix them into the butter and eggs, adding more flour, if necessary, to make it into a stiff dough. Roll out thinly, cut into rounds, and bake in a moderate oven.

Average cost, 10d. Time required, 45 minutes.

2,880. ABERNETHY BISCUITS.

1 lb. flour. | 2 ozs. sugar. | $\frac{1}{2}$ gill milk. | 1 oz. butter. | 1 dessertspoonful caraway-seeds.

Mix the flour, sugar, and caraway-seeds together. Melt the butter ; add the milk, and let them warm together over the fire. Mix this into the flour, adding more milk if required. The dough must be stiff. Turn on to a board, and knead thoroughly for half an hour, if possible. Roll it out about $\frac{1}{3}$ inch in thickness, cut into large rounds, prick them with a fork, and bake in a quick oven until a light brown. Remove from the oven, and let them dry in front of the fire.

Average cost, 4d. Time required, 1 hour.

2,881. AMERICAN BISCUITS.

1 lb. flour. | 2 ozs. butter. | salt. | milk.

Sieve the flour and a pinch of salt ; rub the butter in lightly, and mix to a dough with milk and water. Turn out on to a floured board, and knead thoroughly. Roll out thinly, cut into rounds, prick them, and place on a floured baking-tin. Bake in a quick oven until crisp.

Average cost, 3½d. Time required, 45 minutes.

2,882. SODA BISCUITS.

1 lb. flour. | salt. | 1 tablespoonful milk.
1 yolk of egg. | 1 teaspoonful carbonate of soda. | 1 oz. butter.

Sieve the flour and salt into a basin ; rub the butter in lightly. Beat the egg in a little milk ; stir it into the flour. Dissolve the soda in 1 tablespoonful of milk ; pour into the mixture, and add enough milk to make into a stiff dough. Turn on to a floured board, knead for a few minutes, and then beat thoroughly with a rolling-pin. Roll out very thinly, cut into rounds or squares, and bake in a moderate oven until crisp.

Average cost, 6d. Time required, 45 minutes.

2,883. RICE BISCUITS.

2 ozs. butter. | 2 ozs. sugar. | 1 egg. | 4 ozs. ground rice. | 1 lemon.

Cream the butter and sugar together ; add the egg, and beat well. Grate the rind of the lemon, stir into the mixture, also the ground rice. Turn on to a floured board ; roll out thinly, and cut into fancy shapes. Place on a floured baking-tin, and cook in a moderate oven for about ten minutes. Put on a sieve to cool.

Average cost, 5d. Time required, 30 minutes.

2,884. SCOTCH OATCAKES.

½ pint oatmeal. | ½ gill water. | ½ oz. butter. | salt.

Put the oatmeal into a basin ; add a little salt ; melt the butter in a saucepan, and pour into it ½ gill of hot water. Mix enough of this butter and water into the oatmeal to make a stiff paste. Turn out on to a board ; roll it out very thinly, using oatmeal instead of flour to prevent it sticking ; cut it out in large rounds ; cut these across twice, to make into triangles. Rub a girdle or a frying-pan with a very little dripping ; put the oatcakes on it, and place over the fire. When they are hard, take them up, and put in front of the fire to make them crisp. These oatcakes should always be kept in a tin, or they will lose their crispness.

Average cost, 2d. Time required, 30 minutes.

2,885. WAFER BISCUITS.

½ lb. flour. | 1 teaspoonful sugar. | water.
1 teaspoonful baking-powder. | salt. | 2 ozs. butter.

Sieve the flour and baking-powder into a basin ; add the sugar and salt ; rub the butter in lightly ; mix with enough water to make a paste. Flour a board ; knead the dough on it for a few minutes, then roll it out very thinly. Cut into rounds, and bake for a few minutes.

Average cost, 2½d. Time required, 20 minutes.

2,886. WATER BISCUITS.

½ lb. flour. | 1½ ozs. butter. | 1 saltspoonful salt. | water.

Sieve the flour and salt into a basin ; rub the butter in lightly, and mix with enough water to make into a smooth paste. Turn on to a floured board, and knead well until smooth. Roll out very thinly, cut into rounds, prick with a fork, and

place on a slightly floured baking-tin ; put into the oven, and bake until crisp. These biscuits must be rolled very thinly indeed, otherwise they will be tough, and not crisp. If not required for immediate use, keep them in a tin.

Average cost, 2d. Time required, 30 minutes.

2,887. YORK BISCUITS.

$\frac{1}{2}$ lb. flour. | 2 ozs. butter. | $\frac{1}{2}$ gill milk. | $\frac{1}{4}$ lb. sugar.

Rub the butter into the flour ; add the sugar, and make into a dough with the milk, adding a little more if necessary. Roll this mixture out about $\frac{1}{8}$ inch thick cut into rounds, prick with a fork, and bake in a quick oven.

Average cost, 4d. Time required, 30 minutes.

2,888. WINE BISCUITS.

$\frac{1}{2}$ lb. flour. | $\frac{1}{4}$ lb. butter. | 1 oz. sugar. | milk. | caraway-seeds.

Rub the butter into the flour ; add the sugar, and make into a dough with milk. Knead the mixture on a floured board, and then roll out thinly. Place them on a baking-tin, prick them with a fork, brush over with water, and sprinkle with caraway-seeds. Bake in a quick oven.

Average cost, 6d. Time required, 30 minutes.

2,889. SAVOY BISCUITS.

3 eggs. | $\frac{1}{4}$ lb. castor sugar. | $\frac{1}{2}$ lemon. | $\frac{1}{4}$ lb. flour.

Separate the yolks and whites of the eggs ; put the sugar to the yolks, and beat with a wooden spoon until creamy. Whisk the whites of the eggs very stiffly, sieve the flour, and add both these ingredients to the yolks, also the grated rind of half a lemon. Put the mixture into a biscuit-bag, and force the mixture out in finger shapes on a piece of thick white paper. The biscuits must all be made exactly the same size and shape. Dust them over thickly with castor sugar, and bake in a quick oven. When done, remove the fingers from the paper with a knife ; brush the under-side of each with a little white of egg, and then place two biscuits together.

Average cost, 5d. Time required, 45 minutes.

2,890. DIGESTIVE BISCUITS.

$\frac{3}{4}$ lb. flour. | $\frac{1}{4}$ lb. butter. | $\frac{1}{4}$ oz. German yeast. | 1 gill water. | 1 gill milk.

Rub the butter into the flour ; mix the yeast with a little sugar until liquid ; pour on to it the milk and water, which must be just tepid. Mix this into the butter and flour, and then put aside in a warm place to rise for about one hour. Turn out on to a floured board, and knead thoroughly. Roll out thinly, cut into squares, place them on a floured baking-tin, and prick with a fork. Bake in a hot oven until a pale brown.

Average cost, 6d. Time required, 1 $\frac{1}{2}$ hours.

2,891. BRAZILIAN BISCUITS.

$\frac{1}{4}$ lb. Brazil-nuts. | 6 ozs. castor sugar. | $\frac{1}{4}$ lb. stale sponge | $\frac{1}{4}$ lb. flour.
 $\frac{1}{2}$ oz. ground rice. | 3 eggs. | cake. | vanilla.

Take $\frac{1}{4}$ lb. of Brazil-nuts ; after they have been shelled, blanch them, and put in a mortar with the ground rice and the sugar ; pound together until quite fine ; rub the sponge cake through a sieve ; mix it into the other ingredients ; add the flour ; stir all together until well mixed. Beat the eggs, and add them by degrees until a stiff dough is made ; flavour with vanilla. Turn on to a board, roll out thin, and cut into biscuits with an oval cutter. Place these on a greased baking-sheet, and bake in a moderate oven.

Average cost, 10d. Time required, 30 minutes. Seasonable in the winter.

2,892. BISCUITS À L'IMPÉRATRICE (EMPRESS BISCUITS).

$\frac{1}{4}$ lb. Brazil-kernels.	6 ozs. castor sugar.	vanilla essence.
1 oz. ground bitter almonds.	$\frac{1}{2}$ oz. ground rice.	whites of eggs.

Blanch the Brazil-nuts ; put them into a mortar with the almonds and ground rice ; pound together until quite fine, then add the sugar ; flavour with a few drops of vanilla ; make this into a soft paste with whites of eggs. Well butter some patty-pans ; put in the mixture, and bake in a moderate oven. When done, dust sugar over them, and serve.

Average cost, 9d. or 10d. Time required, 30 minutes. Seasonable in the winter.

2,893. SHREWSBURY FINGER BISCUITS.

$\frac{1}{4}$ lb. butter. | $\frac{1}{4}$ lb. sugar. | $\frac{1}{2}$ lb. flour. | 1 egg. | 1 lemon. | $\frac{1}{2}$ teaspoonful baking-powder.

Cream the butter and sugar together until soft ; beat in the egg ; add the flour and baking-powder, sieved together, also the grated rind of the lemon. Mix these well together, turn on to a floured board ; knead a little, and then roll out very

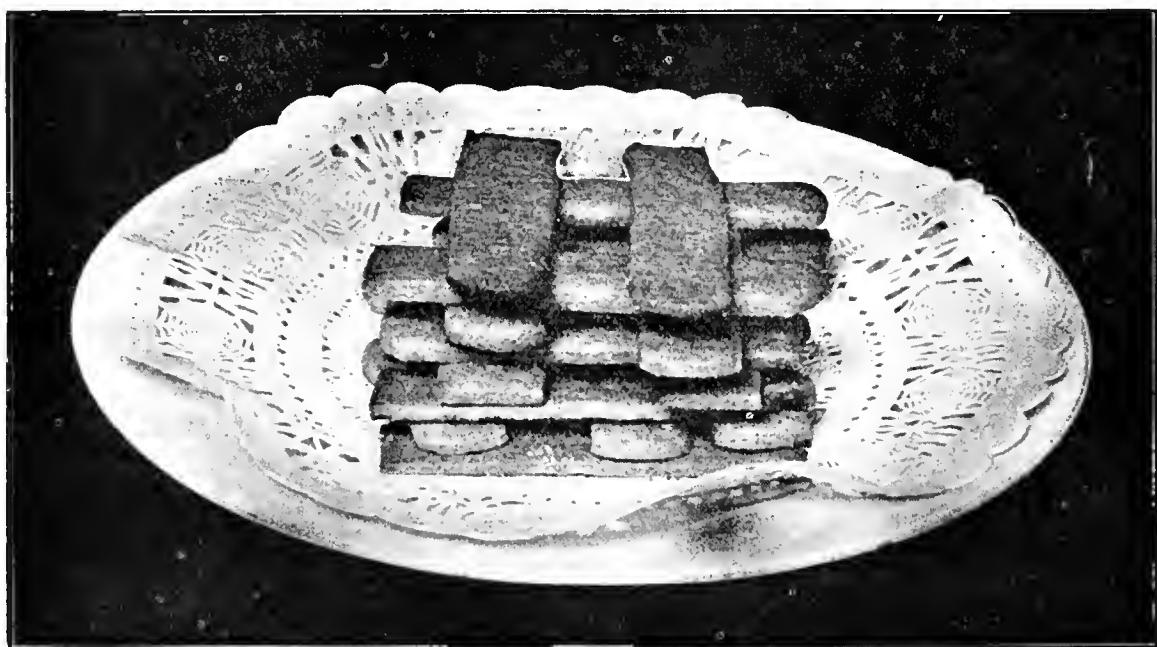


FIG. 231.—SHREWSBURY FINGER BISCUITS.

thinly ; cut into finger shapes ; place on a floured tin, and bake in a moderate oven for five or ten minutes. Great care must be taken that these biscuits do not get too brown ; they should be a pale yellow colour. When baked, place on a sieve to cool, and then keep in a tin until required.

Average cost, 6d. Time required, 30 minutes.

2,894. LADY'S FINGER BISCUITS.

$\frac{3}{4}$ lb. flour. | 2 ozs. butter. | 2 ozs. sugar. | milk. | essence of lemon.

Rub the butter into the flour ; add the sugar and a few drops of lemon essence. Mix these to a dough with milk ; put it into a cloth, and let it stand for half an hour before using. Then put it on a board, and beat with a rolling-pin until it is perfectly smooth. Fill the mixture into the hollows of a lady's-finger biscuit-tin. Bake in a hot oven until a light brown ; remove them from the tin, and dry them on a sieve in front of the fire.

Average cost, 4d. Time required, 1 $\frac{1}{4}$ hours.

2,895. ROYAL BISCUITS.

$\frac{1}{4}$ lb. butter. | $\frac{1}{2}$ lb. flour. | $\frac{1}{2}$ lb. sugar. | a few caraway-seeds. | $\frac{1}{4}$ gill milk.

Rub the butter into the flour ; add the sugar and caraway-seeds. Make into a dough with the milk. Turn on to a board, and beat thoroughly with a rolling-pin. Roll out thinly ; cut into rounds or squares ; place on a floured baking-tin, prick with a fork, and bake in a quick oven until a pale brown colour. Put on to a sieve to get crisp.

Average cost, 6d. Time required, 45 minutes.

2,896. PERKIN BISCUITS.

$\frac{1}{4}$ lb. flour. | 1 oz. butter. | 1 teaspoonful ground ginger. | $\frac{1}{2}$ teaspoonful carbonate
 $\frac{1}{4}$ lb. oatmeal. | $\frac{1}{4}$ lb. treacle. | almonds. | of soda.

Mix all the dry ingredients together ; melt the butter and treacle in a saucepan and stir into the flour, etc. Turn out on to a floured board ; roll out fairly thinly ; cut into rounds ; place half a blanched almond on each, and bake for seven to ten minutes.

Average cost, 4d. Time required, 20 minutes.

2,897. CINNAMON BISCUITS.

5 ozs. ground almonds. | 1 white of egg. | royal icing (No. 2,178).
6 ozs. sugar. | cinnamon. | wafer-paper.

Mix the almonds and sugar together ; add a little cinnamon, and bind with the white of the egg. If the egg is large, a little more almond may be required, as the paste must be stiff. Roll this out about $\frac{1}{2}$ inch thick ; cut into fingers ; place them in tins on wafer-paper ; spread them with a thin layer of royal icing, and place in a very cool oven until the icing is slightly coloured.

Average cost, 10d. Time required, 45 minutes.

2,898. CHOCOLATE BISCUITS.

5 ozs. ground almonds. | 6 ozs. sugar. | wafer-paper.
1 oz. chocolate. | 1 white of egg. | royal icing (No. 2,178).

Mix the almonds, sugar, grated chocolate, and white of egg together. Roll out $\frac{1}{2}$ inch thick ; spread with a thin layer of royal icing. Cut into finger shapes, place them on wafer-paper on a tin, and put into a very cool oven until the icing becomes slightly coloured.

Average cost, 11d. Time required, 45 minutes.

2,899. FANCY BISCUITS.

$\frac{1}{2}$ lb. flour. | 2 ozs. butter. | 2 ozs. sugar. | 1 lemon. | 1 egg. | glacé cherries.

Sieve the flour into a basin ; rub the butter in lightly, then add the sugar and the grated rind of one lemon. Beat the egg in a basin, mix into the flour, and make into a stiff dough. Turn on to a floured board, knead for a few minutes, and then roll out about $\frac{1}{8}$ inch in thickness. Cut into rounds with a crinkled cutter the size of a five-shilling piece. Brush the edges with water ; place two pieces of glacé cherry at either side of the round, and then pinch the pastry together in the middle, so that the cherry shows at each end. Shape half the biscuits in this way ; the rest are cut in the same manner, but the cherry is only placed at one side, and then the opposite sides are pinched together. Brush the biscuits over with beaten egg, place on a floured baking-tin, and cook in a moderate oven until the biscuits are crisp. Care should be taken not to cook these biscuits too much : they should be a fawn colour when finished. Place them on a sieve to cool, and then keep in a tin, if not used immediately.

Average cost, 1s. Time required, 1 hour.

2,900. OATMEAL BISCUITS.

8 ozs. oatmeal.	3 ozs. butter.	1 egg.	$\frac{1}{4}$ teaspoonful carbonate of
2 ozs. flour.	2 ozs. sugar.	salt.	soda.

Put the oatmeal and flour into a basin with a pinch of salt ; rub the butter in lightly, and then add the sugar. Beat the egg in a basin ; dissolve the soda in a little milk ; add this to the mixture, and enough of the beaten egg to bind. Turn out on to a floured board ; roll out thinly and cut into rounds with a pastry-cutter. Lay them on a greased tin, prick them with a fork, and bake in a moderate oven for about fifteen minutes. They should be crisp, and a pale brown colour. Put them on to a sieve to cool.

Average cost, 6d. Time required, 30 minutes. Seasonable all the year. Sufficient for 18 to 20 biscuits.

2,901. GINGER SNAPS.

$\frac{3}{4}$ lb. flour.	1 oz. butter.	1 teaspoonful ground ginger.
1 oz. sugar.	$\frac{1}{4}$ lb. golden syrup.	$\frac{1}{4}$ teaspoonful carbonate of soda.

Sieve the flour and ginger into a basin ; add the sugar. Melt the butter and syrup together in a saucepan ; stir them into the dry ingredients ; lastly, add the soda, dissolved in a little milk ; add some more milk if necessary. Roll out, cut into rounds, and bake in a moderate oven for ten to fifteen minutes.

Average cost, 4d. Time required, 30 minutes. Seasonable all the year. Sufficient for 24 to 30 biscuits.

2,902. ARROWROOT BISCUITS.

$\frac{1}{4}$ lb. arrowroot.	$\frac{1}{4}$ lb. flour.	2 ozs. sugar.	2 ozs. butter.	milk or cream.
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Sieve the arrowroot and flour into a basin ; rub the butter in lightly ; add the sugar, and mix with enough milk or cream to make into a dough. Turn on to a floured board, roll out very thinly, prick all over with a fork, and cut out in rounds or squares. Place on a floured tin, and bake in rather a slow oven until a light brown.

Average cost, 4d. Time required, 30 minutes.

2,903. OLIVER BISCUITS.

1 lb. flour.	salt.	$\frac{1}{2}$ teaspoonful	1 oz. yeast.
2 ozs. butter.	$\frac{1}{2}$ gill milk.	sugar.	$\frac{1}{2}$ gill water.

Sieve the flour and salt into a basin ; rub the butter in lightly. Cream the yeast and sugar until liquid ; warm the milk and water until tepid ; pour it on to the yeast. Make a well in the flour, pour in the yeast, and put to rise for twenty minutes. After that, mix it in thoroughly, adding more warm milk if necessary, and put to rise again for one and a half hours. Turn out, knead well, roll it rather thinly, cut into rounds, and place them on a floured tin. Prick them with a fork, and bake in a quick oven.

Average cost, 4d. Time required, 2 $\frac{1}{2}$ hours.

2,904. GERMAN BISCUITS.

$\frac{1}{4}$ lb. butter.	1 egg.	1 lemon.
$\frac{1}{4}$ lb. sugar.	6 ozs. flour.	$\frac{1}{2}$ teaspoonful baking-powder.

Cream the butter and sugar together until soft ; beat in the yolk of the egg ; add the grated rind of one lemon. Sieve the flour and baking-powder together ; whisk the white of the egg very stiffly. Stir these ingredients into the butter and sugar. Make into a stiff dough, turn on to a floured board, and roll out about $\frac{1}{4}$ inch thick. Cut into fancy shapes, either rounds, squares, or ovals. Place them on a floured baking-tin ; brush each biscuit over with beaten egg ; put into a moderate oven, and bake for ten to fifteen minutes. When done, remove from the tin, and place on a sieve to cool. Keep in a tin until required.

Average cost, 7d. Time required, 45 minutes.

VIENNESE SWEETS

2,905. DATE TART.

$\frac{1}{2}$ lb. almonds.	$\frac{1}{2}$ lb. dates.	$\frac{1}{2}$ oz. butter.
$\frac{1}{2}$ lb. castor sugar.	10 whites of eggs.	breadcrumbs.

Chop the almonds finely ; cut the dates into small pieces. Whip the whites of the eggs to a stiff froth ; stir in the sugar, almonds, and dates lightly. Butter a shallow pie-dish ; strew over a few crumbs ; pour in the mixture, and bake in a slow oven for about half an hour.

Average cost, 2s. Time required, 1 hour. Sufficient for 7 or 8 persons.

2,906. ALMOND TART.

$\frac{1}{4}$ lb. almonds.		$\frac{1}{4}$ lb. castor sugar.		5 eggs.		lemon-juice.		jam.
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Chop the almonds finely ; put them into a basin, add the castor sugar, and the juice of half a lemon ; add to this two whole eggs and three yolks ; stir these ingredients all well together for ten to fifteen minutes ; beat the remaining two whites of eggs very stiffly, and stir them lightly into the mixture. Butter a pie-dish, sprinkle with breadcrumbs, and bake slowly for thirty to forty minutes. As soon as it is cooked turn it out, and, when cold, cut in two parts and fill with jam.

Average cost, 1s. Time required, 1 hour. Sufficient for 4 persons.

2,907. CURD TART (No. 1).

$\frac{1}{4}$ lb. flour.		1 yolk.		5 eggs.		$\frac{1}{4}$ lb. sugar.		lemon-
$\frac{1}{4}$ lb. butter.		$\frac{1}{4}$ lb. curds.		1 $\frac{1}{2}$ ozs. flour.		2 ozs. raisins.		juice.

Make a paste with $\frac{1}{4}$ lb. of flour, the yolk of egg, a squeeze of lemon-juice and water. Wash the butter in cold water, dry it, and sprinkle with flour. Roll out the paste, place the butter in the centre, fold over, roll with a roller, fold, and roll again ; do this five or six times, then put aside in a cool place for a quarter of an hour. Line a plate with this pastry, prick the bottom with a fork, and put in some rice or crusts of bread to keep the paste in shape. Bake in a fairly hot oven. Break up the curds with a fork ; add sugar to taste ; beat in two eggs, a small piece of butter, and the stoned raisins. When the pastry is cooked, let it get cold ; then spread it with the curd mixture. Beat three yolks of eggs, with 1 $\frac{1}{2}$ ozs. of sugar and 1 $\frac{1}{2}$ ozs. of flour. Whip the whites to a stiff froth ; stir them into the yolks ; cover the pie with this mixture, and bake for fifteen minutes in a moderate oven.

Average cost, 1s. 3d. Time required, 1 hour. Sufficient for 6 persons.

2,908. CURD TART (No. 2).

2 ozs. butter.		2 ozs. castor sugar.		3 whites of eggs.		2 ozs. curds.		2 ozs. almonds.
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Blanch the almonds, peel and chop them finely ; break up the curds. Whip the whites of the eggs very stiffly ; add the melted butter, almonds, sugar, and curds. Stir lightly. Butter a pie-dish, sprinkle over breadcrumbs, pour in the mixture, and bake in a moderate oven for about thirty minutes.

Average cost, 9d. Time required, 45 minutes. Sufficient for 4 persons.

2,909. NAPOLEON TART.

$\frac{1}{4}$ lb. butter.		$\frac{1}{4}$ lb. castor		1 oz. breadcrumbs.		2 whites of eggs.
$\frac{1}{4}$ eggs.		sugar.		$\frac{1}{2}$ oz. chocolate.		3 ozs. castor sugar.

Put the chocolate into the oven to soften it. Cream the butter and sugar together ; add the yolks of four eggs, beating them in well ; add the chocolate and the crumbs ; mix thoroughly. Whip the whites stiffly, and mix in lightly. Well butter two moulds, sprinkle crumbs over, pour in the mixture, and bake in a hot

oven. When done, turn out, and let cool. Whip the two whites of eggs stiffly ; stir in the 3 ozs. of castor sugar ; put this mixture on one of the baked rounds, place the other on the top, and serve.

Average cost, 1s. Time required, 1 hour. Sufficient for 6 persons.

2,910. MACAROON TART.

7 whites of eggs. | 13 ozs. almonds. | 19 ozs. castor sugar. | a little flour.

Chop the almonds finely ; whip the whites of the eggs very stiffly ; stir in the almonds, sugar, and a little flour. Line a mould with paper ; pour in the mixture bake in a moderate oven for three-quarters of an hour.

Average cost, 1s. 10d. Time required, 45 minutes. Sufficient for 6 persons.

2,911. FROTH TART.

6½ ozs. butter. | 8½ ozs. flour. | 5 ozs. castor sugar. | 3 whites of eggs. | 3 tablespoonfuls jam.

Make a paste with the flour, butter, and 2 ozs. of castor sugar ; mix until of the consistency of shortbread. Divide this paste into four equal parts ; roll them out to the same size and shape. Bake them in a slow oven for about half an hour. Let them get cold. Whip stiffly three whites of eggs ; mix into it the jam and 3 ozs. of sugar. Spread this mixture on the rounds of pastry ; put them on the top of each other.

Average cost, 1s. Time required, 30 minutes. Sufficient for 8 persons.

2,912. BROWN-BREAD TART.

8 eggs. | 4½ ozs. almonds. | 4½ ozs. brown | 1 gill red wine.
4½ ozs. castor sugar. | lemon. | bread. | cinnamon.

Chop the almonds finely, without peeling them ; break the eggs ; put the yolks into a basin. Mix in the castor sugar and the chopped almonds ; stir well together. Pass the bread through a sieve, put it into a basin, and pour over the wine ; let it soak for some time ; then add to the yolks, sugar, and almonds ; flavour with a pinch of ground cinnamon and the rind of a lemon. Whip the whites of the eggs stiffly, and stir into the rest of the ingredients. Turn this mixture into a mould, and bake it in a moderate oven. When cold, glaze it.

Average cost, 1s. 9d. Time required, 1 hour. Sufficient for 8 persons.

2,913. GISELA TART.

4 eggs. | ¾ oz. candied lemon- | 2½ ozs. castor sugar.
¾ oz. chocolate. | peel. | 2½ ozs. almonds.

Separate the yolks from the whites of the eggs ; put them into a basin, add the sugar, and stir together for ten minutes until creamy. Grate the chocolate ; chop the almonds and the lemon-peel ; add these to the yolks of eggs and sugar ; beat the whites of the eggs to a stiff froth ; stir in lightly. Pour this mixture into a well-buttered mould, and bake slowly. Glaze when cold.

Average cost, 9d. Time required, 1 hour. Sufficient for 4 persons.

2,914. GLAZE FOR ABOVE TARTS.

6½ ozs. castor sugar. | juice and rind of 1 orange or lemon.

Stir these in a basin together for half an hour.

2,915. NUT TART.

7 ozs. hazel-nuts. | 7 ozs. castor sugar. | 4 whites of eggs.

Whip the whites of the eggs to a stiff froth ; chop the nuts very finely, add these and the sugar to the whites, stir lightly together, and bake in a slow oven.

Average cost, 7d. Time required, 1 hour. Sufficient for 6 persons.

2,916. CREAM TART.

4½ ozs. butter.	2 ozs. almonds.	2 hard-boiled yolks of eggs.	3 whites of eggs.
4½ ozs. flour.	4 ozs. castor sugar.	lemon-rind.	a little jam.

Put the flour into a basin ; rub in the butter ; chop the blanched almonds finely ; add these, the two hard-boiled yolks rubbed through a sieve, 2 ozs. of sugar and a little grated lemon-rind ; make these ingredients into a paste ; bake this paste in a round shape. When cooked, let it get cold, then spread with jam. Whip three whites of eggs very stiffly ; add 2 ozs. of sugar and a little jam ; put this on the tart, and put back into the oven for a few minutes.

Average cost, 1s. 2d. Time required, 45 minutes. Sufficient for 6 persons.

2,917. A TENDER TART.

4½ ozs. butter.	2 eggs.	vanilla.	1 yolk.
4½ ozs. sugar.	lemon-rind.	4½ ozs. hazel-nuts.	4½ ozs. flour.

Make a paste with the flour, butter, one yolk, and a little water ; knead it lightly. Divide into two parts ; butter a Yorkshire tin, line with the paste. Cream two eggs and the castor sugar together for ten minutes ; mix into it a little lemon-rind, vanilla, and the hazel-nuts ; fill the pastry with this mixture ; put the rest of the paste on the top, and bake for half an hour.

Average cost, 10d. Time required, 1 hour. Sufficient for 6 persons.

2,918. SAPPHO TART.

3 whites of eggs.	2 ozs. hazel-nuts.	½ oz. candied lemon-peel.
2 ozs. castor sugar.	1 oz. candied orange-peel.	rind of ½ lemon.

Pound the nuts ; cut up the orange and lemon-peel into small pieces. Beat the whites of the eggs very stiffly ; mix in the sugar, the pounded nuts, the orange-and lemon-peels, and the grated rind of half a lemon ; mix all well together. Put the mixture into a shallow pie-dish, and bake in a slow oven.

Average cost, 6d. Time required, 30 minutes. Sufficient for 3 or 4 persons.

2,919. LITTLE BRANDY RINGS.

4 ozs. butter.	4 ozs. almonds.	lemon-rind.	2 ozs. castor sugar.
4 ozs. flour.	pinch of cinnamon.	1 yolk of egg.	2 tablespoonfuls brandy.

Rub the butter into the flour ; blanch and chop the almonds ; add these to the butter and flour, also the sugar, cinnamon, and a little grated lemon-rind ; mix in the yolk of the egg and the brandy ; make into a paste. Turn this mixture on to a floured board, roll it out thinly, and cut into rings with a round cutter ; place them on a baking-sheet, brush them over with brandy, and sprinkle with castor sugar. Bake in a moderate oven.

Average cost, 1s. 6d. Time required, 30 minutes. Sufficient for nearly ¾ lb. of biscuits.

2,920. FRUIT TART.

5 ozs. butter.	4 yolks.	1½ ozs. glacé	soft biscuits.
5 ozs. castor	½ pint milk.	cherries.	whipped cream.
sugar.	1½ ozs. pineapple.	3 ozs. almonds.	pistachio-nuts.

Cream the butter and sugar together ; add the milk and yolks, first made into a custard, the pineapple and cherries cut in small pieces, and the almonds peeled and chopped. Line a pie-dish with soft biscuits or sponge cake, add half the mixture, then some biscuits, and then the rest of the mixture, and over that more biscuits. Put it into a cold place for twenty-four hours. When about to serve, cover with whipped cream, and sprinkle with pistachio-nuts.

Average cost, 2s. 6d. Time required, 24 hours.

2,921. CHOCOLATE ROLLS.

2 ozs. butter. | 2½ ozs. chocolate. | 1½ ozs. flour. | ½ egg. | 2½ ozs. castor sugar.

Cream the butter ; grate the chocolate ; add the sugar to the butter ; beat the egg ; stir in the flour and chocolate ; mix all together into a paste. Make this mixture into little rolls ; brush them over with sugar dissolved in a little water. Place them on a well-buttered baking-tin, and bake in a moderate oven.

Average cost, 1s. Time required, 30 minutes. Sufficient for 18 small rolls.

2,922. CHESTNUT ROLLS.

4 ozs. flour.	½ egg.	½ lb. chestnuts.
2½ ozs. butter.	1½ tablespoonfuls cream.	3 ozs. vanilla sugar.
½ oz. castor sugar.	salt.	½ teaspoonful rum.

Cream the butter ; add the sugar, egg, cream, a pinch of salt, and the flour ; mix into a paste, and put it into a cool place for one hour. Boil the chestnuts ; peel and rub them through a sieve ; add the vanilla, sugar, and the rum. Roll out the paste cut into rounds ; place a small piece of the chestnut mixture in the centre ; make up into little rolls ; place these on a buttered baking-sheet, and bake in a moderate oven.

Average cost, 8d. Time required, 1 hour. Seasonable, October to February.

2,923. CHOCOLATE PASTRY.

4 ozs. butter.	4 ozs. flour.	4 ozs. almonds.	1 oz. grated chocolate.
4 ozs. sugar.	2 yolks.	pinch of cinnamon.	

Make a paste with the butter, sugar, flour, and egg-yolks ; stir in the chopped almonds, grated chocolate, and cinnamon. Turn on to a board, roll out, and cut into shapes. Place them on a baking-sheet, and bake in a moderate oven.

Average cost, 1s. Time required, 30 minutes.

2,924. GINGERBREAD.

1 pint white honey. | 6 ozs. flour. | cinnamon. | clove. | almonds.

Boil the honey, and remove the froth from it as it rises. When cold, make a paste with the flour and honey ; flavour with a pinch of ground cinnamon and clove. Roll it out, cut it into squares, and on every square place in the centre half an almond. Place these on a baking-sheet, and bake in a moderate oven.

Average cost, 1s. Time required, 1 hour.

2,925. LITTLE GINGERBREAD CAKES.

1½ ozs. butter.	½ oz. almonds.	½ oz. ground cinnamon and	½ lemon.
4 ozs. sugar.	1 egg.	cloves.	4 ozs. flour.

Cream the butter ; add the sugar ; stir in the egg ; beat well ; then add the spice, chopped almonds, the grated rind of the lemon, and the juice ; stir in the flour, and mix into a paste. Turn on to a board, roll it out, and cut it into squares ; put them on to a buttered baking-sheet ; brush over with beaten egg, and place half a blanched almond in the centre of each square. Bake slowly.

Average cost, 6d. Time required, 30 minutes.

2,926. LITTLE BROWN CAKES.

½ lb. butter.	2 ozs. almonds.	1 yolk.	cinnamon and
2 ozs. flour.	2 ozs. castor sugar.	½ lemon.	cloves.

Cream the butter ; add the sugar, beat in the yolk, and stir for ten minutes. Then add the grated rind of half a lemon, a pinch of ground cinnamon, and cloves and the flour ; stir again. Turn on to a floured board, roll it out as thick as a five-shilling piece, cut it into little squares. put them on a greased baking-sheet, brush them over with cold water, and sprinkle with castor sugar. Bake in a slow oven.

Average cost, 1s. Time required, 40 minutes.

2,927. LITTLE SPICE CAKES.

4½ ozs. almonds.	pinch of cinnamon and	1 nutmeg.	4½ ozs. flour.
3 ozs. castor sugar.	cloves.	lemon-rind.	3 yolks.

Make a paste with the pounded almonds and sugar; add the spice, the grated rind of half a lemon, three yolks, and the flour. Beat it well, and put it in a cool place for one hour. Roll it out as thick as two straws, cut into shapes, and bake on a floured tin. When cold, cover with icing.

Average cost, 9d. Time required, 2 hours.

2,928. CHESTNUT TART.

4 eggs.	1 oz. hazel-nuts.	6 ozs. chestnuts.
4 ozs. castor sugar.	vanilla.	whipped cream.

Stir the sugar and yolks of the eggs together for ten minutes; have ready the chestnuts cooked and chopped; stir these, the hazel-nuts, and vanilla into the yolks and sugar; beat the whites of the eggs very stiffly; stir them lightly into the mixture. Pour into a buttered mould, and bake for half an hour. Let it get cold, then cover with whipped cream.

Average cost, 1s. Time required, 1 hour. Sufficient for 6 persons.

2,929. ORANGE TART.

4½ ozs. castor sugar.	5 eggs.	2 tablespoonfuls rum.	2 rolls.	1 yolk.
	2 oranges.	2 ozs. almonds.	2 ozs. butter.	1 oz. chocolate.

Put the yolks and sugar into a basin; stir them together; then add the juice and rind of the oranges; remove the crust from the two rolls; rub the crumb through a sieve; add this and the rum to the eggs and sugar. Blanch and chop the almonds; stir these in, and if the mixture seems too thin, add a few more breadcrumbs; whip the whites of the eggs, and stir in lightly, turn into a well-buttered pie-dish, and bake slowly for one hour. Turn it out when done, and let it get cold, then cut it across, and fill with the following: Mix the 2 ozs. of butter, one yolk of egg, the chocolate (first softened in the oven), and sugar to taste; stir well together, and use as directed.

Average cost, 1s. 6d. Time required, 1½ hours. Sufficient for 6 persons.

2,930. SEMOLINA TART.

4 ozs. sugar.	2 ozs. almonds.	1 lemon.	4 eggs.	3 ozs. semolina.	jam.
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Put the yolks of the eggs into a basin with the sugar; stir together for ten minutes, then add the chopped almonds, the grated rind of half a lemon, and the juice of the whole lemon; mix well, then stir in the semolina and the whites of the eggs stiffly beaten; mix all well together. Pour the mixture in a well-buttered mould and bake it. When cold, cut the tart in halves, and fill with jam.

Average cost, 9d. Time required, 1½ hours. Sufficient for 6 persons.

2,931. CHESTNUT VERMICELLI.

1 lb. chestnuts.	sugar.	2 hard-boiled	whipped cream.
1 oz. chocolate.	1 tablespoonful cream.	yolks.	vanilla.

Boil the chestnuts until soft enough to shell; peel and press them through a wire sieve; soften the chocolate in the oven; pass this also through the sieve; mix with the chestnuts; add the sieved yolks of eggs and sugar to taste. Press this mixture, after being thoroughly mixed, through a wire sieve straight on to the dish on which it is to be served, making a border with it round the dish. Whip some cream, sweeten and flavour to taste, and fill the centre of the dish with it.

Average cost, 1s. Time required, 45 minutes. Sufficient for 7 or 8 persons.

2,932. HUMBOLDT TART.

4 eggs.		2 ozs. sugar.		jam.
2 ozs. almonds.		2 ozs. chocolate.		chocolate icing (No. 2,177).

Put the yolks of the eggs and the sugar into a basin and beat to a cream ; add the chocolate, which should be first softened in the oven ; blanch and chop the almonds ; stir them into the eggs. Whip the four whites of eggs very stiffly, and mix them in lightly. Pour this mixture into a well-buttered mould, and bake in a moderate oven. Turn out when cooked, and let it cool ; then spread with jam and cover with chocolate icing.

Average cost, 1s. Time required, 1 hour. Sufficient for 4 persons.

2,933. HUSARENKRAPPEN (LITTLE FRITTERS).

1½ ozs. butter.		1 oz. castor sugar.		1 yolk of egg.		3 ozs. flour.
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Make a paste with these ingredients. Roll them into little rolls, put them on a baking-sheet, and make a hole in each with the end of a spoon. Brush over with the white of an egg, and bake slowly. When baked, fill each hole with jam.

Average cost, 4d. Time required, 30 minutes. Sufficient for 8 or 9 rolls.

2,934. SMALL BISCUITS.

2 eggs.		¼ lb. castor sugar.		6 ozs. flour.		raisins.
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Break the eggs into a basin ; add the sugar to them, and stir well together for about ten minutes ; then add the flour, and stir again for five or six minutes. Butter a baking-sheet, and put the mixture on it in small heaps—a teaspoonful in each heap. In the centre of each biscuit place a raisin ; put them in a warm place for one hour, then bake in a moderate oven.

Average cost, 4d. Time required, 1½ hours. Sufficient for about 30 biscuits.

2,935. HONEY BISCUITS.

½ lb. flour.		2 ozs. castor sugar.		¾ oz. almonds.		pinch of carbonate of
1 egg.		1½ tablespoonfuls honey.		½ oz. candied lemon-peel.		soda.

Put the flour into a basin ; add to it the sugar, chopped almonds, egg, honey, and the lemon-peel chopped small ; beat all well together ; lastly, add the carbonate of soda. Turn it out on to a floured board ; roll it out thinly, about the thickness of the back of a knife ; cut it out with a round cutter. Arrange these on a greased baking-sheet, and bake in a moderate oven.

Average cost, 5d. Time required, 30 minutes. Sufficient for nearly ¾ lb. of biscuits.

2,936. WALNUT BISCUITS.

4 whites of eggs.		7 ozs. castor sugar.		4 ozs. peeled walnuts.
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Chop the walnuts ; place the whites of the eggs in a basin with the sugar ; stand this in a pan containing a little hot water ; whip on the fire until it becomes a stiff froth, then remove it from the fire. Continue to whip until it is lukewarm. Add the walnuts ; stir lightly together ; make with this mixture little heaps on a greased baking-sheet with a teaspoon. Bake very carefully in a slow oven. Almonds can be used instead of walnuts.

Average cost, 8d. Time required, 40 minutes. Seasonable, September to December.

2,937. DATE BUSSERLN.

1 white of egg.		4 ozs. castor sugar.		4 ozs. almonds.		4 ozs. dates.		lemon-juice.
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Beat the white of the egg to a stiff froth ; stir in the sugar, and mix until thick. Cut the dates into very small pieces ; add these and the ground almonds and a few drops of lemon-juice. Put little heaps on a baking-sheet, and bake in a very slow oven.

Average cost, 9d. Time required, 40 minutes.

2,938. VIENNA BISCUITS (1).

3 ozs. peeled hazel-nuts.		6 ozs. castor sugar.		juice and rind of $\frac{1}{2}$ lemon.
3 ozs. almonds.		2 whites of eggs.		glacé royale (No. 2,178).

Chop the hazel-nuts and almonds finely ; put them into a basin ; add the sugar, the grated lemon-rind, the juice, and the whites of the eggs ; mix these all together into a paste. Turn out, and roll it ; cut into strips as large as a finger ; ice them with glacé royale.

Average cost, 1s. Time required, 30 minutes.

2,939. VIENNA BISCUITS (2).

4 ozs. almonds.		1 white of egg.		8 ozs. castor sugar.		$\frac{1}{2}$ lemon.		glacé royale (No. 2,178).
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Mix together 4 ozs. of ground almonds and the sugar ; add the juice and rind of half a lemon ; mix with one white of egg. Roll it out and cut into lengths the size of a finger. Sprinkle a baking-sheet with flour ; put the biscuits on it, and bake in a slow oven. Remove from the baking-tin when cold, ice them, and put a strip of candied lemon-peel in the centre of each.

Average cost, 7d. Time required, 30 minutes.

2,940. CHOCOLATE BUSSERLN.

2 ozs. castor sugar.		1 oz. chocolate.		few drops of lemon-
1 white of egg.		3 ozs. ground almonds.		juice.

Beat the white of the egg to a stiff froth ; add the sugar and lemon-juice ; stir together until thick. Add the chocolate (grated) and the almonds. Make with this little squares as large as a nut ; put them on a baking-sheet ; brush over with the white of an egg and bake for ten to fifteen minutes.

Average cost, 6d. Time required, 30 minutes.

CHAPTER XXXI

SAVOURIES

2,941. CROÛTES DE ROGNONS (KIDNEY TOASTS).

2 mutton kidneys.	1 dessertspoonful chopped	Parmesan cheese.	salt.
$\frac{1}{2}$ lemon-rind.	parsley.	cayenne.	buttered toast.

SKIN the kidneys ; take away the muscle ; chop into small pieces ; put these into a mortar ; add the grated rind of the lemon, chopped parsley, cayenne, and salt ; pound these ingredients all well together. Butter some toast, spread the mixture over it, cut it into finger lengths, arrange on a baking-sheet, and put them in the oven for ten minutes. Sprinkle with the cheese and a tiny dust of cayenne ; return to the oven for five minutes. Serve very hot.

Average cost, 9d. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 fingers.

2,942. CROÛTES D'ÉPICURE (EPICURE'S TOAST).

2 hard-boiled eggs.	bread.	seasoning.
$\frac{1}{2}$ oz. butter.	cod's-roe paste.	1 teaspoonful cream.

Cut a slice or two of bread ; stamp this out with a small round cutter ; fry them in butter until they are crisp and a golden colour. Spread over these a layer of cod's-roe paste. Cut the eggs in halves ; take out the yolks carefully, without breaking the whites. Put the yolks into a mortar, add the $\frac{1}{2}$ oz. of butter and the cream ; season to taste with salt and a pinch of cayenne. Spread a layer of this mixture over the cod's-roe ; place the croûtes on a baking-sheet and put them into the oven to get hot. Cut the whites of the eggs into rings ; put them in hot water to keep warm ; put one of these on each croûte when they come out of the oven sprinkle with chopped parsley, and serve hot.

Average cost, 1s. Time required, 20 minutes. Sufficient for 4 or 5 persons.

2,943. CROÛTES AU FROMAGE (CHEESE CROÛTES).

3 ozs. Parmesan cheese.	1 oz. butter.	1 oz. Cheddar cheese.	salt.	cayenne.	bread.
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Cut a slice of bread about $\frac{1}{8}$ inch thick ; stamp this out with a round cutter, $1\frac{1}{2}$ to 2 inches in diameter ; fry in hot fat or butter until a golden colour. Grate the cheese ; melt the butter, and stir it into the cheese ; mix well together ; season with a pinch of salt and cayenne. Put this mixture on to the croûtes of fried bread in a thick layer, sprinkle with a little grated cheese, and put in the oven for a few minutes to get hot.

Average cost, 6d. Time required, 20 minutes. Sufficient for 6 or 8 croûtes.

2,944. OLIVE AND CAPER CANAPÉS.

stale bread.	6 anchovies.	6 olives.	1 teaspoonful capers.	parsley.
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Cut the bread in slices about $\frac{1}{4}$ inch thick ; stamp out six rounds with a cutter, $1\frac{1}{2}$ inches in diameter ; fry these a golden colour in hot fat or butter ; drain on a piece of paper. Wash, scrape, and bone the anchovies, chop them finely, and rub through a wire sieve ; spread this purée on the croûtes of fried bread. Stone and

chop the olives ; chop the capers, and mix them with the olives. Sprinkle the chopped ingredients thickly over the croûtes of bread that have been covered with the anchovy purée. Place the canapés on a baking-sheet, and put them into the oven for ten minutes. Arrange a dish-paper on a hot dish, place the canapés on it, garnish with sprigs of parsley, and serve hot. This savoury can also be served cold.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,945. CANAPÉS À LA DUXELLE.

half a calf's brain.	cayenne.	$\frac{1}{2}$ gill white sauce.	6 croûtes bread.
1 oz. ham.	$\frac{1}{2}$ oz. breadcrumbs.	salt.	$\frac{1}{2}$ oz. Parmesan cheese.

Cut out of some slices of stale bread six rounds about $\frac{1}{4}$ inch thick and $1\frac{1}{2}$ inches in diameter ; fry these a golden brown in very hot fat or butter ; drain on a piece of paper. Wash the brains in salt and water, then boil them ; when done, take up, drain, and chop finely ; chop the ham, grate the cheese ; put the brains, ham, a pinch of salt and cayenne into a basin ; add the breadcrumbs and half the cheese ; mix all well together, add the sauce, and stir until thoroughly mixed. Spread this on the fried croûtes of bread ; sprinkle over the remainder of the cheese ; cover with breadcrumbs ; put a tiny bit of butter on each, and place in a hot oven for about ten minutes until quite hot and brown. Serve quickly.

Average cost, 6d. Time required, 40 minutes. Seasonable at all times. Sufficient for 6 persons.

2,946. CANAPÉS DE CRÈME DE FROMAGE.

8 croûtes bread.	1 oz. butter.	cayenne.	1 dessertspoonful
$\frac{1}{4}$ lb. Cheshire cheese.	salt.	1 teaspoonful made mustard.	sherry.

Cut the croûtes of bread out of slices of stale bread with a round cutter 2 inches across (or toast can be used). Fry the bread a golden colour in hot fat or butter. Cut up the cheese ; put it into a mortar with the butter, and pound until it becomes a smooth paste ; then season with salt and cayenne ; add the made mustard and the sherry. When all the ingredients are thoroughly mixed, put it on the croûtes of bread ; place them in the oven until hot through, then serve at once.

Average cost, 6d. Time required, 20 minutes. Sufficient for 8 persons.

2,947. DUXELLES À L'INDIENNE.

1 calf's brain.	1 oz. butter.	1 teaspoonful curry-powder.	$\frac{1}{2}$ gill stock.
1 shallot.	$\frac{1}{4}$ oz. flour.	salt.	$\frac{1}{2}$ gill cream.
1 slice apple.	cayenne.	$\frac{1}{2}$ teaspoonful lemon-juice.	short pastry (No. 2,183).

Roll out the pastry, and line ten small bouché-moulds with it ; prick the bottom of each with a fork ; fill with rice and bake them for ten minutes, or until a pale colour. Melt the butter in a small stewpan ; chop the shallot finely, and as soon as the butter is hot put in the shallot and fry a little ; mix the flour and curry-powder together ; add them to the shallot, and fry minute ; then add the $\frac{1}{2}$ gill of stock and the chopped apple ; stir over the fire until the sauce thickens ; simmer for a few minutes ; then add the cream, lemon-juice, and seasoning. Have ready the calf's brain, which should be prepared as follows : Wash and soak the brain in salted water for one hour, then drain ; put the brain into a stewpan, cover with stock, and boil for fifteen minutes ; take up, drain well, and let cool. Cut the brain in nice pieces, the shape of the bouché-tins, only a size smaller. As soon as the pastry-cases are cooked, turn out the rice carefully, and fill them with the prepared mixture ; put on the top of each case one of the rounds of calf's brains. Put them on a baking-sheet, cover with buttered paper, and place in a moderate oven to get hot. Serve at once.

Average cost, 1s. Time required, 45 minutes. Seasonable at all times. Sufficient for 10 persons.

2,948. PETITS SOUFFLÉS DE MERLÛCHE FUMÉ (LITTLE SOUFFLÉS OF DRIED HADDOCK).

2 ozs. dried haddock.	$\frac{1}{2}$ oz. flour.	2 eggs.	$\frac{1}{2}$ oz. Parmesan cheese.
1 oz. butter.	$\frac{1}{2}$ gill milk.	cayenne.	brown breadcrumbs.

Cook a small dried haddock. When done, remove skin and bones, and chop the flesh ; take 2 ozs. of this ; melt the butter in a stewpan, stir in the flour ; add the milk, and boil until thick ; take the pan off the fire, and let cool ; then beat in the yolks, one at a time ; season with a pinch of cayenne ; stir in the fish ; beat the whites of the eggs very stiffly, and stir in lightly. Fill some small ramequin-cases three parts full with the mixture. Put them in the oven, and bake in a moderate oven for about fifteen minutes. When done, dish up on a folded napkin or fancy paper arranged on a dish ; garnish with sprigs of parsley, and serve at once.

Average cost, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

2,949. COLD SOUFFLÉS OF HADDOCK.

6 ozs. dried haddock.	1 gill white sauce.	salt.	1 hard-boiled egg.
1 gill cream.	$\frac{1}{2}$ oz. gelatine.	cayenne.	1 gill aspic jelly.

Cook the haddock ; let it get cold, then remove bones and skin, and chop the flesh finely ; weigh it, and take 6 ozs. Put the fish in a basin ; stir in the white sauce ; season with salt and cayenne ; whip the cream, and mix it into the other ingredients. Melt the gelatine in a little water in a stewpan over the fire ; strain it to the mixture. Fill some small ramequin-cases with this preparation, nearly to the top ; let them set, then decorate the top of each with a slice of hard-boiled egg ; run a layer of liquid aspic jelly over each ; put on ice until firm. Serve cold.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable at all times. Sufficient for 6 or 8 persons.

2,950. CANAPÉS A L'INDIENNE.

2 ozs. dried haddock.	1 teaspoonful curry-	croûtes of bread.	salt.
$\frac{1}{2}$ oz. butter.	powder.	1 tablespoonful	cayenne.
1 shallot.	1 tomato.	cream.	chopped parsley.

Cook the haddock ; take away bone and skin, and chop finely 2 ozs. of the meat. Chop the shallot ; melt the butter in a stewpan ; put in the shallot, and fry a golden colour ; then add the curry-powder. Stir over the fire for a few seconds ; then add the fish ; mix well, and stir in the cream. Have ready fried some round croûtes of bread ; put on each a slice of cooked tomato ; put some of the curry mixture on each, piling it up lightly. Put them into the oven for a few minutes to make them thoroughly hot. Sprinkle with chopped parsley, and serve.

Average cost, 6d. Time required, 20 minutes. Sufficient for 6 persons.

2,951. CROÛTES A LA LORRAINE.

2 ozs. dried haddock.	6 croûtes of bread.	1 tablespoonful cream.
2 tomatoes.	6 half-walnuts.	a few drops of anchovy essence.
chopped parsley.	$\frac{1}{2}$ oz. butter.	cayenne.

Chop the fish finely ; melt the butter in a stewpan ; put in the fish ; mix well ; add the cream and anchovy essence ; make very hot. Fry the croûtes of bread ; cut the tomatoes in slices, not too thin ; cook them in the oven on a buttered baking-sheet, taking care not to let them get too much done. Place a slice of tomato on each croûte ; on that arrange a rather thick layer of the haddock mixture. On the top of each place a half-walnut. Put the croûtes on a baking-sheet, and put in the oven to get very hot. Before sending to table, sprinkle a little chopped parsley over each, and serve.

Average cost, 6d. or 8d. Time required, 20 minutes. Sufficient for 6 persons.

2,952. BENGAL CANAPÉS.

4 ozs. ham. | 1 gill cream. | chutney. | 1 oz. Parmesan cheese. | cayenne. | croûtes of bread.

Cut up the ham ; put it into a mortar and pound it well ; then mix in the cream. Cut out some bread in rounds about $1\frac{1}{2}$ inches in diameter ; fry these a golden colour in hot fat. Let them get cold, then spread a layer of the above mixture thickly on each ; over that put a thin layer of chutney ; sprinkle with grated Parmesan cheese, and then with a very light dust of cayenne. Put these into a hot oven to brown the cheese. Dish up, and serve very hot.

Average cost, 1s. 2d. Time required, 30 minutes. Sufficient for 6 persons.

2,953. BEIGNETS DE LAITANCES DE HARENGS (FRITTERS OF HERRING-ROES).

3 herring-roes. | lemon-juice. | frying-batter. | parsley.
1 oz. butter. | 6 thin slices bacon. | 2 tomatoes. | toast.

Obtain soft herring-roes ; cut each in half. Melt the butter in a small frying-pan ; when hot, put in the roes, and fry them lightly ; sprinkle them with lemon-juice and cayenne, and roll each in a very thin slice of bacon. Make some frying-batter, and have ready some frying-fat. Dip each prepared roe in the batter ; drop into the boiling fat, and fry a golden colour. Take up and drain. Cut each tomato in three slices, place them on a buttered baking-sheet, and cook them in the oven (not too much). Make some toast, cut it in rounds the size of the tomato, and butter it lightly ; place a slice of tomato on each, and on that one of the beignets. Dish up on a hot dish, garnish with parsley, and serve.

Average cost, 1s. Time required, 20 minutes. Sufficient for 6 persons.

2,954. LAITANCES DE HARENGS AUX CHAMPIGNONS (HERRING-ROES AND MUSHROOMS).

3 herring-roes. | $1\frac{1}{2}$ ozs. butter. | cayenne. | 6 large mushrooms. | buttered toast. | salt.

Divide each herring-roe into two pieces ; melt half the butter in a small frying-pan ; put in the roes, and fry them lightly ; season with salt and cayenne. When done, lift out of the fat, and keep hot. Put the remainder of the butter into the frying-pan ; put in the mushrooms, and fry them until done ; sprinkle with salt and pepper. Have ready some slices of toast ; cut it out in rounds the size of the mushrooms ; butter these rounds, and place a herring-roe on each, and on the top one fried mushroom. Dish up, and serve very hot.

Average cost, 9d. Time required, 20 minutes. Sufficient for 6 persons.

2,955. CROÛTES DE LAITANCES DE HARENGS (CROÛTES OF HERRING-ROES).

3 bloater-roes (soft). | mayonnaise sauce. | paprika pepper.
6 croûtes fried bread. | mustard. | lemon-juice.

Put the roes into boiling water containing a squeeze of lemon-juice ; draw the pan to the side of the fire as soon as the roes have been put in, and do not let it boil again. Allow them to get cold in the water ; then lift them out carefully ; drain well, and cut each in half. Place one on each croûte of fried bread. Prepare the sauce and add to it a good quantity of mustard and a pinch of paprika ; coat the roes with the sauce, which should not be too thick. Dish up, and serve cold.

Average cost, 10d. Time required, 1 hour. Sufficient for 6 persons.

2,956. BAVAROIS AU PARMESAN.

$\frac{1}{2}$ pint milk. | cayenne. | 2 ozs. Parmesan | salt.
3 yolks of eggs. | $\frac{1}{4}$ oz. gelatine. | cheese. | $\frac{1}{2}$ gill cream.

Put the milk into a stewpan ; beat the yolks in a basin. When the milk is nearly boiling, stir it on to the eggs ; return to the pan, and make a custard ; stir until it thickens, but it must not be allowed to boil ; turn into a basin, and let it get cold.

Melt the gelatine in a tablespoonful of water : strain into the custard ; add the grated cheese, the whipped cream, and seasoning. When nearly cold, put the mixture into little dariole-moulds ; put them in a cool place, or on ice, until required. The moulds should be rinsed out with cold water before filling. When ready to serve, turn out the little moulds on to a folded napkin or dish-paper, and garnish with sprigs of fresh parsley.

Average cost, 9d. Time required, 1 to 2 hours. Sufficient for 6 moulds.

2,957. PETITS CHOUX AU FROMAGE.

1 gill water.	2 ozs. flour.	1 whole egg.	1½ ozs. Parmesan
1 oz. butter.	seasoning.	1 yolk of egg.	cheese.

Put the water and butter into a small stewpan ; sieve the flour on to a piece of kitchen paper. As soon as the water and butter boil stir in the flour ; mix vigorously with a wooden spoon until the mixture leaves the sides of the stewpan clean ; take it off the fire, and let it cool a little ; then add the eggs, one at a time, beating each in well. Stir in the grated cheese, and season with a little salt and cayenne. Let this mixture get cold, then put small spoonfuls of it on a buttered baking-sheet ; brush them over with beaten egg, sprinkle with cheese, and bake in a moderate oven for about half an hour. Serve hot.

Average cost, 6d. Time required, 1 hour. Sufficient for 6 persons.

2,958. PYRAMIDES DE PARMESAN.

2 ozs. flour.	2 ozs. Parmesan	1 gill cream.	salt.
1 oz. butter.	cheese.	cayenne.	1 yolk of egg.

Put the flour into a basin, add the butter, and rub it into the flour lightly with the fingers ; grate the cheese, and stir 1 oz. to the flour and butter ; season with a little salt and a pinch of cayenne ; beat the yolk of the egg with a little water ; mix this into the flour, so as to make a stiff paste. Turn it on to a floured board ; roll it out thinly, and cut into rounds with a cutter, 1½ inches across ; place them on a floured baking-sheet, and bake in a moderate oven for ten minutes. Let them get cold. Whip the cream ; add the rest of the cheese ; season with a little salt and pepper, and pile this mixture on the cheese biscuits in the form of a pyramid ; sprinkle on the top of each a tiny dust of cayenne. Dish up on a dish-paper, garnish with fresh parsley, and serve.

Average cost, 10d. Time required, 30 minutes. Sufficient for 6 or 8 savouries.

2,959. LES ANGES À CHEVAL (ANGELS ON HORSEBACK).

8 oysters.	8 croûtons bread.	cayenne.	lemon-juice.	8 slices bacon.
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Cut out eight rounds of bread, about 2 inches across and about ¼ inch thick ; fry these in very hot fat or butter a golden brown. Beard the oysters ; sprinkle them with cayenne and lemon-juice. Cut eight slices of streaky bacon very thinly ; roll each oyster in a slice of bacon. Lay these one on each croûton of fried bread, place them on a baking-sheet, and put into a hot oven long enough to just cook the bacon. Dish up, garnish with parsley or watercress, and serve very hot.

Average cost, 1s. 6d. Time required, 20 minutes. Seasonable, September to April. Sufficient for 8 persons.

2,960. LES DIABLES À CHEVAL (DEVILS ON HORSEBACK).

8 French plums.	8 croûtons fried bread.	2 ozs. foie-gras.	8 slices bacon.	cayenne.
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Stone the plums carefully ; rub the foie-gras through a sieve ; fill the plums with the purée. Cut eight rounds of bread, 2 inches across and ¼ inch thick ; fry in butter a golden colour ; slice the bacon very thinly ; place a plum in the centre of the bacon ; sprinkle with cayenne ; wrap the bacon round the plum ; place them

on a skewer, and broil over the fire, or put in a hot oven for a few minutes. Dish up on the croûtes of bread ; arrange on a hot dish, and serve very hot.

Average cost, 1s. 6d. Time required, 15 minutes. Seasonable at all times. Sufficient for 8 persons.

2,961. SARDINES À LA DIABLE.

6 sardines.	cayenne.	croûtes of	breadcrumbs.
mustard.	1 egg.	bread.	parsley.

Drain the sardines ; scrape them so as to remove the scales without breaking the fish ; cut a slice of bread about $\frac{1}{4}$ inch thick ; cut this into finger shapes the size of the sardines ; fry them in very hot fat or butter until a golden colour. Make some mustard in the usual way, add to it a pinch of cayenne, and spread it over the sardines ; beat the egg, dip the sardines into it, toss in breadcrumbs, and fry in butter. Dish them on the fried croûtons, garnish with parsley, and serve at once very hot.

Average cost, 9d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

2,962. SCOTCH WOODCOCK.

4 yolks of eggs. | anchovy-paste. | $\frac{1}{4}$ pint milk. | 4 slices buttered toast. | salt. | pepper.

Prepare the toast, butter it, and then put over it a thick layer of anchovy-paste ; keep hot. Beat the yolks of the eggs ; boil the milk ; stir it to the eggs ; season with salt and pepper. Put this into a stewpan, and stir over the fire until the mixture thickens ; pour over the toast, and serve very hot.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times. Sufficient for 4 persons.

2,963. CROÛTES D'ANCHOIS.

3 eggs.	1 oz. butter.	$\frac{1}{2}$ teaspoonful parsley, tarragon,	croûtes of fried bread.
3 anchovies.	cayenne.	and chervil.	watercress.

Boil the eggs hard, and let them get cold. Wipe and scrape the anchovies ; take out the bones, and chop two of them finely ; put them into a mortar with the butter and the hard-boiled yolks of two eggs ; add the chopped herbs and a pinch of cayenne ; pound these all well together, and rub the mixture through a wire sieve. Have ready some round fried croûtes of bread ; spread the above purée on them in rather a thick layer. Cut the remaining anchovy in thin strips ; pass the yolk of the third egg through a wire sieve, and chop the white. Arrange the fillets over the croûtes in the form of lattice-work ; put in the spaces the yolk of egg, and white, and a little chopped parsley. Dish up on a dish-paper, garnish with watercress, and serve cold.

Average cost, 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 or 8 croûtes.

2,964. ŒUFS D'ANCHOIS (ANCHOVY EGGS).

3 eggs.	1 teaspoonful anchovy-	cayenne.	1 teaspoonful anchovy sauce.
1 oz. butter.	paste.	6 croûtes.	watercress.

Boil the eggs hard, and let them get cold ; shell them, and cut in half crossways ; take out the yolks carefully, so as not to break the whites ; put the yolks into a mortar ; add the butter, the anchovy sauce and paste ; pound all well together, and rub the mixture through a wire sieve. Have ready six small round croûtes of fried bread. Put the mixture into a forcing-bag with a tube attached to it ; fill the whites of the eggs, shaping the mixture to a pyramid form ; place each half-egg on a croûte of bread, dish up in a circle on a dish, garnish with watercress, and serve cold.

Average cost, 6d. Time required, 20 minutes. Sufficient for 6 persons.

2,965. CHAMPIGNONS SUR CROÛTES (MUSHROOMS ON TOAST).

8 large cup mushrooms.	salt.	8 croûtes fried	chopped parsley.
2 ozs. butter.	pepper.	bread.	watercress.

Cut off the stalks of the mushrooms and peel them ; melt the butter in a frying-pan ; put in the mushrooms as soon as it is hot, and grill them over a quick fire. Have ready some rounds of fried bread, a size larger than the mushrooms ; place a mushroom on each croûte ; sprinkle with salt, pepper, and chopped parsley. Dish up, garnish with watercress, and serve very hot.

Average cost, 1s. Time required, 15 minutes. Sufficient for 8 persons.

2,966. CROÛTES D'ANCHOIS AUX TOMATES (ANCHOVY TOAST WITH TOMATOES).

6 anchovies.	$\frac{1}{2}$ teaspoonful anchovy	cayenne.
1 tablespoonful tomato sauce.	essence.	croûtes of fried bread.

Wipe and bone the anchovies ; pound them in a mortar until fine ; mix in the anchovy sauce ; season with a pinch of cayenne ; rub through a wire sieve. Put this purée into a saucepan ; add the tomato sauce, and mix over the fire until hot. Have ready four or six round croûtes of bread, fried a golden colour. Spread the mixture thickly on the croûtes. Dish up, and serve very hot.

Average cost, 8d. Time required, 15 minutes. Sufficient for 4 or 6 persons.

2,967. ROULLES D'ANCHOIS (ANCHOVY ROLLS).

1 anchovy.	1 oz. butter.	1 dessertspoonful tomato purée.	chopped parsley.
1 tomato.	1 pancake.	cayenne.	salt.

Make a small quantity of batter ; season it with salt, pepper, and chopped parsley ; make a pancake with this. Bone the anchovy ; put it into a mortar with the butter and tomato purée ; pound well. Spread this mixture over the pancake ; sprinkle over a tiny dust of cayenne, roll up, and cut it in small pieces ; cut the tomato in slices ; place a roll on each piece of tomato ; put into the oven, and let it get very hot.

Average cost, 5d. or 6d. Time required, 20 minutes. Sufficient for 4 persons.

2,968. GHERKIN TOASTS.

8 gherkins.	6 croûtes fried bread.	1 oz. Parmesan cheese.	cayenne.	salt.
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Chop the gherkins finely ; cut the bread in small rounds or squares ; fry them a golden brown ; drain them well. Sprinkle over each croûte some grated Parmesan cheese ; then cover with a layer of chopped gherkin ; sprinkle with a little salt and a very small quantity of cayenne. Arrange the toasts on a dish, garnish with parsley, and serve cold.

Average cost, 8d. Time required, 15 minutes. Sufficient for 6 persons.

2,969. FONDUE À LA NEAPOLITAINE.

1 oz. butter.	1½ ozs. Parmesan	1 gill milk.	$\frac{1}{2}$ oz. cooked macaroni.	salt.
1 oz. flour.	cheese.	$\frac{1}{2}$ oz. Gruyère cheese.	2 whites of eggs.	cayenne.

Melt the butter in a small stewpan ; add the flour ; stir in the milk, and boil until the mixture leaves the sides of the pan clean ; then add the grated Parmesan and Gruyère cheese and the macaroni ; season with salt and a pinch of cayenne. Whip the whites of the eggs very stiffly, and stir them lightly to the mixture. Butter some small soufflé-cases ; fill them three parts full ; put them into a moderate oven, and bake for ten to fifteen minutes. When done, dish up on a folded napkin placed on a dish, and serve at once.

Average cost, 6d. Time required, 25 minutes. Sufficient for 6 persons.

2,970. RISSOLES DE FROMAGE (CHEESE RISSOLES).

2 ozs. cheese.	cayenne.	puff-paste trimmings.	breadcrumbs.
salt.	$\frac{1}{2}$ gill cream.	1 egg.	fried parsley.

Roll out the puff-paste (trimmings left over from another dish do nicely for this; if this is not available, use a little short pastry); cut into rounds with a cutter, about $1\frac{1}{2}$ inches across. Grate the cheese; season it with a little salt and a few grains of cayenne; whip the cream; stir in the cheese. Place a little of this mixture in the centre of each round of pastry; damp the edges with a little water; fold over in half to form a half-moon shape; press with the finger to make the edges adhere. Beat up an egg; brush the rissoles over with it; toss in breadcrumbs, and fry a golden colour in very hot fat. Dish up in a pile, and garnish the dish with fried parsley.

Average cost, 9d. Time required, 15 minutes. Sufficient for 6 persons.

2,971. OLIVES À LA DIABLE.

6 olives.	cayenne pepper.	1 oz. butter.	$1\frac{1}{2}$ ozs. Parmesan	parsley.
2 ozs. flour.	anchovy-paste.	1 yolk of egg.	cheese.	paprika pepper.

Put the flour into a basin; rub in the butter; mix in the cheese and a pinch of cayenne and salt; mix to a stiff paste with the yolk of an egg mixed with a little water; turn on to a floured board, and roll out. Cut into rounds, $1\frac{1}{2}$ inches across; prick them with a fork, put on a floured baking-sheet, and bake without colouring. When baked, cover the biscuits with anchovy-paste. Stone the olives, and cut them in slices; arrange these slices over the biscuits; sprinkle them with cayenne pepper; put a pinch of paprika in the centre of each croûte; place them on a buttered baking-tin, and put in the oven for eight or ten minutes. Dress them on a fancy dish-paper arranged on a hot dish, garnish with parsley or watercress, and serve hot.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

2,972. CAVIARE À LA DIABLE (DEVILLED CAVIARE).

3 ozs. caviare.	$\frac{1}{2}$ oz. butter.	cayenne.	$\frac{1}{2}$ lemon.	croûtes of fried bread.
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Cut the croûtes with a round cutter, 1 inch in diameter and $\frac{1}{2}$ inch thick; scoop out some of the centre, and fry a golden brown colour in hot fat or butter; mix the caviare with a squeeze of lemon-juice; fill the croûtes with the caviare; put a tiny piece of butter on each; sprinkle with cayenne. Place these croûtes on a baking-sheet, and put in the oven for five minutes. Dish them on a hot dish in a circle, garnish with parsley and lemon, and serve hot.

Average cost, 2s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,973. OYSTER TOAST.

12 oysters.	8 rounds fried	2 anchovies.	cayenne.
$\frac{3}{4}$ oz. butter.	bread.	lemon-juice.	chopped parsley.

Beard the oysters, and cut them in very small dice; wash and scrape the anchovies, split open, and remove the bone; cut these up in the same way as the oysters, and put them together. Melt the butter in a small stewpan; put in the oysters and anchovies, toss them about for a few minutes, then add the oyster liquor; bring to the boil. Have ready and hot some round fried croûtes of bread; hollow them out a little in the centre. Season the oysters just before serving with a pinch of cayenne, a squeeze of lemon-juice, and a little chopped parsley. Pour this mixture on to the croûtes of fried bread. Dish up in a circle on a hot dish, garnish with parsley, and serve hot.

Average cost, 1s. 10d. Time required, 20 minutes. Seasonable, September to April. Sufficient for 8 persons.

2,974. FOIE DE VOLAILLE À LA DIABLE (DEVILLED CHICKEN LIVERS).

3 chicken livers.	6 thin slices bacon.	cayenne	mustard.
6 oval croûtes toasted bread.	1 oz. butter.	pepper.	fried parsley.

Wash the livers ; cut each in half ; mix butter and mustard together ; add cayenne and a pinch of salt. Spread this mixture over the livers ; wrap each one in a thin slice of bacon, and grill them quickly. Butter the toast ; place one of the grilled livers on each piece of toast. Dish up on a hot dish, garnish with fried parsley, and serve very hot.

Average cost, 8d. Time required, 20 minutes. Seasonable always. Sufficient for 6 persons.

2,975. MARROW TOASTS.

2 marrow bones.	1 teaspoonful chopped parsley.	4 rounds toast.	seasoning.
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Boil the bones until the marrow is cooked ; take them up. Have ready some freshly-made toast ; scoop out the marrow with a teaspoon on to the toast ; spread it out ; sprinkle with a little pepper and salt and a pinch of chopped parsley on each. Serve very hot.

Average cost, 1s. 2d. Time required, 30 minutes. Seasonable at all times. Sufficient for 4 persons.

2,976. EGG AND HAM TOASTS.

4 ozs. cooked ham.	$\frac{1}{2}$ gill cream.	1 teaspoonful chopped	6 squares or rounds toast.
2 hard-boiled eggs.	1 oz. butter.	parsley.	1 shallot.

Chop the ham and eggs finely ; melt the butter ; chop the shallot finely ; put it into the butter, and fry it a very light brown ; add the ham and the eggs ; mix all well together ; stir in the cream ; season with a little pepper. Have ready some pieces of toast cut in neat squares or rounds ; butter them, and spread the mixture thickly on them, sprinkle with chopped parsley, and serve very hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

2,977. BEIGNETS DE FROMAGE (CHEESE FRITTERS).

$\frac{1}{4}$ lb. Cheddar cheese.	salad-oil.	grated Parmesan cheese.
cayenne pepper.	frying-batter.	fried parsley.

Cut the cheese in pieces, about $1\frac{1}{2}$ inches long and 1 inch wide ; put the slices on a plate ; season lightly with cayenne and a little salad-oil. Make the frying-batter ; dip in the pieces of cheese ; drop them into hot fat, and fry for about five minutes until a golden colour. Take up ; drain on paper ; dish up ; sprinkle with a little grated Parmesan cheese. Garnish the dish with fried parsley, and serve hot.

Average cost, 6d. Time required, 25 minutes. Seasonable at all times. Sufficient for 6 persons.

2,978. CÔTELETTES AU FROMAGE (CHEESE CUTLETS).

4 ozs. Cheddar cheese.	1 oz. butter.	a little cream.	mustard.	fried croûtes of bread.
	1 egg.	cayenne.	breadcrumbs.	fried parsley (No. 195).

Chop the cheese finely ; put it into a mortar with the butter, and pound well ; add one egg, cayenne, and a little mustard ; mix well, and if not moist enough, add a little cream. Turn this mixture on to a board ; divide it into equal portions, and make them up into small cutlets. Beat the other egg on a plate ; dip the cutlets into it ; toss in breadcrumbs and fry them a golden brown in hot fat. Cut some bread the same shape and size as the cheese cutlets ; fry these in boiling fat a golden brown. Dish the croûtes in a circle on a hot dish ; put a cutlet on each fried croûte. Garnish the centre with fried parsley, and serve very hot.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 or 8 cutlets.

2,979. HADDOCK TOASTS.

1 dried haddock.	1½ ozs. butter.	pepper.	2 hard-boiled eggs.
slices of bread.	salt.	½ gill cream.	chopped parsley.

Cook the haddock ; remove skin and bones ; cut it up finely. Melt the butter in a stewpan ; put in the fish ; season to taste ; add the cream, and stir over the fire until thoroughly hot. Toast or fry some pieces of bread about 2 inches square ; spread the mixture over the squares ; chop the eggs finely, and sprinkle them all over the haddock, and put a pinch of chopped parsley in the centre of each. Put in the oven for a few minutes, and send to table very hot.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable at all times. Sufficient for 10 or 12 squares.

2,980. LAITANCES DE HARENGS AU GRATIN (HERRING ROES AU GRATIN).

12 soft roes.	1½ ozs. butter.	breadcrumbs.	½ oz. glaze.
½ small onion.	6 mushrooms.	chopped parsley.	½ oz. grated Parmesan
cayenne.	salt.	½ gill sherry.	cheese.

Wash the roes in cold water, then put them into boiling water for a few seconds, then drain and wipe them. Melt the butter in a stewpan ; chop the onion, and fry it in the butter (do not let it colour) ; chop the mushrooms, and add them to the onions ; fry until cooked, then add the roes ; season with salt and cayenne, cook for a few minutes, then arrange them on a fireproof dish in layers ; sprinkle over each layer a few breadcrumbs, chopped parsley, and a little grated cheese. Mix the sherry with the liquid glaze, pour it over the roes, then sprinkle with a few more breadcrumbs, parsley, and cheese ; pour over a little melted butter, and bake for about ten minutes in a moderate oven. Serve on the same dish, very hot.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, July to March. Sufficient for 6 or 8 persons.

2,981. LOBSTER TOAST.

1 lobster.	buttered toast.	½ gill cream.	1 oz. butter.	cayenne.	salt.	watercress.
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Take the meat from the lobster ; chop it finely ; melt the butter in a stewpan. When hot, put in the lobster ; make quite hot ; season to taste with salt and cayenne, and mix in the cream. Make some slices of toast. When done, cut off the crusts, and butter the toast ; spread the lobster mixture on the toast ; cut them in squares or fingers. Dish them up neatly, garnish with watercress or parsley, and serve very hot.

Average cost, 2s. Time required, 20 minutes. Seasonable, March to October. Sufficient for 8 persons.

2,982. CROÛTES A LA MADRAS.

3 egg-yolks.	1 dessertspoonful sherry.	cayenne.
1 oz. butter.	1½ teaspoonfuls anchovy essence.	fingers of bread.

Cut some stale bread in fingers, 2 inches long by $\frac{3}{4}$ inch wide. Beat the egg-yolks ; add to them the sherry and anchovy essence. Dip the fingers of bread in this, then fry them in very hot butter ; drain, and put in the oven for a minute. While the croûtes are frying, melt 1 oz. of butter in a frying-pan ; when hot, pour in the remains of the above mixture ; scramble it over the fire. Take the fingers out of the oven ; divide the scrambled mixture equally, and arrange it on the croûtes. Dish up quickly, and serve hot.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,983. CROÛTES À LA BENGAL.

6 croûtes, finger shape.	$\frac{1}{2}$ gill cream.	1 oz. butter.	pepper.
6 olives.	1 hard-boiled egg.	1 teaspoonful	salt.
	4 anchovies.	chutney.	parsley or watercress.

Cut the croûtes of bread 2 inches long by $\frac{3}{4}$ inch wide ; fry them a golden colour in boiling butter or clarified fat ; let them get cold. Wash and scrape the anchovies ; take out the bones ; cut them up ; put them into a mortar with 1 oz. of butter, the chutney, salt, and pepper ; pound well together. Spread this mixture on the fried croûtes of bread ; smooth it over with a wet knife ; place a stoned olive in the centre of each ; put the yolk of the hard-boiled egg through a sieve ; whip the cream, add to it the sieved yolk ; season with salt and pepper, and fill the olives. Chop the white of the hard-boiled egg and a little parsley ; sprinkle the chopped white on the croûtes round the olives ; garnish with a little chopped parsley sprinkled on the white of egg. Dish up on a fancy dish-paper, garnish the dish with parsley or watercress, and serve cold.

Average cost, 1s. 4d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,984. CROÛTES À LA RUSSE.

4 anchovies.	1 oz. butter.	1 teaspoonful made	salt.	6 croûtes bread.
1 shallot.	$\frac{1}{2}$ oz. Parmesan cheese.	mustard.	pepper.	paprika.

Wash the anchovies ; scrape and bone them ; put them into a mortar with the chopped shallot, the grated cheese, and the butter ; pound all together to a smooth paste ; add the mustard, pepper, and salt to taste ; mix all together thoroughly ; fry some round croûtes of bread ; cover them with the mixture in a thick layer, sprinkle a little paprika pepper on each, and serve cold.

Average cost, 7d. Time required, 20 minutes. Sufficient for 6 persons.

2,985. SAVOURY EGGS.

5 eggs.	1 oz. butter.	5 croûtons fried	truffle.
3 Gorgona anchovies.	1 oz. anchovy-paste.	bread.	parsley.

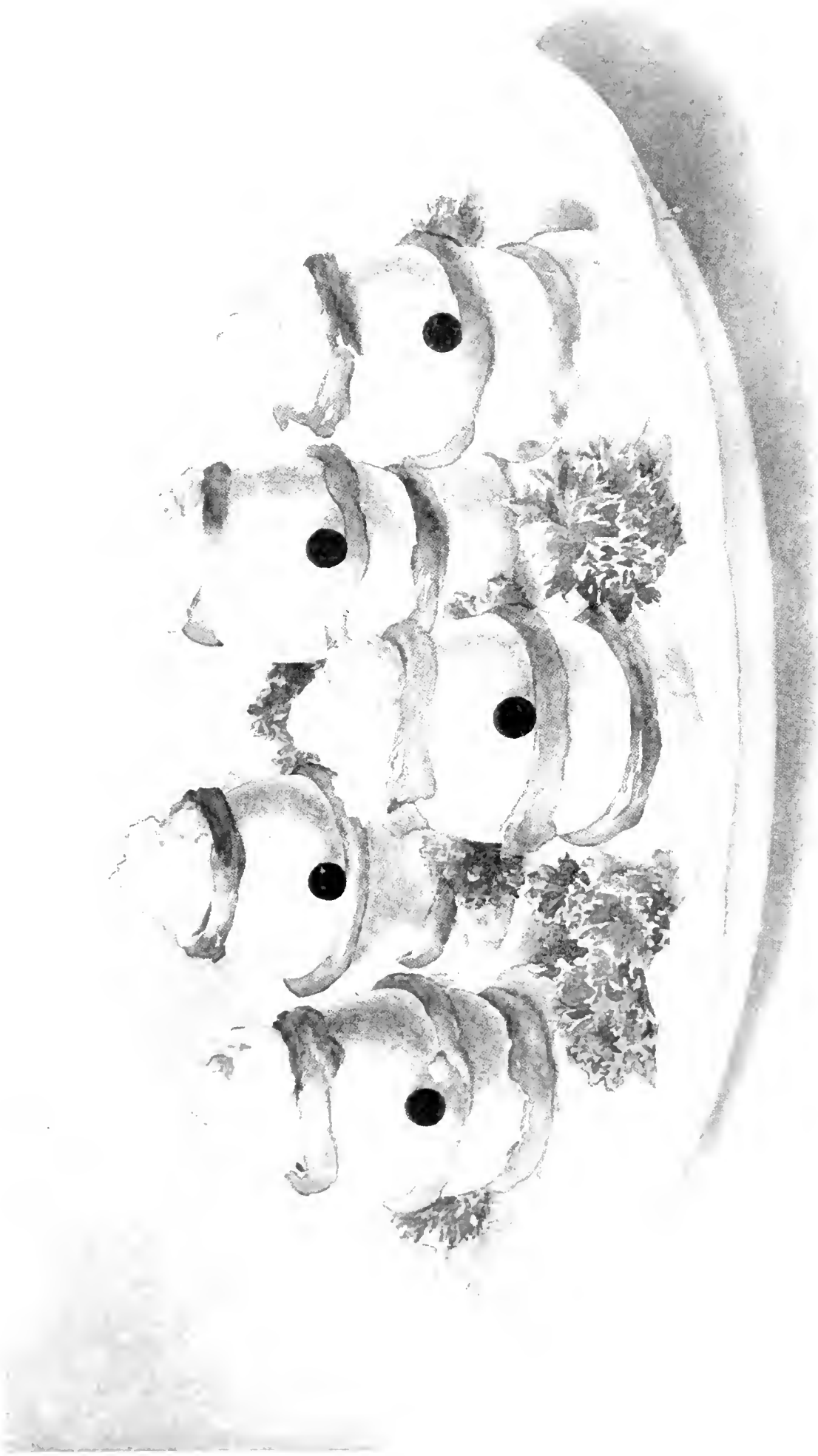
Boil the eggs hard ; let them get cold ; shell the eggs carefully ; cut a piece off each end so as to give them the shape of barrels. Scoop out the centre of each egg. This must be done with great care, so as not to break the eggs. Scrape the anchovies ; fillet them, and cut each fillet into strips—three strips for each egg. Place these round the eggs, one at the top, another at the bottom, and one round the centre. These are to represent the staves. Cut out little rounds of truffle and fix them on the sides of the eggs, to imitate the bungs of the barrels. Put the yolks of the eggs, the butter, and the anchovy-paste into a mortar ; pound all well together, then rub through a wire sieve ; put the purée into a forcing-bag with a rose-tube attached, and fill the eggs with the mixture. Place each egg on a croûton of fried bread. Dish up in a circle on a dish-paper, garnish with fresh parsley, and serve cold. (See coloured plate.)

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 5 persons.

2,986. ANCHOIS EN SURPRISE.

6 very small dinner-rolls.	2 hard-boiled eggs.	1 teaspoonful parsley, tarra-	$1\frac{1}{2}$ tablespoonfuls
cayenne.	4 anchovies.	gon, and chervil.	salad-oil.

Cut a slice off the top of each roll ; scoop out the inside ; put the rolls on a baking-sheet in a cool oven for a few minutes to dry the insides ; reserve the slices cut off. Take the rolls out of the oven as soon as they are dry and crisp, and let them get cold. Chop the hard-boiled egg finely ; put it into a basin ; fillet the anchovies ; cut the fillets in dice, and add them to the egg ; chop the herbs ; mix these into the egg and anchovies ; add the oil and a pinch of cayenne ; stir all well



Oeufs à l'Anchois.

together. Fill up the little rolls with this mixture ; put on the tops ; dish on a folded napkin, garnish with sprigs of parsley or watercress, and serve.

Average cost, 1s. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,987. ANCHOIS FRITS (FRIED ANCHOVIES).

8 anchovies.	8 croûtes fried bread.	cayenne.
2 tablespoonfuls salad-oil.	Parmesan cheese.	parsley.

Scrape, wash, and dry the anchovies. Cut some pieces of bread into finger shapes ; fry them a golden brown in hot fat. Put the salad-oil into a frying-pan when hot, place the anchovies in it, and fry them for a few minutes until quite hot. Take them up, drain, and put one on each piece of fried bread ; sprinkle them with grated Parmesan cheese, and serve hot. Garnish the dish on which they are served with a few sprigs of fresh parsley or watercress.

Average cost, 10d. Time required, 15 minutes. Seasonable at all times. Sufficient for 8 persons.

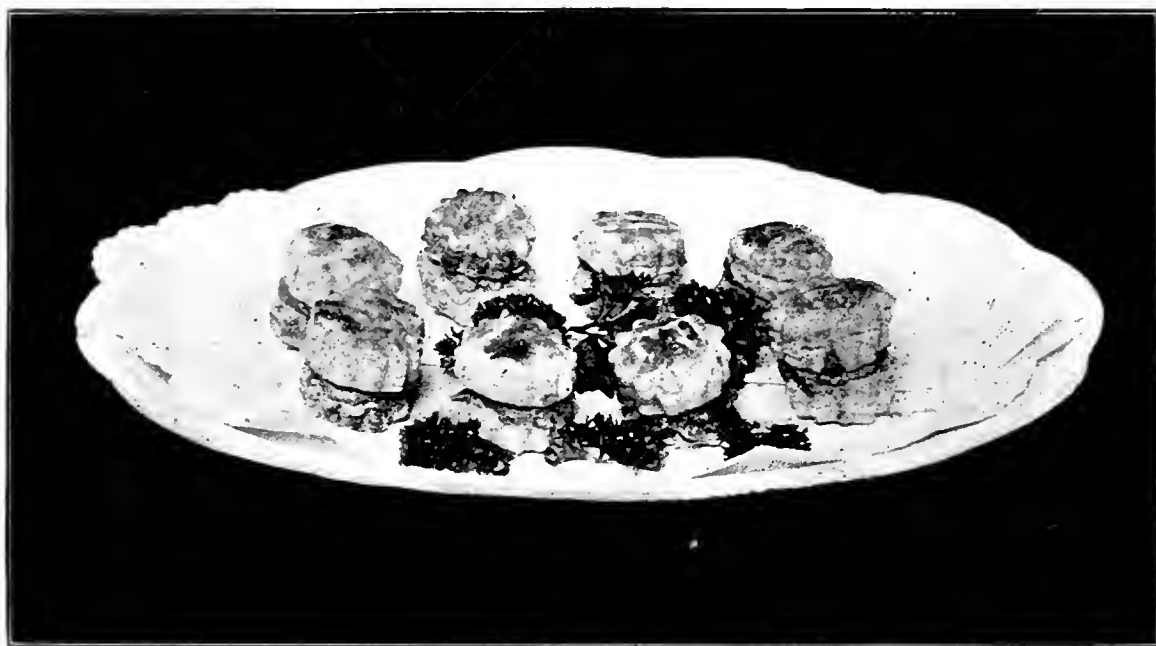


FIG. 232.—FONDANTS AU FROMAGE.

2,988. FONDANTS AU FROMAGE.

2 ozs. flour.	2½ ozs. Parmesan.	½ gill milk.	2 yolks of	1 oz. butter.
1½ ozs. butter.	cayenne.	salt.	eggs.	parsley.

Put the flour into a basin ; rub the butter in with the fingers ; add 1½ ozs. of grated cheese, a pinch of salt, and a dust of cayenne ; mix to a stiff paste with a little water. Turn this on to a floured board ; roll out, and cut it out with a 2-inch ornamental cutter ; brush them over with beaten egg, and bake them in a moderate oven. When cooked, let them get cold. Beat the yolks of eggs ; pour the milk on to them ; season with salt and cayenne ; put this into a stewpan and make a custard. As soon as it thickens, take it off the fire ; add the butter and 1 oz. of grated cheese. When the cheese-cakes are cold, spread some of this mixture over half of them place the others on the top, in pairs. Dish up on a dish-paper, garnish with sprigs of fresh parsley, and serve hot or cold.

Average cost, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

2,989. CROÛTES À LA PARISIENNE.

stale bread.	anchovy-	cayenne.	parsley.
$\frac{1}{2}$ gill cream.	paste.	salt.	$\frac{1}{2}$ oz. butter.

Cut some slices of stale bread, about $\frac{1}{6}$ inch thick ; stamp out some rounds with a cutter, 1 inch across. Fry these croûtes in very hot clarified fat or butter until a golden colour. Take them up, drain on kitchen paper, and let them get cold. Put the butter and an equal quantity of anchovy-paste into a mortar ; pound well together until thoroughly mixed ; pass it through a sieve. Put this mixture into a forcing-bag with a rose-pipe attached, and force out a large rose in the centre of each croûte. Whip the cream until quite stiff ; season with a pinch of cayenne and salt ; put this into another forcing-bag with a rose- or star-pipe, and force out a circular row of small roses round the centre one on each croûte. Sprinkle over a little chopped parsley or paprika. Dish up on a fancy paper arranged on a dish, garnish with sprigs of parsley or watercress, and serve cold.

Average cost, 8d. Time required, 15 minutes. Seasonable at all times. Sufficient for 6 persons.

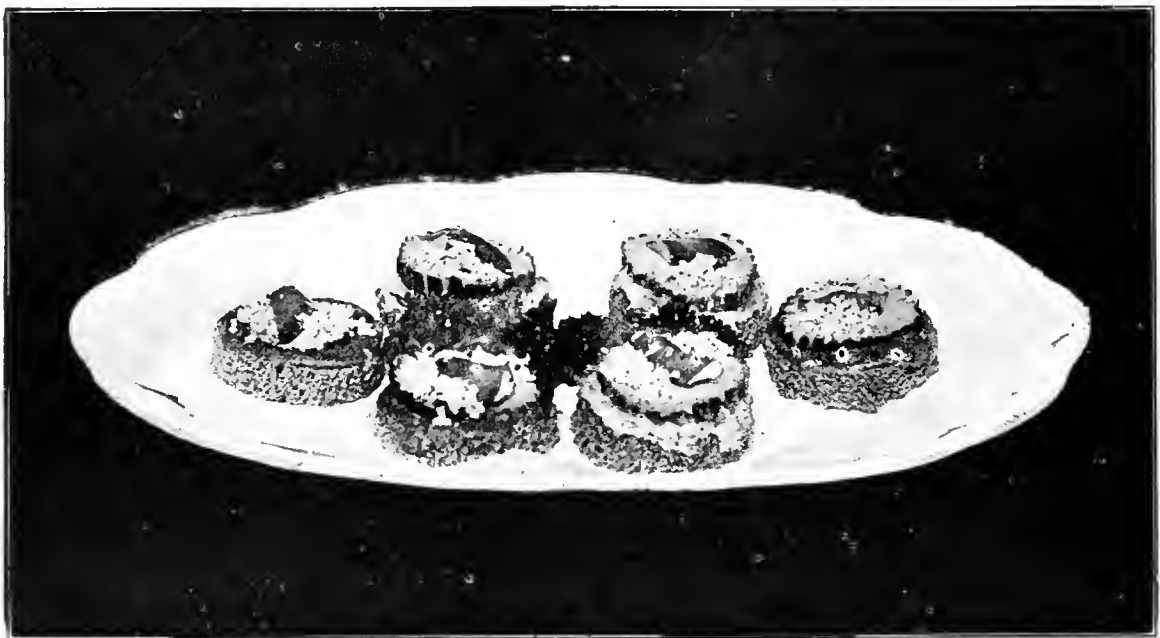


FIG. 233.—PETITES CROÛTES DE HOMARD.

2,990. PETITES CROÛTES DE HOMARD (LITTLE LOBSTER CROÛTES).

4 ozs. lobster meat.	cayenne.	8 or 10 croûtes bread.	1 hard-boiled yolk of egg.
$1\frac{1}{2}$ ozs. butter.	$\frac{1}{2}$ gill cream.	oil.	$\frac{1}{4}$ cucumber.

Cut the croûtes of bread with a round cutter, $1\frac{1}{2}$ inches in diameter ; fry them in very hot fat until a golden colour. Put aside from the lobster meat eight or ten small pieces of lobster-claw or the red part of the meat. Chop the remainder very finely ; put it into a mortar with the butter ; pound well ; season with salt and a little cayenne. Put the pieces of lobster-claw on a plate, and pour a little oil over them. Spread the croûtes with the lobster preparation. Scallop the sides of the cucumber, cut into very thin slices ; put one of these on each croûte over the lobster mixture ; arrange one of the pieces of claw in the centre. Rub the hard-boiled yolk of egg through a wire sieve. Sprinkle a little of this on each side of the top of the croûte. Dish up on a dish-paper, garnish with sprigs of parsley or watercress, and serve cold.

Average cost, 1s. 8d. Time required, 20 minutes. Seasonable all the year. Sufficient for 8 or 10 persons.

2,991. ANCHOIS FARCIS.

8 anchovies.	1 tablespoonful	1 yolk of egg.	1 teaspoonful	frying-batter.
a few capers.	shrimps.	cayenne.	salt.	fried parsley.

Wash the anchovies, dry them well, split open, and take out the bones. Chop the shrimps and capers finely ; mix them together in a basin ; season with a little cayenne and salt, if necessary ; add the breadcrumbs : mix into a paste with the yolk of egg. Stuff the anchovies with this mixture ; close them up ; shape them nicely ; dip each one into frying-batter, and fry in very hot fat until a golden colour. Take up, drain on a piece of kitchen-paper ; dish up on a fancy paper, and garnish with fried parsley. Serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

2,992. CROÛTES À L'IMPÉRIALE.

6 herring-roes.	2 anchovies.	cayenne.	parsley.	8 or 10 croûtons.
$\frac{1}{2}$ gill cream.	1 teaspoonful French capers.	salt.	anchovy-paste.	$\frac{1}{2}$ oz. butter.

Cut some slices of stale bread ; stamp out some ovals or rounds with a cutter, about 2 inches wide ; fry these in very hot butter a golden colour. Let the croûtes get cold, then spread them with a thin layer of anchovy-paste. Wash the roes, boil them in salted water until firm ; drain ; put them into a mortar with the butter, the chopped capers, the boned and chopped anchovies ; pound well together, adding the whipped cream by degrees ; season with salt and cayenne, and rub the mixture through a fine sieve. Put this purée into a forcing-bag with a rose-pipe attached to it ; decorate the croûtes with this prettily. The croûtes should be well covered with the mixture. Garnish here and there with a little chopped parsley ; dish up in a circle on a dish-paper arranged on a dish, garnish with sprigs of parsley or watercress, and serve cold.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable, July to February. Roes can be obtained in jars ; in that case, all the year. Sufficient for 8 or 10 persons.

2,993. FLAN DE SOUFFLÉ DE FROMAGE (PASTRY-CASE WITH CHEESE SOUFFLÉ).

6 ozs. short paste (No. 2,183).	1 oz. butter.	1 gill milk.	3 ozs. Parmesan cheese.
	$\frac{1}{2}$ oz. flour.	cayenne.	3 eggs.

Roll out the pastry, line a small flan ring with it ; prick the bottom, and fill the shape with raw rice ; bake in a moderate oven until a pale colour. Let cool, then remove the rice carefully. Melt the butter in a stewpan, add the flour, mix in the milk, and stir quickly until the mixture is thick and leaves the sides of the stewpan clean. Take the pan off the fire ; add a little cayenne and a pinch of salt. When sufficiently cool, beat in the yolks of the eggs, one at a time ; grate the cheese, and mix it in. Whip the three whites of eggs to a stiff froth ; add them to the mixture, and stir in lightly and quickly. Pour the preparation into the pastry-case ; stand it on a baking-sheet, and place in a moderate oven to bake for about fifteen minutes. As soon as done, take it up, place on a dish with a fancy paper placed on it, and send to table as soon as possible. This dish must not be kept waiting, but must be cooked just when wanted.

Average cost, 1s. Time required, 40 minutes. Seasonable always. Sufficient for 6 or 8 persons.

2,994. TALMOUSES DE FROMAGE.

$\frac{1}{4}$ lb. short paste.	$\frac{1}{2}$ oz. butter.	1 yolk of egg.	1 oz. Gruyère	salt.
1 oz. flour.	$\frac{1}{2}$ gill water.	cayenne.	cheese.	Parmesan cheese.

Put the butter and water into a small stewpan ; sieve the flour, and, as soon as the water boils, stir in the flour ; mix quickly with a wooden spoon until the mixture leaves the sides of the pan clean ; take it off the fire ; season with a little salt and a grain or two of cayenne, and, as soon as cool enough, beat in the yolk of the egg

Chop the Gruyère cheese, and add it to the choux-paste just made. Turn on to a plate, and let it cool. Roll out the short paste, cut it out into rounds with a cutter, about $1\frac{1}{2}$ to 2 inches in diameter. In the centre of each round put a piece of the above mixture ; wet round the edges with a little water ; fold in three, so as to give each the shape of a three-cornered cocked hat ; brush them over with beaten egg ; sprinkle some grated Parmesan cheese over, and bake in a moderate oven for about fifteen minutes. Serve hot.

Average cost, 6d. Time required, 45 minutes. Seasonable always. Sufficient for 8 or 10 savouries.

2,995. ÉCLAIRS D'ANCHOIS (ANCHOVY ÉCLAIRS).

1 oz. butter.	1 gill water.	1 yolk of	aspic jelly.
2 ozs. flour.	1 whole egg.	egg.	parsley.

FOR FILLING.

2 ozs. butter.	cayenne.	$\frac{1}{2}$ teaspoonful anchovy
3 hard-boiled eggs.	3 filleted anchovies.	essence.

Put the butter and water into a saucepan on the fire ; sieve the flour. As soon as the water comes to the boil, put in the flour, stir quickly until the mixture leaves the sides of the pan clean. Let cool, then beat in the eggs, one at a time ; turn the



FIG. 234.—ÉCLAIRS D'ANCHOIS.

mixture on to a plate. When cold shape it into small rolls ; place these on a floured baking-sheet, and bake in a slow oven for about thirty minutes. When done, they should be firm and crisp. Prepare the filling as follows : Cut the eggs in halves, take out the yolks ; put them into a mortar with the butter ; add the filleted anchovies, and pound until smooth ; season with cayenne ; add the anchovy essence, and mix thoroughly. Open the éclairs at the side ; take out any soft paste there may be ; rub the anchovy mixture through a sieve ; put the purée into a paper-bag and fill the éclairs. Dish up, and garnish with chopped aspic and parsley.

Average cost, 1s. 3d. Time required, 1 hour. Seasonable always. Sufficient for 9 or 10 éclairs.

2,996. CANAPÉS AUX SARDINES.

6 sardines.	salt.	$\frac{1}{2}$ oz. grated Parmesan	butter.	2 olives.
6 croûtes bread.	pepper.	cheese.	1 oz. meat-glaze.	milk.

Cut the bread in finger shapes, the same shape as the sardines ; dip these in a little milk, and fry a golden colour in hot clarified butter ; season them with a

pinch of salt and pepper, and put them in the oven to keep hot. Wash the sardines in hot water, dry well, and remove the skin. Place a sardine on each croûte of bread. Grate some cheese; sprinkle this thickly over the sardines. Chop the olives finely; melt the glaze, pour the glaze over the canapés; put a little heap of minced olives in the centre of each, and put in the oven to get thoroughly hot. Dish up, and serve.

Average cost, 9d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

2,997. SARDINES EN FRITÔT.

6 sardines. | frying-batter. | Parmesan cheese. | fried parsley (No. 195).

Wash the sardines, wipe and skin them. Heat some frying-fat; dip the sardines into frying-batter, drop them into the boiling fat, and fry till crisp and a golden brown. Dish them in a pile on a hot dish; sprinkle over some grated Parmesan cheese, and garnish with fried parsley.

Average cost, 8d. Time required, 20 minutes. Sufficient for 6 persons.



FIG. 235.—TARTINES DE MARGUERITE.

2,998. TARTINES DE MARGUERITE.

2 ozs. ham.	1 gill aspic jelly.	2 hard-boiled eggs.	8 croûtes bread.
$\frac{1}{2}$ gill mayonnaise.	1 tablespoonful cream.	1 sheet gelatine.	watercress or parsley.

Chop the ham finely, which should be cooked, and lean; mix the cream with it, and season with a little cayenne. Fry eight round croûtes of bread, $1\frac{1}{2}$ inches in diameter, a golden colour; let them get cold, then cover with a layer of the ham mixture. Melt the gelatine in $\frac{1}{2}$ gill of the aspic jelly; mix this into the mayonnaise sauce; put on ice, and stir until it begins to thicken, then coat the croûtes with it over the ham mixture. Let this set. Cut the hard-boiled white of egg in pieces with a small cutter, to represent petals; arrange these round the edge of each croûte. Fill the centre with the sieved yolk. Instead of cutting the white in pieces with a cutter, it can be chopped and arranged round the top of the croûtes in a ring, and the sieved yolk in the centre. Dish up, and garnish with sprigs of parsley and watercress and small squares of aspic jelly placed here and there on the dish. Serve cold.

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

2,999. CROÛTES D'ANCHOIS À LA COLMAR.

6 oblong croûtes.	2 hard-boiled eggs.	1 dessertspoonful	1 tablespoonful liquid aspic.
6 anchovies.	paprika pepper.	salad-oil.	$\frac{1}{2}$ gill cream.

Cut the croûtes 2 inches long and 1 inch wide, fry them a golden brown in butter or clarified fat, drain, and let them get cold. Wash and scrape the anchovies, split them open, and take out the bone ; put three anchovies aside for decoration , put the remainder into a mortar with the hard-boiled yolk of one egg, the salad-oil, and a pinch of paprika pepper. Pound all together until smooth, then mix in the aspic jelly, which should be just liquid ; whip the cream stiffly, and stir it into the rest of the ingredients. Put this mixture on ice until it begins to set, then spread it on the croûtes of bread in a rocky fashion. Cut up the other three anchovies in strips ; arrange these in lattice style over the croûtes ; sieve the yolk of the other hard-boiled egg, and chop the white finely ; decorate with these between the fillets. Dish up on a dish-paper, garnish with sprigs of parsley or watercress, and serve cold.

Average cost, 1s. 3d. Time required, 30 minutes. Seasonable always. Sufficient for 6 persons.

3,000. CROÛTES AUX ŒUFS (EGG CROÛTES).

2 slices bread.	$1\frac{1}{2}$ ozs. butter.	1 oz. anchovy-	capers.
2 hard-boiled eggs.	3 anchovies.	paste.	chopped parsley.

Cut the bread into six squares of 2 inches ; fry these in boiling fat a golden colour. Pound 1 oz. of butter with the anchovy-paste until smooth. Spread this over the croûtes of bread. Shell the eggs, cut the two ends off, and then cut each egg into three slices ; take out the yolk, and put into a mortar with $\frac{1}{2}$ oz. of butter ; season with a pinch of cayenne and a little salt ; pound well. Place a ring of hard-boiled white of egg on each croûte of bread ; fill the centre with the yolk mixture. Fillet the anchovies, and chop them up small ; chop a few capers and some parsley. At the corners of the croûtes of bread arrange a garnish of the anchovies at two opposite corners, and at the other two the chopped capers ; on the centre of the filling of the eggs sprinkle a little chopped parsley. Dish up in a circle on a fancy dish-paper, garnish the centre with parsley or watercress, and serve cold.

Average cost, 10d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

3,001. CROÛTONS AUX HUITRES.

12 oysters.	1 oz. butter.	1 tablespoonful cream.	$\frac{1}{2}$ oz. flour.
8 preserved mushrooms.	lemon-juice.	2 tablespoonfuls stock.	slices of stale bread.

Cut one or two slices of stale bread, about 2 inches thick ; stamp out some pieces with a plain round cutter, $1\frac{1}{2}$ inches across ; cut these with a smaller cutter, but they must not be cut right through. Fry them a golden brown colour in hot fat. Drain when done ; lift off the lids ; put these aside ; scoop out some of the centre. Open the oysters, keep the liquor, take off the beards. Cut the oysters into dice ; melt a little butter in a small stewpan ; cut the mushrooms into strips, and toss them in it. Put the rest of the butter into another stewpan ; stir in the flour ; add the oyster liquor and the stock ; boil and season ; add the cream. Simmer very gently until it is thick enough, then add the oysters ; heat thoroughly, but do not boil again after the oysters are added ; squeeze in a few drops of lemon-juice. Fill the bread croûtes with this mixture ; put on the little lids which were put aside. Dish up on a hot dish in a circle. Serve hot.

Average cost, 2s. Time required, 30 minutes. Seasonable, September to April. Sufficient for 6 or 8 persons.

3,002. ŒUFS FARCIS SUR TOMATES (STUFFED EGGS ON TOMATOES).

3 eggs.	1 oz. butter.	1 oz. ham.	pepper.
2 tomatoes.	1 anchovy.	salt.	parsley.

Boil the eggs for fifteen minutes ; put them into cold water for a minute, then shell and cut in half, crossways. Take out the yolks carefully, so as not to break the whites. Pound the yolks in a mortar with the butter, cooked ham, boned and filleted anchovy ; season to taste. When smooth, pass through a wire sieve. If too stiff, a little cream or white sauce may be added to make it the right consistency. Put this mixture into a forcing-bag with a fancy pipe attached, and fill the whites of the eggs. Cut the tomatoes in three slices each ; stand on each slice one of the stuffed whites of eggs, filled side down. Decorate them to taste with the rest of the mixture in the forcing-bag. Dish up in a circle on a fancy paper arranged on a dish, and garnish with sprigs of parsley or watercress. Serve cold.

Average cost, 8d. Time required, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

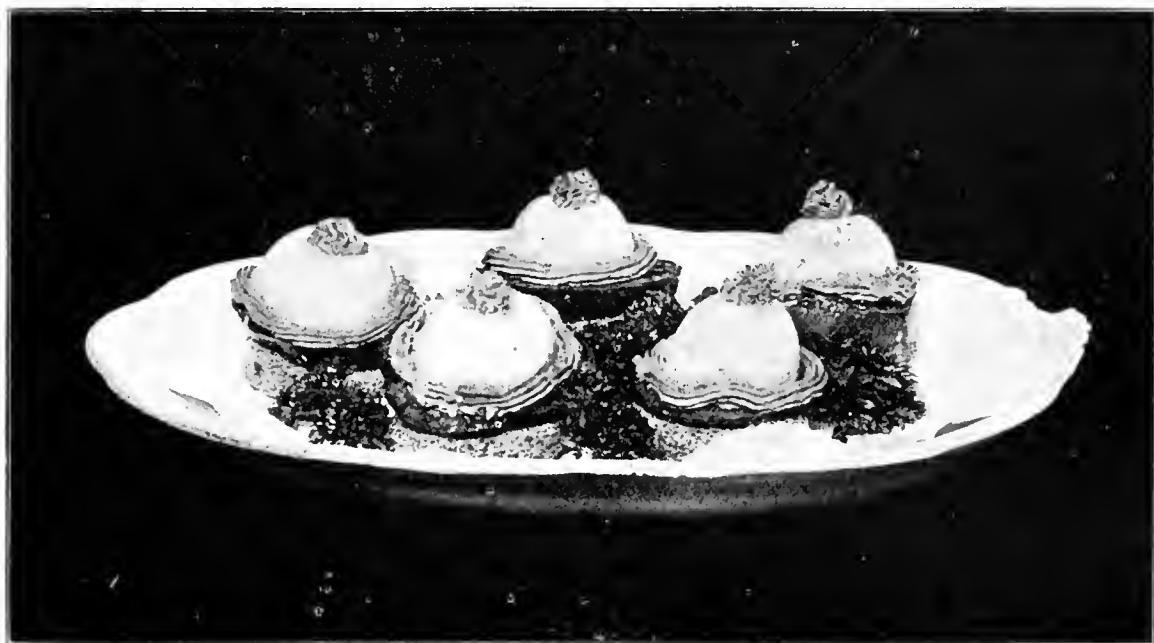


FIG. 236.—ŒUFS FARCIS SUR TOMATES.

3,003. SARDINE TOAST.

6 sardines.	1 oz. butter.	pepper.	1 teaspoonful cream.	hot buttered toast.
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Drain the sardines, scrape them, split open, and remove the bones. Put the fillets into a mortar with the butter, cream, and a little pepper ; pound well. Put the mixture into a small stewpan and make hot. Make some toast ; cut off the crust, butter it, and spread the mixture over. Cut in squares or fingers, dish up, and serve very hot.

Average cost, 9d. Time required, 10 minutes. Sufficient for 6 persons.

3,004. SARDINES AU PARMESAN.

6 sardines.	1 oz. Parmesan cheese.	cayenne.	6 pieces bread.	butter.
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Drain the sardines, scrape off the skin, cut off the end of the tails, put them into the Parmesan cheese, turn them about in it until well coated. Cut the bread in strips, just a little bigger than the sardines ; fry these a golden brown in hot butter. Place a sardine on each strip of fried bread ; sprinkle over a few grains of cayenne ; put in the oven to get hot through. Dress on a hot dish, and serve.

Average cost, 8d. Time required, 15 minutes. Sufficient for 6 persons.

3,005. CROÛTES DE SARDINES (SARDINE TOAST).

4 sardines.	1 teaspoonful chili vinegar.	$\frac{3}{4}$ dessertspoonful anchovy sauce.
1 oz. butter.	1 dessertspoonful Worcester sauce.	4 tablespoonfuls cream or milk.
4 yolks of eggs.		fried bread.

Skin and bone the sardines ; cut eight pieces of bread in finger shapes the length of a sardine ; fry these a golden colour in hot fat or butter. Put the yolks of the eggs into a small stewpan ; add to them the butter, vinegar, the sauces, and the cream or milk ; stir these over the fire until the mixture is thoroughly hot and thickens, but do not let it boil. Spread this mixture on the croûtes of fried bread ; place on the top of each the half of a sardine. Put them into the oven for a few minutes to get thoroughly hot. Dish up, and serve.

Average cost, 1s. Time required, 20 minutes. Sufficient for 8 persons.



FIG. 237.—TALMOUSES DE MERLUCHE FUMÉE.

3,006. TALMOUSES DE MERLUCHE FUMÉE (TALMOUSES OF DRIED HADDOCK).

half dried haddock.	2 ozs. flour.	2 yolks of eggs.	1 tablespoonful white sauce.
$1\frac{1}{2}$ ozs. Parmesan cheese.	$1\frac{1}{2}$ ozs. butter.	cayenne.	1 teaspoonful lemon-juice.

Put the flour into a basin, add to it 1 oz. of butter, cayenne, $\frac{1}{2}$ oz. of grated cheese, one yolk of egg, lemon-juice, and a little water ; make into a paste. Cook the haddock, let it get cold, then take away the skin and bones. Chop the flesh finely ; melt the remaining $\frac{1}{2}$ oz. of butter in a stewpan ; stir over the fire ; mix in 1 oz. of grated Parmesan cheese ; season with a little cayenne ; mix with the sauce and half a yolk of egg. Mix thoroughly. Turn the paste on to a floured board ; roll it out rather thinly ; stamp it out with a round cutter about 2 inches in diameter ; put about a teaspoonful of the mixture in the centre of each piece of pastry ; wet the edges with a little water or white of egg, then fold into a triangular shape, similar to a parson's hat (*talmoise*). Brush over with beaten egg, put a few grains of cayenne on the top of each, and bake in a moderate oven for ten minutes. Serve hot.

Average cost, 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.



Petits Bateaux d'Ecrevisses.

3,007. SARDINES À LA PIETMONTAISE.

4 yolks of eggs.	salt.	1 teaspoonful malt vinegar.	6 sardines.
a little mustard.	$\frac{1}{2}$ oz. butter.	1 teaspoonful tarragon vinegar.	6 croûtes fried bread.

Take the scales off the sardines ; fry six croûtes of bread finger shapes. Place a sardine on each, and put in the oven to get hot while the sauce is made. Put all the above ingredients into a small stewpan, and mix well together over the fire till it thickens, but it must not boil. Cover the sardines with this sauce. Dish up, and serve hot.

Average cost, 9d. Time required, 15 minutes. Sufficient for 6 persons.

3,008. PETITES BATEAUX AUX ÉCREVISSES.

1 gill shrimps.	4 ozs. flour.	$\frac{1}{2}$ teaspoonful anchovy	cayenne.
4 ozs. butter.	2 hard-boiled yolks.	sauce.	rice-paper.

Put the flour into a basin ; add 2 ozs. of butter ; rub it into the flour with the fingers ; mix with water to a stiff paste. Roll out, and line with it some small oval-shaped moulds ; fill them with rice, in order to keep the pastry in shape ; put them into a moderate oven, and bake a light brown colour. Remove from the oven when done ; turn out the rice, and take the pastry-cases out of the tins ; let them get cold. Put the prawns or shrimps into a mortar ; add to them the hard-boiled eggs, 2 ozs. of butter, a little cayenne, and the anchovy essence. Put this mixture through a sieve. Fill the little pastry-cases with the mixture, smooth it over the top. With some of the pastry cut out some thin strips, suitable to use for masts, and bake them ; cut out some rice-paper in triangles to make the sails ; pass the masts through these sails ; place one of these in the centre of each boat ; decorate with shrimps and chopped parsley. Dish up on a dish-paper or folded napkin, garnish with sprigs of parsley, and serve cold. (See coloured plate.)

Average cost, 10d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

3,009. CROÛTES DE CAVIAR.

8 croûtes bread.	caviar.	$\frac{1}{2}$ gill cream.	maître d'hôtel butter (No. 180).	lemon.	parsley.
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Cut the croûtes of bread into finger shapes ; fry them a golden brown in boiling clarified fat or butter ; let them get cold. Cover the croûtes with a layer of fresh caviar. Put away in the refrigerator or in a cool place until ready to serve. Then spread a thin layer of the maître d'hôtel butter over the caviar. Whip the cream, season with a pinch of salt and cayenne, put it into a paper cornet or forcing-bag with a plain pipe, and decorate the croûtes with dots of the cream straight down the centre of the croûtes. Dish up in a row on a fancy dish-paper, garnish with slices of lemon and sprigs of fresh parsley, and serve cold.

Average cost, 3s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 persons.

3,010. TARTINES D'ÉCREVISSES À LA ST. PIERRE.

12 large prawns.	2 ozs. butter.	2 yolks.	seasoning.	toasted bread.	cayenne.	$\frac{1}{2}$ gill cream.
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Put 1 oz. of the butter into a small stewpan, and, when melted, add the yolks, and stir over the fire for a short time, but do not let it boil. Put the remainder of the butter into a mortar with the shelled prawns, season, and rub through a wire sieve. Stir this purée into the eggs and butter ; add the cream, and mix all well together. Spread the mixture on fingers of toasted bread in a thick layer : bake for two minutes in a hot oven. Dish up, and serve at once, very hot.

Average cost, 1s. 2d. Time required, 20 minutes. Seasonable, April to August. Sufficient for 8 persons.

3,011. CROÛTES DE FROMAGE À LA DIABLE.

slices of bread. | cream cheese. | cayenne. | butter. | mustard.

Toast some slices of stale bread, cut off the crusts when done, and butter the toast ; spread over this a layer of any kind of cream cheese ; sprinkle very lightly with cayenne and mustard. Cut in squares, put into a quick oven for a few minutes, and serve very hot.

Average cost, 6d. Time required, 10 minutes. Sufficient for 4 persons.

3,012. CANAPÉS D'ÉCREVISSES (PRAWN CANAPÉS)

1 doz. prawns. | cayenne. | 6 croûtes fried | salt.
2 ozs. butter. | shrimps. | bread. | parsley or watercress.

Put the prawns unshelled into a mortar with the butter ; pound well together ; season to taste with salt and cayenne. Rub this mixture through a fine hair sieve. Fry some round croûtes of bread a golden brown ; spread a thick layer of the prawn



FIG. 238.—CANAPÉS D'ÉCREVISSES.

mixture on the croûtes ; decorate with shrimps in the form of a star ; put a pinch of paprika pepper or chopped parsley in the centre of each. Dish up, garnish with parsley or watercress, and serve cold.

Average cost, 10d. Time required, 20 minutes. Seasonable, April to August. Sufficient for 6 persons.

3,013. BÂTONS À LA GRUYÈRE.

4 ozs. puff-paste. | 1½ ozs. Parmesan cheese. | 1½ ozs. Gruyère cheese. | salt.
2 eggs. | 2 ozs. butter. | cayenne. | parsley.

Beat two yolks of eggs and one white in a basin ; grate the Parmesan and Gruyère cheese ; stir it into the beaten eggs ; melt the butter, and add it to the other ingredients ; season with a pinch of salt and a few grains of cayenne. Roll out the pastry thinly ; cut it into two pieces ; spread the cheese mixture over one piece, place the other on the top. Cut out in strips (bâton shapes), brush over with egg, and bake in a hot oven for about ten minutes. Dish them in lattice style in a pile, and serve hot. Garnish the dish with sprigs of fresh parsley or watercress.

Average cost, 10d. Time required, 1 hour ; if paste trimmings are used, 20 minutes. Seasonable at all times. Sufficient for 6 persons.

3,014. ALLUMETTES D'ANCHOIS.

4 ozs. flour. | 2 ozs. butter. | 1 yolk of egg. | anchovy paste.

Sieve the flour into a basin ; rub in the butter ; beat the yolk of egg with a little water ; add to the flour and butter, and make into a stiff paste. Turn on to a floured board ; roll it out thinly ; spread with a thin layer of anchovy paste ; cut into thin strips, and bake in a moderate oven.

Average cost, 6d. Time required, 20 minutes. Sufficient for 6 to 8 persons.

3,015. TRIFLES.

2 small cooked potatoes. | 2 ozs. cooked ham. | mustard butter (No. 188). | parsley.

Cut the potatoes in slices, not too thin (each potato should cut four slices). Stamp out with a round cutter eight slices of ham the same size as the potato ; prepare some mustard butter ; spread a very thin layer over the slices of potato ; put a piece of ham on the top of each ; press together lightly. Put the remainder of the

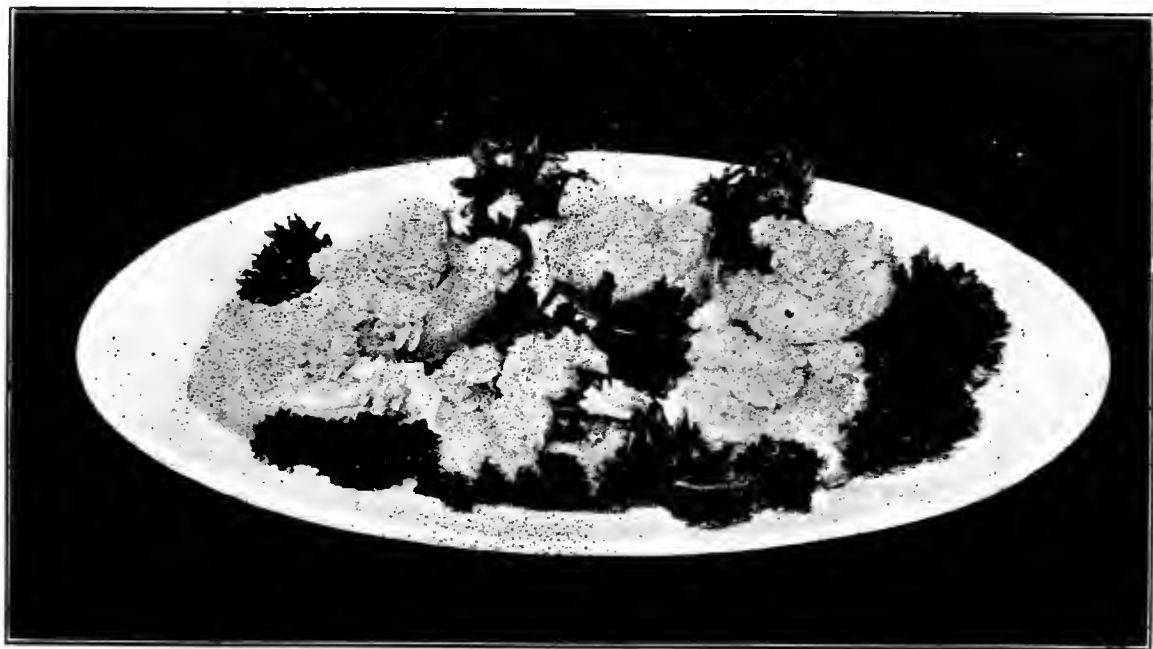


FIG. 239.—TRIFLES.

mustard butter into a paper cornet with a star-pipe attached, and force out some roses on the top of each. Dish up on a fancy paper, garnish with sprigs of parsley or watercress, and serve cold.

Average cost, 4d. Time required, 15 minutes. Seasonable at all times. Sufficient for 8 persons.

3,016. DENISES D'ŒUFS.

2 hard-boiled | 1 oz. butter. | 1 tablespoonful cream. | frying batter.
eggs. | salt. | bread and butter. | fried parsley (No. 195).

Shell the eggs, cut them up small, put them into a mortar, and pound them with the butter ; add the cream, and season with a little salt and cayenne. Cut some thin slices of bread and butter ; stamp out some small rounds with a cutter ; spread the mixture over these, and join together like sandwiches. Have ready some frying batter and some boiling fat ; dip each sandwich into the batter, and then into the fat, and fry them a golden brown. Drain on kitchen paper. Dish them in a pile on a dish-paper, and serve hot, garnished with fried parsley.

Average cost, 8d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 to 8 persons.

3,017. AMANDES À LA DIABLE (DEVILLED ALMONDS).

$\frac{1}{2}$ lb. Jordan almonds. | 2 ozs. butter. | salt. | cayenne.

Put the almonds into a stewpan, cover with hot water, and bring to the boil, drain and skin: dry them in a cloth. Melt the butter in a sauté-pan, and when it gets hot clarify it by taking off the scum as it rises; then put in the almonds; stir them about until they are lightly browned all over. Pour them into a cullender or frying-basket, drain, and shake them about; sprinkle with salt and cayenne pepper, and shake them again, so that they get well coated. Dish up, and serve hot.

Average cost, 1s. 3d. Time required, 20 minutes.

3,018. PAILLES AUX ANCHOIS (ANCHOVY CHEESE STRAWS).

2 ozs. flour. | $1\frac{1}{2}$ ozs. butter. | $1\frac{1}{2}$ ozs. Parmesan. | 1 yolk of egg. | water. | cayenne | 3 anchovies.

Put the flour into a basin; rub in the butter; add the Parmesan cheese grated and a pinch of cayenne; mix together. Beat the yolk of an egg; mix a little water with it; stir as much as is needed into the flour to make a stiff paste. Turn on to a floured board, and cut in strips about 4 inches long. Wash and scrape some

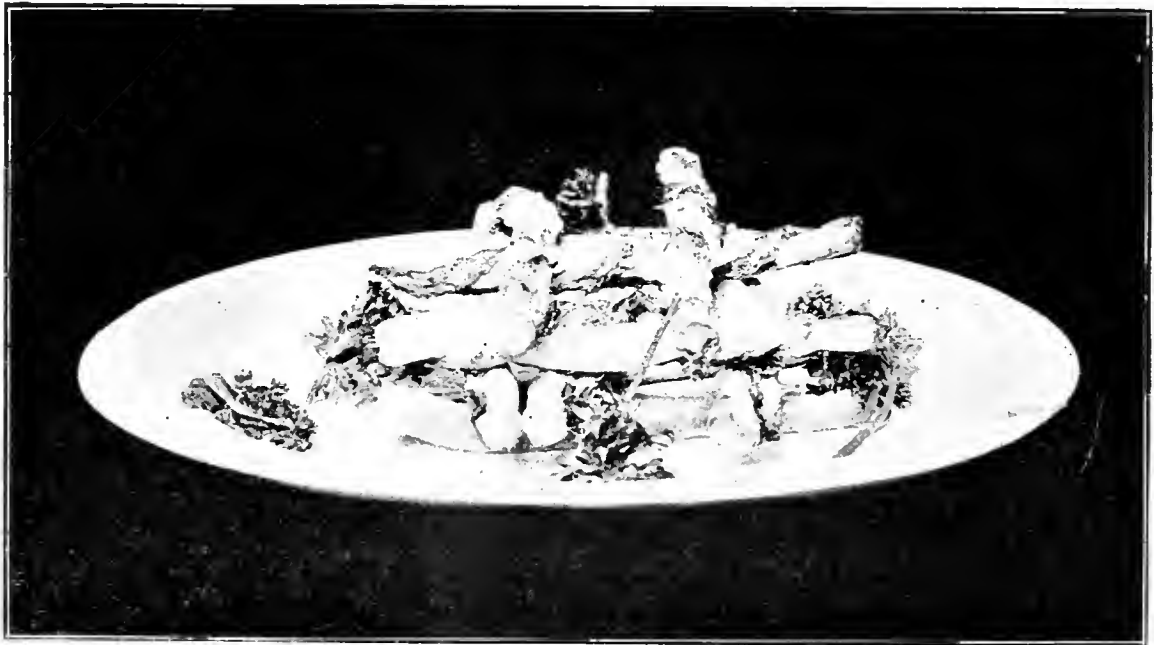


FIG. 240.—PAILLES AUX ANCHOIS.

anchovies, fillet them, and cut each fillet in half. Put one of these pieces with one of the cheese straws; twist them together. Continue until all the anchovy strips are used up. Place them on a floured tin, and bake in a moderate oven until done. Dish up, and serve.

Average cost, 7d. Time required, 20 minutes. Seasonable at all times. Sufficient for 12 straws.

3,019. AMANDES SALÉES (SALTED ALMONDS).

$\frac{1}{2}$ lb. Jordan almonds. | 2 ozs. butter. | salt.

Blanch the almonds, peel them. Melt the butter in a sauté-pan, clarify it, and add the oil; make hot, and then put the almonds into it; stir over the fire until they are lightly browned. Have ready on a cloth some fine salt; take up the almonds, turn them at once into the cloth, shake the salt over them. When cool, they are ready to serve. Dish them in fancy dishes, and serve with the dessert. The almonds can be prepared and placed in bottles, corked down, and used as required.

Average cost, 1s. 3d. Time required, 20 minutes.

3,020. CROÛTES À LA PORTUGUESE.

2 sausages. | 8 croûtes bread. | 1 oz. cheese. | 1 gill tomato sauce. | $\frac{1}{2}$ oz. butter.

Skin the sausages, cut them in half lengthways, and then each half in half again crossways; fry these quickly. Cut some pieces of bread about $\frac{1}{8}$ inch thick, the size and shape of the pieces of sausage; fry them a golden colour in very hot fat or butter. As soon as the sausages are cooked, place one of the pieces on each croûte of bread. Heat the sauce; stir into it half the cheese; season nicely with salt and a tiny pinch of cayenne; coat the sausages with this. Sprinkle the remainder of the cheese over; put a tiny piece of butter on each, and place in a hot oven or under a salamander to brown for a few minutes. Dish up, and serve hot.

Average cost, 8d. Time required, 20 minutes. Seasonable, September to April. Sufficient for 8 persons.

3,021. PETITES MARQUISES AU MERLUCHE.

4 ozs. short or puff-paste. | $\frac{1}{2}$ oz. butter. | cucumber.
4 ozs. dried haddock. | $\frac{1}{2}$ gill fish aspic. | $\frac{1}{2}$ gill cream.

Roll out the pastry; line some small bouche-moulds with it; fill them with rice, and bake. When done, turn them out of the moulds, remove the rice, and let them get cold. Cook the fish; take the white meat, and pound it well with the butter;



FIG. 241.—PETITES MARQUISES AU MERLUCHE.

rub through a wire sieve. Put the purée into a basin; add the aspic to it, also the cream, slightly whipped, and seasoning. Fill the pastry-cases with this mixture by means of a forcing-bag and pipe. Take a piece of cucumber, scallop the edges, cut in slices, and then in convenient pieces; arrange them round the edge of the cases, with the fish-cream coming above. Dish up, garnish with crisp sprigs of parsley, and serve cold.

Average cost, 1s. Time required, 45 minutes. Seasonable, May to September. Sufficient for 6 to 8 persons.

3,022. CORBEILLES AUX CHAMPIGNONS (MUSHROOM BASKETS).

$\frac{1}{2}$ lb. short paste (No. 2,183). | $\frac{1}{2}$ lb. mushrooms. | 1 oz. butter. | salt. | 1 tablespoonful cream.
1 shallot. | cayenne. | pepper. | chopped parsley.

Roll out the pastry; cut it out in rounds, and line some small bouche-moulds or small fluted patty-pans with them; fill with rice, and bake in a moderate oven without colouring. From the centres of some of the rounds of pastry cut out the

centre, so as to form rings. Cut these in half (these are for the handles of the baskets). Arrange them on a baking-sheet and bake. Peel, wash, and trim the mushrooms; chop them into dice. Melt the butter in a stewpan; fry the chopped shallot; add the mushrooms, and cook them over the fire; then mix in the cream; season with salt, pepper, and a few grains of cayenne. Take the rice out of the little pastry-cases; fill them with the mushroom mixture; sprinkle with chopped parsley; fasten the handles across, and put them into the oven to get quite hot for five or six minutes. Dish up, garnish with parsley, and serve hot.

Average cost, 1s. Time required, 30 minutes. Seasonable at all times. Sufficient for 8 to 10 persons.

3,023. CÔTELETTES D'ŒUFS AUX SARDINES (EGG CUTLETS WITH SARDINES).

2 hard-boiled eggs.	1 dessertspoonful	$\frac{1}{2}$ gill milk.	egg.
6 sardines.	parsley.	salt.	breadcrumbs.
$\frac{1}{2}$ oz. butter.	$\frac{1}{4}$ oz. flour.	cayenne.	parsley.

Chop the eggs; drain the sardines free from oil, scrape off the scales, slit them open, and take out the bone; chop them finely. Put the butter into a small stewpan; add the flour; stir in the milk, and boil until thick. Add the chopped eggs and



FIG. 242.—CÔTELETTES D'ŒUFS AUX SARDINES.

sardines; season with salt and pepper; stir in the chopped parsley; mix all well together; turn on to a plate to cool. Divide the mixture into six equal parts; shape each portion into a cutlet; dip in egg, toss in breadcrumbs, and fry in hot fat until a golden colour. Take up, drain on a piece of kitchen paper. Dish up, and garnish with fried parsley. Serve hot.

Average cost, 9d. Time required, 30 minutes. Seasonable at all times. Sufficient for 6 persons.

3,024. TOMATES À LA MADRID.

2 tomatoes.	1 oz. butter.	seasoning.	chopped parsley.
6 gherkins.	1 dessertspoonful	1 tablespoonful Espagnole	parsley or water-
2 hard-boiled eggs.	chutney.	sauce (No. 33).	cress.

Cut the tomatoes in slices, not too thin; each tomato should cut into three slices. Shell the eggs, take out the yolks; put them into a mortar with the butter. Add the chutney, and pound well together; mix in the sauce and seasoning; rub



Tomates à la Madrid.

through a fine sieve. Cut the gherkins in strips, but not quite separating them, so as to make them look like a flower. Spread some of the prepared mixture over the slices of tomato; fix a gherkin in the centre of each; decorate with some of the mixture put through a bag, or with a little chopped parsley. Dish them on a napkin or dish-paper, and garnish with sprigs of watercress or parsley. Serve cold. (See coloured plate.)

Average cost, 9d. Time required, 20 minutes. Sufficient for 6 persons.

3,025. DIABLOTINS AU PARMESAN.

4 ozs. flour.	1 gill milk.	2 yolks of eggs.	cayennè.	anchovy paste.
3 ozs. butter.	$\frac{1}{2}$ oz. cornflour.	2 ozs. Parmesan cheese.	salt.	anchovy sauce.

Put the flour into a basin; add 2 ozs. of butter, and rub it into the flour lightly with the fingers. Mix to a stiff paste with water and anchovy sauce. Grease six or eight little bouche-moulds. Roll out the pastry on a floured board, and line the tins with it. Put the milk into a stewpan with 1 oz. of butter; mix the cornflour to a smooth paste with a little milk. As soon as the milk boils, stir in the

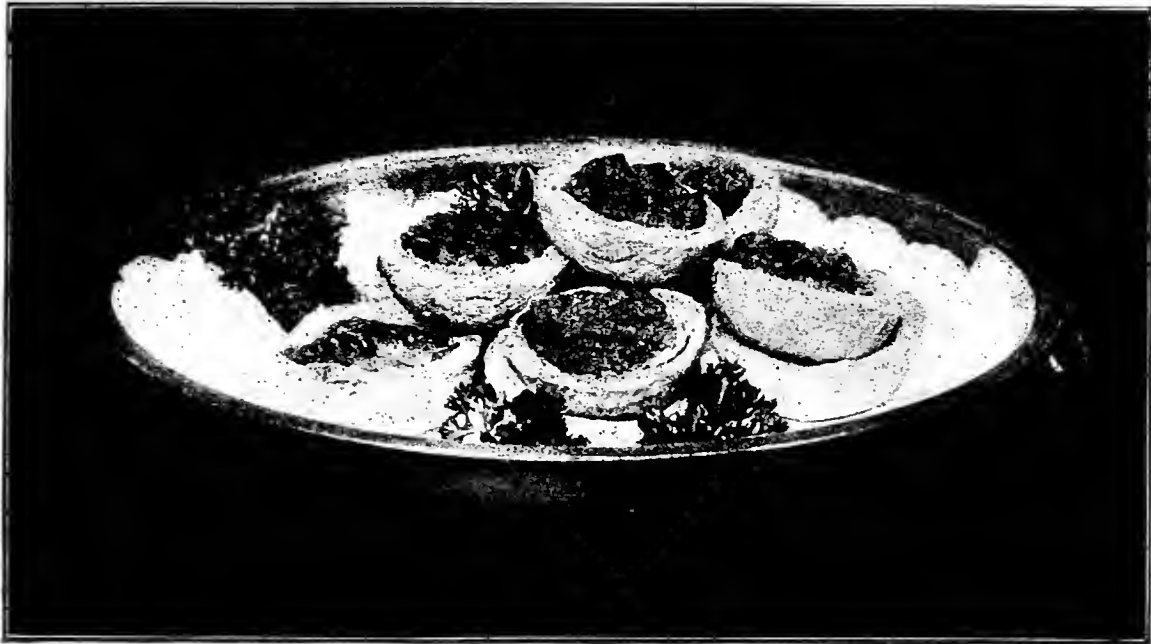


FIG. 243.—DIABLOTINS AU PARMESAN.

cornflour, and cook a few minutes. Let cool a little, then add the yolks of the eggs, and stir until they are cooked; mix in the grated Parmesan cheese; season to taste with a little salt and cayenne. Fill the tins half full with this mixture, then put in a piece of anchovy paste; fill the tins with the mixture. Put them on a baking-sheet, and bake in a quick oven for ten minutes. Dish up, and serve hot.

Average cost, 1s. Time required, 30 minutes. Sufficient for 6 or 8 persons.

3,026. OLIVES AUX ŒUFS (OLIVES WITH EGGS).

4 hard-boiled eggs.	1 oz. butter.	a little cream.	croûtes of fried bread.
8 olives.	2 ozs. cooked ham.	seasoning.	sprigs of parsley.

Shell the eggs, cut them in halves crossways, take out the yolks carefully, so as not to break the whites; cut a slice off the end of each half to make them stand. Pound the yolks with the butter and ham, season to taste, and add the cream; pound well, then rub through a wire sieve. Stone the olives carefully; put the mixture into a forcing-bag and fill the eggs; put a stoned olive in the centre, and

fill that also. Dish the eggs on small round croûtes of fried bread. Dish on a dish-paper, and garnish with parsley. Instead of ham, anchovy paste can be used for the filling. (See coloured plate.)

Average cost, 1s. 3d. Time required, 20 minutes. Seasonable at all times. Sufficient for 8 persons.

3,027. AIGUILLES AU PARMESAN.

1 gill milk. | 2 ozs. flour. | 1 oz. butter. | 1 oz. Parmesan cheese. | 2 eggs. | seasoning.

Grate the cheese ; put the milk and butter into a saucepan, bring to the boil ; pass the flour through a sieve, and as soon as the milk and butter boil, stir the flour in very quickly, and cook until the mixture leaves the sides of the pan clean ; remove from the fire, and when cool enough, beat in the eggs, one at a time ; then add the cheese, a little salt, and cayenne ; let this mixture get cold, then rub it through a cullender into hot fat. When done, they should be crisp and dry. Dish up in a pile, and sprinkle some grated Parmesan cheese over. Serve hot.

Average cost, 5d. Time required, 30 minutes. Sufficient for 6 to 8 persons.



FIG. 244.—AIGUILLES AU PARMESAN.

3,028. TARTINES A LA LUCULLUS.

½ lb. puff-pastry.	8 stoned olives.	4 anchovies.	2 hard-boiled yolks of eggs.
2 ozs. anchovy paste.	1 oz. butter.	1 tablespoonful white sauce.	cayenne.
	2 gherkins.		1 oz. Parmesan cheese.

Make the pastry in the usual way ; the last three rolls sprinkle the grated cheese over. Roll into one long strip ; cut it in half across (it should be $\frac{1}{4}$ inch thick). Spread one half with anchovy paste ; place the other half over, sandwich fashion ; cut in squares 2 to 3 inches across ; brush over with beaten yolk of egg ; put on a baking-sheet, and bake in a hot oven until a nice colour. Let them get cold. Shell the hard-boiled eggs ; put the yolks into a mortar with the butter, the chopped gherkins, 1 oz. of anchovy paste, the white sauce, and a pinch of cayenne ; pound all well together, and then rub the mixture through a wire sieve. Put this mixture into a forcing-bag with a fancy pipe, and decorate the top of each piece of pastry with it. Put a stoned olive in the centre ; fillet the anchovies, and arrange a fillet round each olive. Dish up on a fancy dish-paper or on a folded napkin arranged on a dish, garnish with parsley or watercress, and serve cold.

Average cost, 1s. 6d. Time required, 1½ hours. Seasonable at all times. Sufficient for 8 persons.

3,029. PARMESAN BALLS.

2 whites of eggs. | 2 ozs. Parmesan cheese. | cayenne.

Beat the whites very stiffly ; grate the cheese ; stir it lightly into the whites ; season with a little salt and cayenne. Make this paste into little balls, the size of marbles. Drop them into boiling fat, and fry a golden colour. Drain when done, and serve hot. After they are dished up, sprinkle with grated cheese.

Average cost, 4d. Time required, 15 minutes. Sufficient for 6 persons.

3,030. CHEESE STRAWS.

2 ozs. flour. | 1½ ozs. Parmesan | 1 egg. | cayenne.
1½ ozs. butter. | cheese. | salt. | ½ oz. Cheddar cheese.

Sieve the flour into a basin ; rub in the butter lightly with the fingers ; grate the Parmesan and Cheddar cheese ; mix into the flour and butter ; add a pinch of salt and cayenne ; mix into a paste with the yolk of the egg and a little water. Turn this paste on to a floured board ; roll it out into a strip about $\frac{1}{8}$ inch thick and 4 inches wide ; cut into strips, which must be all the same size. With two cutters, one

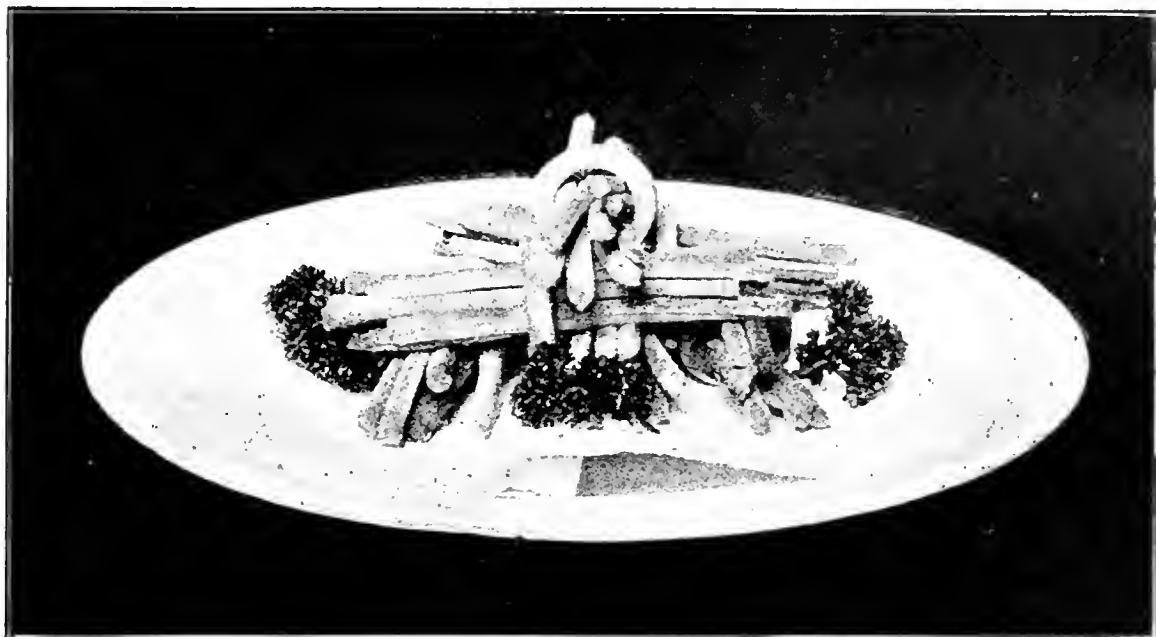


FIG. 245.—CHEESE STRAWS.

smaller than the other, stamp out some rings. Flour a baking-sheet ; put the straws and rings on it, and bake a golden colour in a hot oven. They will take about ten minutes to cook. When they are baked, pass the straws through the rings, making little bundles.

Average cost, 6d. Time required, 30 minutes. Sufficient for 6 bundles.

3,031. OLIVES FARCIS AUX MARRONS (OLIVES STUFFED WITH CHESTNUTS).

8 olives. | 4 chestnuts. | 2 ozs. butter. | ½ oz. flour. | chopped parsley.
8 croûtes fried | 1 oz. lean cooked | stock. | peppercorns. | 2 hard-boiled eggs.
bread. | ham. | 1 small onion. | seasoning. | piece of carrot.

Chop the onion ; cut the ham into dice ; slice the carrot thinly. Melt 1 oz. of butter in a stewpan ; put in the vegetables and the ham ; fry brown ; add the peppercorns, then the flour ; brown lightly ; add the stock, and simmer gently for ten minutes ; season with salt, and strain. Slit the chestnuts, put them into the oven, and cook until the shells and inner skin can be removed easily, then boil them in stock until tender. Put the chestnuts into the mortar, with 1 oz. of butter, and pound to a paste ; moisten with a little of the prepared sauce. Mix thoroughly ;

season, and rub through a sieve. Put this mixture into a forcing-bag, and fill the olives with it ; put them into the sauce, and simmer gently for fifteen minutes. Cut eight croûtes of bread $\frac{1}{2}$ inch thick ; scoop out some of the centre of the croûtes, so as to hold the olives. When about to serve, take up the olives, place one on each croûte, dress them in a circle on a hot dish. Shell the hard-boiled eggs quickly while hot ; cut them in quarters, sprinkle with pepper and salt, and arrange them in the centre of the dish. Pour the sauce round, and serve hot.

Average cost, 1s. 6d. Time required, 45 minutes. Seasonable, October to February. Sufficient for 8 persons.

3,032. CHEESE AIGRETTES.

2 ozs. flour.	$\frac{1}{4}$ pint water.	1 whole egg.	salt.
1 oz. butter.	$1\frac{1}{2}$ ozs. Parmesan cheese.	cayenne.	1 yolk of egg.

Put the flour through a sieve on to a piece of kitchen paper ; put the butter and water into a saucepan, and bring to the boil. As soon as it boils, add the flour, and stir quickly over the fire until the panada leaves the sides of the saucepan clean. Take the pan off the fire, and beat the mixture until cool enough to add the eggs ;



FIG. 246.—CHEESE AIGRETTES.

then put in the whole egg ; beat well until quite smooth, then put in the yolk, and beat again in the same way. Grate the cheese ; stir it into the mixture ; season to taste with salt and cayenne. Turn the mixture on to a plate to cool. Have ready a saucepan of hot fat ; it must not be boiling. When ready to fry, take up a small piece of the mixture with a teaspoon and drop it into the fat, and fry for about ten minutes. The aigrettes should be a golden brown, and crisp, when done. Dish on a napkin or dish-paper, and sprinkle with grated Parmesan. Serve hot.

Average cost, 6d. Time required, 30 minutes. Sufficient for 6 persons.

3,033. CASSOLETTES DE FROMAGE (CHEESE CASSOLETTES).

$\frac{1}{2}$ oz. butter.	breadcrumbs.	3 ozs. cheese.	cayenne.
$\frac{1}{2}$ gill water.	1 yolk.	salt.	croûtes of bread.

Put the butter and water into a small stewpan, and bring to the boil ; then stir in enough crumbs to make a stiff paste ; add the yolk, grated Parmesan cheese, and seasoning. Stir over the fire until very hot. Cut some croûtes of bread $\frac{1}{2}$ inch thick ; scoop out the centres ; fry them a golden colour in hot fat or butter. Fill with the mixture, and serve at once.

Average cost, 6d. Time required, 20 minutes. Sufficient for 6 to 8 croûtes.

3,034. SOUFFLÉ DE FROMAGE (CHEESE SOUFFLÉ).

$\frac{1}{4}$ oz. butter.	$\frac{1}{2}$ gill milk.	$1\frac{1}{2}$ ozs. Parmesan cheese.	cayenne.
$\frac{1}{4}$ oz. flour.	2 eggs.	salt.	6 ramaquin cases.

Melt the butter in a small stewpan ; when melted, mix in the flour, add the milk, and stir quickly over the fire until it thickens and leaves the sides of the pan clean. Take it off the fire and let cool a little, then beat in well one yolk of egg ; add the cheese (grated), and season with salt and cayenne. Whisk the two whites of eggs very stiffly, and stir them lightly into the mixture. Butter some little ramaquin cases ; fill them three-parts full with the mixture ; put them on a baking-sheet, and bake in a hot oven for ten minutes. When done, dish and send to table as soon as possible, as they begin to fall directly they are removed from the oven.

Average cost, 5d. or 6d. Time required, 20 minutes. Sufficient for 6 small paper cases.

3,035. TARTELETTES DE FROMAGE (CHEESE TARTLETS).

$\frac{1}{2}$ lb. rough puff-pastry	1 egg.	1 oz. Parmesan	cayenne.
(No. 2,184).	$\frac{1}{2}$ gill white sauce.	cheese.	salt.

Line some small patty-pans with the puff-paste. Heat the sauce ; stir in the yolk of the egg ; take off the fire, and stir in the grated Parmesan cheese ; season with salt and cayenne. Whip the white of the egg very stiffly, and stir it lightly



FIG. 247.—TARTELETTES DE FROMAGE.

into the rest of the ingredients ; fill the lined patty-pans with this mixture ; put them on a baking-sheet, and bake in a quick oven for about fifteen minutes. When done, turn them out of the tins, and serve hot.

Average cost, 6d. Time required, 45 minutes. Sufficient for 7 tartlets.

3,036. CROÛTES DE MERLUCHE FUMÉE (CROÛTES OF DRIED HADDOCK).

half a dried haddock.	1 dessertspoonful capers.	croûtes of fried bread.
1 oz. butter.	chopped parsley.	1 tablespoonful cream.
1 hard-boiled egg.	cayenne pepper.	1 teaspoonful anchovy essence.

Cook the haddock, take away all skin and bone, mince the flesh finely ; chop the capers. Melt the butter ; put in the fish, capers, and cayenne ; mix well, then add the cream and anchovy essence ; stir all well together over the fire until hot. Put this mixture on croûtes of bread ; pile it up high in pyramid shape ; decorate them with chopped white of egg, sieved yolk, and chopped parsley. Dish up, and serve hot.

Average cost, 8d. Time required, 30 minutes. Sufficient for 6 to 8 croûtes.

CHAPTER XXXII

PRESERVES, JELLIES, MARMALADE, ETC.

THE secret of making jam to keep without, in more or less time, fermenting or getting mouldy is never to leave the preserving-pan for one moment from the commencement, and not to skim the fruit. Put, as a rule, 1 lb. of sugar to each 1 lb. of fruit, and stir the mass well from the time it is put on the fire. As the scum rises, and when boiling has commenced, stir vigorously. After a time the scum begins to disappear, and the jam boils itself clear. When clear, and the jam thickens, take it off the fire and pour it into warmed jars. Jams made in this way will be bright and clear, even if it be a wet season, and will keep any length of time.

Red-currant and raspberry jellies, if managed in the same way, will have the same success. Do not skim the jelly as the scum rises, but let it boil itself clear. Those who make jam will find this way of jam-making much better than the old-fashioned way of skimming off the sugar as it rises—for that is what it is—the jam will be a beautiful colour, thicker, and keep better than jam made in the ordinary way. Fifty minutes to one hour is ample time for preserving 10 lbs. of fruit, allowing twenty minutes for brisk boiling.

3,037. ORANGE MARMALADE, (No. 1).

12 Seville oranges. | 12 pints cold water. | 12 lbs. sugar. | 2 lemons.

Cut the fruit across very thinly, both pulp and peel, only taking out the pips; as the pips are removed, put them into a basin containing $\frac{1}{2}$ pint of the water. Put the strips of pulp and peel into the $11\frac{1}{2}$ pints of cold water; let it stand for twenty-four hours, then put it into a preserving-pan and boil very slowly until tender—it will take about two or three hours—then add the sugar; boil gently until it is clear and will jelly.

Average cost, 4s. Time to boil, without sugar, 2 to 3 hours; when sugar is added, about 30 minutes. Seasonable, February and March.

3,038. ORANGE MARMALADE, (No. 2).

Seville oranges. | sugar. | water.

Put the oranges whole into a preserving-pan, and boil until the oranges are soft. Then take them up, and let them get cold; cut in halves, take out the insides, and put this into the water that the oranges were boiled in, allowing 1 quart to each pound of oranges. Scrape some of the skins as thin as possible; cut them in thin strips. Let the water with the pulp boil for fifteen minutes, then strain through a hair sieve, and after that through a cloth; return the liquid to the preserving-pan, and add 2 lbs. of sugar to each quart; let it boil. Before the strips are added it must go off the boil a little; boil until it jellies, stirring constantly.

Average cost, uncertain. Time required, 3 to 4 hours. Seasonable, February and March.

3,039. TANGERINE MARMALADE.

30 tangerines. | 2 lemons. | water. | double the weight of oranges in sugar.

Put the oranges whole into a preserving-pan ; add sufficient water to float them, and boil until soft. Take up the tangerines ; let them cool. Cut in halves ; take out the pulp. Put this into the water the oranges were boiled in, allowing a quart for each pound of oranges ; put this on the fire, and boil for fifteen minutes ; strain through a hair sieve first and then through a cloth ; return the liquid to the preserving-pan, add the sugar, and bring to the boil. Have some of the peel cut in very thin strips ; add to the liquor ; boil for about half an hour, or until it jellies. Fill some jars, and, when cold, cover over.

Average cost, 5s. Time required, 3 to 4 hours. Seasonable, December to February.

3,040. RASPBERRY JAM.

8 lbs. raspberries. | 6 lbs. sugar.

Take the stalks off the raspberries ; break up the sugar into small pieces ; put this with the fruit into a preserving-pan ; let the sugar dissolve before the jam boils, then boil quickly for forty-five minutes to one hour. When done, pot and tie down in the usual way.

Average cost, 3s. 8d. Time required, 45 minutes to 1 hour to boil. Seasonable, July and August.

3,041. RASPBERRY AND RED-CURRANT JAM.

4 lbs. raspberries. | 4 lbs. red currants. | 8 lbs. sugar.

Strip the stalks from the red currants and raspberries ; weigh them after they are stalked, and take 1 lb. of sugar to each pound of fruit. Crush the sugar up into small pieces ; put it, with the fruit, into a preserving-pan ; bring to the boil as soon as the sugar melts, and boil quickly for about forty-five minutes, or longer ; stir all the time the jam is on the fire. When the scum disappears and the jam is clear, it is done, and can be removed from the fire. Pot and tie it down in the usual way.

Average cost, 3s. 6d. to 4s. Time required, 45 minutes to 1 hour to boil. Seasonable, July and August.

3,042. WHOLE STRAWBERRY JAM.

10 lbs. strawberries. | 7½ lbs. sugar.

Take the stalks off the strawberries, weigh them, and take $\frac{3}{4}$ lb. of sugar to each pound of fruit. Put the fruit into a preserving-pan, and as soon as the juice begins to show, add the sugar, which should be crushed small. Bring to the boil, stirring carefully, so as not to break the strawberries ; boil for about one hour, or until it jellies when tested. When ready, put into pots, tie down when cold, and store in a dry place.

Average cost, 3s. Time required, 1 hour to boil. Seasonable, June and July.

3,043. STRAWBERRY AND RED-CURRANT JAM.

6 lbs. strawberries. | 3 lbs. red currants. | 8 lbs. sugar.

Strip the red currants and strawberries from the stalks, weigh them, and to 9 lbs. of fruit take 8 lbs. of sugar. Crush the sugar up small. Put the fruit and sugar together into a preserving-pan ; stir carefully, and bring to the boil slowly, so that the sugar is melted before boiling-point is reached ; then boil quickly for three-quarters to one hour, or until it jellies when tested in the usual way. Put into pots, tie down when cold, and store in a dry place.

Average cost, 3s. 6d. Time required, 45 minutes to 1 hour to boil. Seasonable in July.

3,044. DAMSON JAM.

8 lbs. damsons (stoned). | 8 lbs. sugar.

Split the damsons; take out the stones, and then weigh the fruit. Use an equal weight of sugar after the damsons are stoned. Put the damsons into a preserving-pan; break up the sugar small, and add it to the fruit; put the pan on the fire and bring it to the boil slowly, so that the sugar is all melted before it begins to boil, then boil it quickly for about forty to sixty minutes. To tell whether it is done sufficiently, put a little on a plate, and if it sets, it is ready. Take the pan off the fire, and as soon as it is cool enough, put it into pots, and, when cold, tie down, and store in a dry place.

Average cost, 2s. 8d. Time required, 1½ hours. Seasonable, September and October.

3,045. VICTORIA PLUM JAM.

6 lbs. Victoria plums. | 6 lbs. sugar.

Wipe the plums, slit them, and take out the stones; weigh them, and take 1 lb. of sugar to each pound of stoned plums. Put the plums and the sugar, which should be broken up small, into a preserving-pan; bring slowly to the boil, so that the sugar is dissolved by the time it boils; keep well stirred while cooking. Boil for about one hour or until it jellies when dropped on to a plate. Pot the jam in the usual way, and store in a dry place.

Average cost, 2s. Time required, 1½ hours. Seasonable in September.

3,046. BLACKBERRY JAM.

8 lbs. blackberries. | 6 lbs. sugar.

The fruit should be picked on a dry day. Take off the stalks, and go over the fruit carefully. See that it is dry and ripe; then weigh it, and to each pound of fruit take ¾ lb. of preserving sugar, which should be crushed small. Put the fruit and sugar into a preserving-pan together; place the pan by the side of the fire, so as to melt the sugar. As soon as the sugar is dissolved, let it come to the boil, stirring all the time; simmer until the jam sets when a little is put on a cold plate; it will take from three-quarters to one hour. Stir all the time, but do not skim. When done, put into jars, tie down when cold, and store in a dry place.

Average cost, 3s. Time required, 1½ hours. Seasonable in October.

3,047. BLACKBERRY AND APPLE JAM.

6 lbs. blackberries. | 3 lbs. cooking apples. | 9 lbs. sugar.

Peel the apples, cut them in quarters, take out the cores, and chop them coarsely. Take off the stalks of the blackberries, put them into a preserving-pan with the chopped apples and the sugar, which should be broken up small; place the pan on a very slow fire to melt the sugar, then bring to boiling-point, stirring all the time; simmer until the jam sets when a little is put on a cold plate. It will take about one hour. When done, put into jars, and tie down when cold.

Average cost, if blackberries are bought, 4s. Time required, 1½ hours. Seasonable, September and October.

3,048. COMPOSITE JAM.

2 lbs. gooseberries. | 1½ lbs. raspberries. | 1½ lbs. red currants. | 5 lbs. sugar.

Prepare the fruit, take the stalks off the raspberries and currants; top and tail the gooseberries; weigh them, and to each pound of fruit take 1 lb. of sugar, broken up small. Put the fruit and sugar into a preserving-pan together; place the pan on a slow fire until the sugar is melted, then stir constantly until it boils, and boil for about one hour, stirring all the time. Test it in the usual way, by putting a

little on a cold plate. If it sets, it is cooked sufficiently. Put into pots, and, when cold, tie down, and store in a dry place.

All kinds of mixed jams can be made by putting together different kinds of fruit.

Average cost, 2s. 6d. Time required, about 1 hour after it comes to the boil. Seasonable, July.

3,049. PLUM AND DAMSON JAM.

4 lbs. plums. | 4 lbs. damsons. | 8 lbs. preserving sugar. | $\frac{1}{2}$ pint water.

Stone the plums and damsons; put them into a preserving-pan, with the water and the sugar broken up small. Place the pan on a slow fire; stir until the sugar is melted, then bring to the boil, and cook for about three-quarters of an hour, or until the jam sets when tested. Take it off the fire, and add some of the kernes from the plum-stones. The jam must be kept well stirred whilst boiling. Pot the jam, and, when cold, cover, and tie down.

Average cost, 4s. Time required, 45 minutes to boil. Seasonable, September and October.

3,050. PLUM AND PEAR JAM.

4 lbs. plums. | 4 lbs. ripe pears. | 1 teaspoonful ground cloves. | 4 lbs. sugar. | $\frac{1}{2}$ pint water.

Peel the plums, take out the stones, weigh the fruit, peel and core the pears, cut them up, and weigh. To 4 lbs. of plums and the same weight of pears allow 4 lbs. of sugar; put all together into a preserving-pan with the $\frac{1}{2}$ pint of water and the cloves. Boil all together until well reduced and until it sets. Fill into jars and cover down when cold.

3,051. PEAR JAM

6 lbs. ripe pears. | 6 lbs. loaf sugar. | 1 quart water.

Peel the pears, cut in quarters and take out the cores, then put them into a jar. Stand the jar in a saucepan of boiling water and keep the water boiling over the fire until the pears are soft. Turn them into a preserving-pan, and add to them a syrup made with the sugar and water. Mix the fruit and syrup together, and stir over the fire for twenty minutes. When done, turn the preserve into jars, and cover when cold.

3,052. PINEAPPLE JAM.

1 pineapple, fresh or preserved. | an equal weight of sugar. | lemon-rind.

Remove all the eyes carefully from the pineapple and then cut it into $\frac{1}{2}$ -inch dice. Weigh, and take an equal weight of sugar. Put the fruit into a preserving-pan over the fire until it gets warm and the juice comes out, then add the sugar gradually, sprinkling it in in spoonfuls, stirring gently until the sugar melts. Boil the whole over a steady slow fire for about two hours or until the preserve looks a transparent amber colour. Then add a little grated lemon-rind to flavour it. When the preserve is ready, let it cool, then bottle, and cover it down securely.

3,053. QUINCE JAM.

6 large quinces. | syrup.

Boil the quinces in cold water until tender (save the liquor). Next day, peel and cut in quarters, saving all the insides and peel. Pass all the good pieces through a wire sieve. Make a syrup with the liquor that the quinces were boiled in, allowing 1 lb. of sugar to $\frac{1}{2}$ pint of water; add the fruit, and boil until it sets.

3,054. RHUBARB AND ORANGE JAM.

1 quart rhubarb. | 6 Seville oranges. | $6\frac{1}{2}$ lbs. loaf sugar.

Peel and cut the rhubarb into fine pieces. Peel the oranges, remove as much of the white pith as possible; slice the pulp thinly, take out the pips. Put the rhubarb and the pulp of the oranges with half the rind cut into thin strips, into a

preserving-pan ; put on the fire and bring to the boil ; add the sugar, broken up small ; stir altogether over the fire until the jam is done—about three-quarters of an hour. When ready, put into pots and tie down. This jam will resemble Scotch marmalade.

Average cost, 1s. 9d. Time required, $1\frac{1}{2}$ hours. Seasonable, February and March.

3,055. CHERRY JAM.

6 lbs. cherries. | 3 lbs. sugar.

Stone and weigh the cherries ; boil them over a quick fire for about one hour (they should be stirred frequently) ; add the sugar, and boil quickly for twenty minutes. Some of the kernels of part of the cherries may be added to the jam a few minutes before it is taken off the fire.

Average cost, 2s. 6d. Time required after stoning, 1 hour and 20 minutes. Seasonable, June and July.

3,056. DRIED APRICOT JAM.

1 lb. dried apricots. | 3 pints cold water. | $2\frac{1}{2}$ lbs. sugar.

Wash the apricots, put them into a basin, pour the cold water over them, and let them soak all night. Put them and the water they were soaked in into a preserving-pan ; boil until tender, then add the sugar, and boil twenty minutes longer.

Average cost, 1s. 3d. Time required, about 1 hour and 20 minutes. Seasonable always. Sufficient for 6 lbs. of jam.

3,057. PEACH MARMALADE.

4 lbs. ripe peaches. | $2\frac{1}{2}$ lbs. sugar. | juice of 2 lemons.

Peel the peaches ; take out the stones, and weigh. Put them into a preserving-pan, and boil quickly for three-quarters of an hour, then rub the fruit through a sieve. Return it to the pan ; add the sugar, and, as soon as it is melted, bring to the boil and cook quickly for two minutes, then put in some of the peach kernels and cook for five minutes longer. Add the juice of the lemons, and cook five minutes longer. Put the marmalade into pots, cover down, and store away.

Average cost, uncertain. Time required, to cook peaches, 45 minutes ; after different ingredients are added, 12 minutes. Seasonable, August to October.

3,058. CARROT JAM.

carrots. | sugar. | lemons. | brandy.

Thoroughly wash some carrots, cut off all the red part, put into a pan with a little water, and boil until it is quite soft. Drain them, and then rub through a fine sieve. Weigh this purée ; put it into a preserving-pan, with $\frac{3}{4}$ lb. sugar to each pound of pulp ; add the juice of half a lemon to each pound. Stir this over the fire ; let it come to the boil, and then simmer for about fifteen minutes, or until it will set. Remove from the fire, stir in $\frac{1}{2}$ gill of brandy, let it cool a little, then fill it into jars, and, when quite cold, tie them down.

Seasonable in the summer.

3,059. VEGETABLE-MARROW JAM, (No. 1).

vegetable marrows. | sugar. | lemons. | ginger.

Peel the marrows very thinly ; cut them in small pieces, removing all the seeds. Weigh the pieces of marrow, and allow 1 lb. of loaf or preserving sugar, one lemon, and one dessertspoonful of ground ginger to each pound of marrow. Put the marrow and sugar into a preserving-pan and cook over a slow fire until it becomes a pulp, then add the ginger, the juice of the lemons, and the rinds chopped finely ; stir this over the fire until it is the right consistency—it will probably take from

half to three-quarters of an hour after it begins to boil. When it is cooked sufficiently, draw it off the fire and let it cool a little, then fill it into jam-jars. When it is quite cold, tie it down and put aside in a dry place.

Seasonable in the summer.

3,060. VEGETABLE-MARROW JAM, (No. 2).

vegetable marrows. | sugar. | lemon.

Peel the marrows very thinly ; remove the seeds, and cut the marrow in neat pieces, about 1 inch square. Weigh them, and allow an equal weight of sugar ; put them into a preserving-pan, with the juice of one lemon to each pound of marrow. Stir this very gently over a slow fire until the sugar is melted, then let it cook gently until the vegetable marrow is transparent. Care must be taken in making this jam that the pieces of marrow do not get broken. When the jam has boiled sufficiently (this will take about one hour) draw it to the side of the fire and let it cool a little before putting into the jam-jars ; when quite cold, cover the jars and put aside in a cool, dry place. Ginger can be used instead of lemon to flavour this jam.

Seasonable in the summer.

3,061. RHUBARB JAM.

6 lbs. rhubarb. | 6 lbs. sugar. | rind and juice of 2 lemons.

Wipe the rhubarb, cut it into pieces, put it into a preserving-pan, with the sugar and very thinly peeled rind of the lemons ; bring to the boil slowly, then boil quickly for about half an hour, stirring it constantly ; add the lemon-juice just before removing it from the fire.

Average cost, 1s. 8d. Time required, 1 hour. Seasonable, April to July.

3,062. GREEN-GOOSEBERRY JAM.

6 lbs. green gooseberries. | 6 lbs. sugar.

Pick the stalks and tops off the fruit, put it into a preserving-pan, with $\frac{1}{2}$ pint of water, to prevent it burning ; bring to the boil, then add the sugar, and boil quickly for about one hour. It must be constantly stirred. Test it by putting a little on a plate ; if it jellies when cold, it is cooked sufficiently. Fill into jars, tie them down when cold, and put away in a dry place.

Average cost, 2s. Time required, 2 hours. Seasonable, May and June.

3,063. TOMATO JAM.

6 lbs. tomatoes. | 4 lbs. sugar. | 2 lemons.

Peel the tomatoes. This is best done by plunging the fruit into boiling water for a minute ; the skin then can be removed quite easily. Cut them in halves ; take out the seeds. Put the tomatoes in a preserving-pan ; add the sugar to them ; add the thinly-peeled rind of two lemons and the juice. Boil altogether slowly until quite smooth. When it is thick, put it into pots, and, when cold, cover down and put away in a dry place.

Average cost, 3s. 2d. Time required, 1 hour. Seasonable all the year.

3,064. GREEN-MARROW JAM.

2 marrows. | sugar. | lemon-rind. | ginger. | lemon-juice.

Peel the marrows, cut them in quarters and remove the seeds ; cut them into thin slices. Weigh the marrow, and to every pound take $\frac{3}{4}$ lb. of sugar. Arrange the fruit in layers in a large basin ; between each layer put the sugar, the thinly-peeled rind of two lemons and the juice. Let this stand all night. Next day put it into a preserving-pan and boil for about one hour. When ready, add ginger to taste. Fill into pots, and tie down when cold ; store in a dry place.

Average cost, uncertain. Time required, 1 hour to boil. Seasonable, July to September.

3,065. BLACK-CURRENT JELLY.

8 lbs. black currants. | 7 lbs. sugar.

Strip the currants from the stalks, put the berries into a preserving-pan, and stir them over the fire until the juice is extracted ; then strain ; weigh the juice, and boil it again for twenty minutes. At the end of that time add the sugar to it, and as soon as it is melted, bring to the boil, and boil for eight to ten minutes. Pot the jelly, and, when cold, tie down, and store in a dry place.

N.B.—This jelly is rather sweet for some tastes ; if not liked so sweet, less sugar may be used.

Average cost, 3s. 10d. Time required, 40 minutes. Seasonable, June and July.

3,066. RASPBERRY JELLY.

8 lbs. raspberries. | 5 lbs. sugar.

Mash the fruit lightly, put it into a preserving-pan, and simmer gently for ten minutes. By this time the juice should have been extracted ; strain, and then return it to the preserving-pan, and boil it quickly for twenty minutes. Add the sugar, which should be at the rate of $\frac{3}{4}$ lb. for each pound of juice. As soon as the sugar is melted, boil quickly for fifteen to twenty minutes ; keep it well stirred all the time it is on the fire. When it jellies, it is done.

Average cost, 2s. 8d. Time required, 1 hour. Seasonable, July and August.

3,067. CRAB-APPLE JELLY.

1½ lbs. crab-apples. | 1 pint water. | 10 ozs. sugar to each lb. of juice.

Take off the stalks, weigh and wash the crab-apples, put them into a preserving-pan, and add the water ; boil gently until they are broken, but they must not be allowed to fall to a pulp. Strain through a cloth, and when the juice is quite transparent, weigh it ; put it into a clean pan, boil it quickly for ten minutes, then take it off the fire, and add the sugar. Stir until it is quite dissolved ; place the pan on the fire again, and boil from twelve to fifteen minutes. Pot it in the usual way.

Average cost, uncertain. Time required : boil crab-apples 12 to 18 minutes ; juice to be fast-boiled 10 minutes ; when sugar is added, 12 to 15 minutes. Sufficient to make 2 lbs. of jelly.

3,068. QUINCE JELLY.

Boil six large quinces in cold water till tender. To the water the quinces were boiled in add all the peel and insides of the quinces ; boil up together, then strain the liquor, and to each pint add 1 lb. of sugar. Boil together till it thickens like a jelly, then put it into pots.

3,069. RED-CURRENT JELLY.

3 lbs. red currants. | 3 lbs. sugar.

Take the currants off the stalks (they should be perfectly ripe), put them into a preserving-pan ; add to them the sugar, and boil quickly for eight minutes. Keep it well stirred, then turn it on to a fine hair sieve, and let the jelly run through. Put into jars, and place in a cool place until cold. The currants left in the sieve can be used for making jam.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable in July.

3,070. APPLE JELLY.

7 lbs. apples. | 4 lbs. sugar. | 7 pints water. | juice of 3 lemons.

Peel the apples, core and weigh them, put them into a preserving-pan, with the water, and boil until it is soft, without becoming a thick pulp. Drain the liquor from the apples by passing it through a fine hair sieve ; then strain through

a cloth. When it is quite transparent, weigh, and reduce it by quickly boiling for twenty minutes ; draw it off the fire ; add the sugar, stir until melted, then replace it on the fire, and boil quickly for ten minutes, or until it jellies. To test it, put a little on a plate, and if it jellies when cold, it is ready. Just before removing from the fire add the juice of the lemons.

Average cost, 2s. 3d. Time required, 1 hour.

3,071. GREEN-GOOSEBERRY JELLY.

6 lbs. gooseberries. | 4 pints water. | sugar.

Take the tops and stalks off the gooseberries. Put them into a preserving-pan, and add the water ; simmer until they are tender and broken up, then turn into a cloth and let the juice run through ; weigh it. Boil quickly for fifteen minutes ; then draw it off the fire and add an equal quantity of sugar ; bring to the boil, and boil for fifteen to twenty minutes, or until it jellies. Pour it into small jars.

Average cost, about 2s. Time required, 1½ hours. Seasonable, May and June.

3,072. DAMSON CHEESE.

12 quarts damsons. | loaf sugar.

Put the damsons into an earthenware pan, sprinkle a little sugar on the top, to bring out the juice ; put them into the oven until soft ; then, while warm, press them through a hair sieve until all the pulp has been pressed out. Weigh or measure it, and to every quart of pulp put 1 lb. of loaf sugar ; boil it gently for one and a half hours, then pour it into moulds. Cover down when cold.

Average cost, uncertain, as it depends on the amount of pulp after sieving. Time required, 2½ hours. Seasonable in October.

3,073. GRAPE JELLY.

black grapes. | sugar.

Prepare some grapes by removing the stalks ; put the fruit into a preserving-pan, and stir them over a slow fire with a wooden spoon until the juice has been extracted. Strain off the juice, pressing it slightly ; pass it through a fine hair sieve and through a piece of muslin. Weigh the juice and return it to the preserving-pan, and boil it quickly for twenty minutes. Draw it off the fire, and to each pound of juice add 14 ozs. of sugar, broken up. Let the sugar melt by the side of the fire, keeping it stirred meanwhile ; then put the pan again on the fire, and boil quickly for fifteen minutes longer. It should be very clear when finished, and of a rose colour. Pot in the usual way.

Average cost, uncertain. Time required, 45 minutes.

3,074. WHITE-CURRENT JELLY.

6 lbs. picked white currants. | 6 lbs. sugar.

Procure the currants freshly picked ; strip off the stalks, and weigh the fruit. To every pound of the prepared fruit allow 1 lb. good weight of pounded sugar. Put the currants and sugar into a preserving-pan ; stir until the sugar is melted ; bring to the boil, and cook quickly for six minutes. Strain through a fine sieve, allowing it to run without pressure. Put the jelly into small pots ; place them in a cool, dry place, and, when cold, cover, and tie down in the usual way.

Average cost, 4s. Time required, 6 minutes to boil. Seasonable, July and August.

3,075. BLACKBERRY JELLY.

6 lbs. blackberries. | sugar. | 1 pint water.

Gather the blackberries in dry weather ; remove the stalks. Put the fruit into a preserving-pan with the water ; put the pan on the fire, bring to the boil, and cook gently for about twenty minutes, by which time the juice ought to be extracted ;

stir with a wooden spoon while boiling. Strain off the juice through a fine sieve, allowing it to run through without pressure. Measure this juice, and to every pint take 1 lb. of sugar : put both into the preserving-pan ; bring to the boil slowly, so that the sugar is dissolved before boiling-point is reached ; then cook slowly for about twenty minutes, or until it jellies when put on to a cold plate. Fill up the jars, and cover and tie down when cold.

Average cost, if blackberries have to be bought, 3s. Time required, 1 hour. Seasonable, September.

3,076. TO BOTTLE FRUIT AND VEGETABLES.

All fruit used for bottling must be ripe and perfectly sound. The best fruits for the purpose are raspberries, gooseberries, currants, blackberries, cherries, and all kinds of plums.

The spirits are bottled either in syrup or water. If syrup is used, prepare it in the following way : To every quart of water take 1 lb. of sugar ; put these into a stewpan, bring to the boil, and let it boil for ten minutes, keeping it well skimmed during that time. Pour the syrup when done into a basin, and let it get quite cold before using. Cold water or syrup must always be used for filling the bottles, and the water in the pan they are boiled in must be cold. Hot bottles should not come in contact with cold water, or *vice versa*. Fill some wide-mouthed bottles with the fruit ; care must be taken not to bruise the fruit, but they should be packed closely. Pour in the syrup or water, then cork them lightly ; arrange the bottles in a large stewpan, but do not let them touch each other ; straw should be put round each bottle (the straw envelopes used for wine-bottles are excellent for this purpose). Fill the pan with cold water until it reaches the necks of the bottles. Put the pan on the fire and bring slowly to the boil ; boil for ten minutes, then fasten down the corks securely. When cold, test them, to see if there is any leakage. To do this, turn them upside down for a short time. If any of them leak, they must be returned to the pan to boil again for five minutes. The bottles should be sealed down so as to prevent any air from entering. Special bottles for preserving fruit are now made, with tight-fitting lids, and are quite satisfactory.

3,077. BOTTLED GOOSEBERRIES.

gooseberries. | water.

Remove the tops and tails from the gooseberries, taking care that the fruit is in good condition. Put them into the bottles, and fill with cold water ; cork them lightly, and place in a large stewpan. Surround them with straw, and then fill with cold water to the necks of the bottles ; bring slowly to the boil ; boil for ten minutes, then fasten the corks securely, sealing them down to prevent leakage.

Seasonable, May to July.

3,078. BOTTLED APRICOTS.

apricots. | syrup.

Cut the apricots in halves and take out the stones. Scald the halves of apricots, and then remove the skins ; put the fruit in cold water to soak for a short time. Crack the stones, take out the kernels, blanch them, remove the skins, and then place in a cool oven to dry. Put the halves of apricots and the kernels into wide-mouthed bottles, packing them in tightly, but without damaging the fruit ; fill with syrup. Cork the bottles lightly ; place them in a large stewpan, pack them round with straw, and fill the pan with cold water up to the necks of the bottles. Bring slowly to the boil, and let it boil for ten minutes. Fasten the corks tightly, sealing them down to prevent the air entering.

Seasonable, August to October.

3,079. PRESERVED SIBERIAN CRAB-APPLES.

2 lbs. Siberian crab-apples. | 2 lbs. loaf sugar. | 2 lemons. | 1 pint water.

Put the sugar and water into a stewpan, with the lemon, cut in slices. Bring to the boil, and skim well. Let it simmer until it becomes a thin syrup; draw the pan to one side, and leave until it is tepid. Wipe the crab-apples, and remove the stalks, then put them into the tepid syrup; bring to the boil, and let them cook gently for ten minutes. Leave them in a basin until the next day, then return to the pan and boil until the apples look clear. Put them into wide-mouthed bottles, with a slice of the lemon on the top of each. Cork them lightly, and proceed to sterilize as above.

Seasonable in September.

3,080. BOTTLED PEAS.

Obtain young, sound, and dry peas. Have ready a stewpan of boiling water; season with a little salt. Put the peas into this and boil quickly for five minutes; drain, put them under the tap, and wash in cold water; drain well, spread them out, and let them get dry. Fill up some bottles with the peas, packing them down well; add a little cold salted water; place the corks on loosely; stand the bottles in a deep stewpan: place straw between each, so as to prevent contact with each other; fill with cold water up to the necks of the bottles; boil quickly for half an hour. At the end of that time fasten the corks in tightly, and leave the bottles in the pan until the water is cold. Then see that they are quite air-tight before putting away in a dry place.

3,081. FRENCH BEANS.

Cut the tops from the beans, string them, cut them in strips, or they can be left whole. Put them into a stewpan of fast-boiling water, slightly salted; boil quickly for ten minutes. Wash them in cold water, drain, and let them get dry. Fill some wide-mouthed bottles with the beans, and proceed in the same way as for peas.

3,082. IMITATION PRESERVED GINGER.

carrots. | essence of ginger. | lemons. | sugar.

Wash the carrots thoroughly, cut them up into knotted shapes of different sizes and lengths, so as to represent green ginger. Put them into a saucepan of water and parboil them, taking care that they do not get very soft. Drain off the water, and then weigh the carrot. To each pound of carrots allow 1 lb. of sugar, $\frac{1}{2}$ pint of water, 1 tablespoonful of essence of ginger, and one lemon. Put the sugar, water, ginger, and lemon-juice into a saucepan, bring it to the boil, and let it cook until it becomes a syrup. Put the pieces of carrot into this, and let it simmer gently for ten minutes; draw it aside, and let it cool, then boil it up twice more in the same manner. Take it off the fire, let it cool, then turn into jars, and, when quite cold, fasten the jars down tightly, and put in a dry place to keep until required.

This preserve can also be made with vegetable marrows, and is prepared in a similar manner.

Seasonable in the autumn.

CHAPTER XXXIII

PICKLES, CHUTNEYS, SAUCES, ETC.

3,083. APRICOT-JAM CHUTNEY.

2 lbs. apricot jam.	$\frac{1}{2}$ oz. green ginger, or 1 oz.	$\frac{1}{2}$ oz. mustard-seed,
$\frac{1}{2}$ oz. dried chillies.	preserved ginger.	bruised.
1 oz. garlic.	1 lb. raisins.	1 quart vinegar.

MATERIALS are to be weighed after picking and cleaning. Stone the raisins and chop them, pound the ginger, garlic, and chillies separately into a paste, with a little vinegar. Mix well, and boil forty minutes, until the spoon sticks a little to it. When cold, put into bottles and use as wanted.

If not liked too hot, half the quantity of chillies and mustard can be used.
Average cost, 2s. Time required, $1\frac{1}{2}$ hours. Seasonable at all times.

3,084. TOMATO CHUTNEY.

2 lbs. ripe tomatoes.	$\frac{1}{2}$ lb. moist sugar.	2 ozs. salt.	$\frac{1}{2}$ oz. shallots.
$\frac{1}{4}$ lb. sour, green apples.	$\frac{1}{4}$ teaspoonful cayenne	$\frac{1}{4}$ teaspoonful ground	$\frac{1}{2}$ oz. pounded garlic.
$\frac{1}{2}$ lb. sultana raisins.	pepper.	ginger.	$\frac{1}{2}$ pint vinegar.

Stone the raisins, cut them up into small pieces; pound the garlic and shallots separately in a mortar. Boil the apples to a pulp in half the vinegar; boil the sugar in the other half, and skim it if necessary. Bake the tomatoes in rather a cool oven till the skins crack, then press them through a hair sieve; mix this with the other ingredients, and boil together for twenty to thirty minutes. Pour it into a china basin, and, when quite cold, put it in wide-mouthed bottles, and place in a warm place for a month to mellow.

Average cost, 1s. 9d. Time required, $1\frac{1}{2}$ hours. Seasonable at all times.

3,085. APPLE CHUTNEY.

$\frac{1}{2}$ lb. moist sugar.	2 ozs. mustard.	2 ozs. ground ginger.	1 quart vinegar.
1 oz. salt.	4 ozs. raisins.	4 tamarinds (these may be omitted).	12 sour apples.
2 ozs. garlic.	a little cayenne.	2 ozs. mustard-seeds.	2 ozs. onions.

Stone the raisins and chop finely; wash and dry the mustard-seeds; peel and chop the apples, and boil them in the vinegar until they are quite soft. Mix all the ingredients in a basin, and then add the vinegar and the apples. Stir all together, and bottle.

Average cost, 1s. 8d. Time required, 40 minutes.

3,086. GOOSEBERRY CHUTNEY.

1 lb. green goose-berries.	1 lb. rhubarb.	2 lbs. brown sugar.	2 ozs. ground ginger.
	1 lb. sultanas.	a little cayenne.	1 quart vinegar.

Chop the sultanas finely; chop the gooseberries and rhubarb; cook them until quite soft in the vinegar. Put the chopped sultanas, sugar, cayenne, and ginger into a basin; mix all together, then add the rhubarb, gooseberries, and vinegar. Stir all together, and bottle.

Average cost, 1s. 8d. Time required, 45 minutes. Seasonable, May and June.

3,087. LADY'S DELIGHT PICKLE.

2 lbs. apples. | 2 lbs. Spanish onions. | vinegar. | salt.

Peel the apples, cut them in quarters, and take out the cores ; chop them finely. Peel the onions, and chop. These two ingredients should be weighed after chopping, and equal quantities taken. Mix these two ingredients together, adding a little salt ; put into a stone jar, pour over boiling vinegar, and when cold it is ready for use. Tie it down with a bladder or brown paper. The pickle is better for being kept a short time.

Average cost, 10d. Time required, 45 minutes. Seasonable, October to March.

3,088. PICKLED DAMSONS.

4 lbs. damsons. | 2 lbs. sugar. | 1½ pints vinegar. | ½ oz. cloves. | ½ oz. cinnamon.

Wipe the damsons dry, and prick them all over with a needle. Put the damsons into jars ; boil the vinegar with the sugar, and pour it boiling over the damsons. Let them stand for twenty-four hours, then heat up the vinegar again and let it stand twenty-four hours more. After that boil the damsons, vinegar, and spice together, but do not break the skins. Fill up the jars, tie down, and they are fit for use in six weeks.

Average cost, 1s. 6d. Time required, 2 days. Seasonable, September and October.

3,089. PICKLED ONIONS.

pickling onions. | vinegar. | allspice. | whole black pepper.

Take off the skin of the onions—the first skin with the fingers and the second with a fruit knife (steel spoils the colour of the onions). As they are peeled, put them into the bottles they are to be kept in. To every quart of vinegar put two tea-spoonfuls of allspice and two of black pepper. Pour over the onions sufficient cold vinegar, mixed with the proper proportion of spice, to cover the onions, dividing the spice equally between the bottles. Tie down securely, and put into a dry place. In a fortnight they will be fit to use. They should not be kept longer than six or eight months, as the onions are liable to become soft after that time.

Seasonable, July and August.

3,090. PICKLED GHERKINS.

gherkins. | vinegar. | salt. | mace. | black peppercorns. | ginger. | bay-leaf.

Put the gherkins into a cloth ; add to them about two tablespoonfuls of rough salt ; shake them about, so as to remove the outer skin, then remove them from the salt and put them into a basin. Take sufficient vinegar to cover the gherkins, and to every quart of vinegar add ¼ oz. of black peppercorns, 1½ ozs. of bruised ginger, two blades of mace, one or two bay-leaves. Put these spices, with the vinegar, into a pan, and bring to the boil, and then pour it over the gherkins. The vinegar must be boiled up twice again, and poured again on the gherkins. When quite cold, put them into jars, cover down, and keep in a cool place.

N.B.—If the vinegar is boiled in a copper saucepan, it will make the gherkins a beautiful colour, but poisonous.

Average cost, 1s. per pint. Time required, 2 hours. Seasonable in September.

3,091. PICKLED ESCHALOTS.

1 quart eschalots. | 1 quart vinegar. | ½ oz. salt. | 1 oz. whole white pepper.

The shallots should be fresh gathered. Peel them, and as they are peeled put them into jars. Put the vinegar into a tin-lined saucepan, add the salt and pepper, and boil for five minutes. Pour this over the shallots. The vinegar should be boiled up again twice. When the shallots are quite cold, tie them down, and put them away for use.

Average cost, 1s. 6d. Time required, 1 hour. Seasonable, July to September.

3,092. RED-CABBAGE PICKLE.

1 red cabbage. | salt. | vinegar. | 1 oz. black pepper.

Cut the cabbage in quarters, take out the centre stalk and remove the outer leaves ; slice the rest of the cabbage into very fine strips, put into an earthenware pan or basin, and sprinkle plenty of salt over, and let it stand for twelve hours ; then press all moisture from it ; put into stone jars. Put the vinegar on to boil, with the peppercorns. Pour this over the cabbage as soon as it is cold. Cover down, and it is ready for use.

Average cost, 1s. Time required, 12 hours to stand in salt ; 1½ hours to boil vinegar and get cold. Seasonable in October. The cabbage will be better and crisper if the frost has touched it.

3,093. BEETROOT PICKLE.

1 beetroot. | vinegar. | salt. | 1 oz. peppercorns.

Boil the beetroot, taking care not to break the skin—it will take from one and a half to two and a half hours to boil, according to size. Let the beetroot get quite cold, then peel and cut it in slices ; put these into jars. Take enough vinegar to cover ; boil it up with the peppercorns and a teaspoonful of salt. Let it get quite cold, then pour it over the beetroot. It will soon be ready for use.

Average cost, 8d. Time required after the beetroot is boiled, about 1½ hours to boil vinegar and to allow it to get cold. Seasonable at all times.

3,094. WALNUT PICKLE.

100 walnuts.	2 quarts water.	2 quarts vinegar.	2 blades mace.	2 ozs. ginger.
12 ozs. salt.	2 ozs. peppercorns.	1 oz. mustard-seed.	4 small onions.	6 cloves.

The walnuts should be used at the end of June or July for this pickle, when a needle can pass easily through them. As soon as the shell can be felt the time for pickling has passed. Make a brine with 2 quarts of water and 12 ozs. of salt. Pour the brine over the walnuts, and let them remain in it for six days. Then drain, and place them on dishes until they turn black ; this will take about twelve hours. Put the vinegar into a tin-lined stewpan, add to it the spice, the ginger bruised, the onions stuck with the cloves, and the mustard-seed. Boil all these together for about five minutes. Put the walnuts into jars, and pour the vinegar and spice over them hot. When cold, cover the jars securely, and store for four or five months in a dry place.

Average cost of walnuts, 1s. 6d. to 2s. per 100. Time required, 7 days. Seasonable, end of June to middle of July.

3,095. MIXED PICKLES.

cauliflower.	gherkins.	salt.	mace.
cucumber.	French beans.	vinegar.	peppercorns.
button onions.	chillies.	cloves.	1 oz. mustard-seed.

Obtain equal quantities of the above vegetables. Cut up the cauliflower into sprigs, the cucumber into good-sized pieces, and leave the beans and gherkins whole ; peel the onions. Put all these vegetables, with the chillies, into a basin or earthenware pan. Have ready some boiling water strongly seasoned with salt ; pour this over the vegetables, and allow them to stand in it until nearly cold, then drain the vegetables free from water, spread them out on sieves to dry for a couple of hours. Fill some jars with the vegetables. Boil the vinegar, with the spices and mustard-seed ; let it cool, then pour it over the vegetables. When cold, tie the jars down, and put away in a dry place.

Average cost, 1s. 9d. per quart. Time required, about 4 hours. Seasonable, August and September.

3,096. PICKLED EGGS.

12 eggs. | vinegar. | 12 peppercorns. | 1 bay-leaf. | $\frac{1}{4}$ oz. cloves. | 1 blade mace. | salt.

Boil the eggs hard ; let them get perfectly cold, then take off the shells ; put the eggs into a jar. Boil the vinegar, sufficient to cover them, with the spice, peppercorns, bay-leaf, and a little salt. Pour over the eggs, and, when cold, tie down the jar and keep for some weeks before using. To serve, cut the eggs in thin slices. This pickle makes an excellent *hors d'œuvre*, and is also a splendid relish to eat with cold meat, etc.

Average cost, 1s. 9d. Time required, 1 hour to make. - Seasonable at all times. Best made in the summer, when eggs are plentiful.

3,097. MELON PICKLE.

1 or 2 melons. | vinegar. | cloves. | 1 pint water. | 8 ozs. sugar.

The melons should be used for this purpose three or four days before they are ripe. Peel off the outer rind, cut them in slices, and remove the seeds ; put them into a basin and cover with cold vinegar ; cover, and let them remain for nine or ten days. After that time, put them into a stewpan, cover with fresh cold vinegar, put on the fire, and simmer gently until tender. Drain, and put the slices on to a sieve. When they are cold, put two cloves into each slice ; put the slices into jars, and cover with cold syrup made with 8 ozs. of sugar and 1 pint of water boiled quickly together for about fifteen minutes. In about seven or eight days pour away the syrup. Boil for a few minutes sufficient vinegar to cover the melon, then pour over the slices when the vinegar is quite cold. Cover down, and keep for a month before using. This pickle is served generally with venison, roast mutton, and hare, in place of red-currant jelly.

3,098. TARRAGON VINEGAR.

tarragon. | vinegar.

Pick the tarragon on a dry day ; strip the leaves from the stalks, and fill some bottles up to the neck with the leaves, slightly bruised. Cover with vinegar ; tie down the mouths of the bottles securely, and let them remain for two months. After that time strain the vinegar through muslin until it is clear. Bottle it, and cork down well. Store the vinegar in a dry place.

Time required, about 2 months. Seasonable, late in July or early in August. Should be gathered just before it flowers.

3,099. CHILLI VINEGAR.

$\frac{1}{4}$ oz. chillies. | 1 quart vinegar.

To make the chilli vinegar for the tomato sauce, put the chillies into a saucepan, with the vinegar, and boil for a few minutes. If not sufficiently strong, add a little cayenne. Strain and use.

This vinegar can be made also for other purposes by putting the chillies into a large jar, pouring on the vinegar, and letting it stand for a fortnight. Strain into bottles, cork down tightly, and use as wanted.

Average cost, uncertain.

3,100. PICKLED NASTURTIUM-SEEDS.

1 quart green nasturtium-seeds. | 1 quart vinegar. | $\frac{1}{4}$ oz. mace.
1 oz. salt. | 1 shallot. | a few cloves.

Put the seeds into a basin, cover them with strong salt and water. Keep them in this for one week, changing the brine-water each day. At the end of that time strain off the salt water, and wash the seeds thoroughly in several changes of fresh water ; then drain them and dry them in a cloth ; put the seeds into pickle-jars.

Put the vinegar, salt, mace, cloves, and the chopped shallot into a saucepan ; bring this to the boil, and let it simmer for fifteen minutes ; skim it, and let it cool a little. Pour this liquid over the nasturtium-seed, let it get quite cold, and then tie down with thick paper. The pickle will be ready for use in a few days.

Seasonable in the early summer.

3,101. TOMATO SAUCE.

1 lb. tomatoes.	1 quart chilli	1 oz. shallots.	3 lemons.
1 oz. garlic.	vinegar.	$\frac{1}{2}$ oz. salt.	$\frac{1}{2}$ lb. apples.

Take the tomatoes when quite ripe, bake them in the oven until tender, then rub through a sieve. Cut the shallots and garlic ; put these into a stewpan, with the sieved tomato, the vinegar, salt, and the apples previously baked and rubbed through a sieve. Boil all together until tender ; rub through a hair sieve, then add the juice of the lemons ; boil again until it is the thickness of cream. Let it stand until cold, then bottle it. Some people like the addition of sugar ; this should be added and boiled with the other ingredients.

Average cost, 1s. 9d. Time required, 1 hour. Seasonable all the year.

3,102. PICKLED CAULIFLOWERS.

1 cauliflower.	vinegar.	mace.	peppercorns.
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Break the cauliflower into small sprigs, put them into a pan of strong salt and water, and leave them to soak all night ; then boil for five to ten minutes in salted water ; drain them, and put aside to cool. Put them into pickle-jars, and then boil some vinegar in a saucepan, with a few peppercorns and a piece of mace. Pour this over the cauliflower, and, when cold, cover with thick paper. The pickle will be ready in a few days.

3,103. LEMON PICKLE.

6 lemons.	10 shallots.	$\frac{1}{4}$ oz. cloves.	$\frac{1}{4}$ oz. nutmeg.	2 ozs. flour of mustard.
1 lb. salt.	2 ozs. horseradish.	$\frac{1}{4}$ oz. mace.	cayenne.	2 quarts vinegar.

Wipe the lemons, and cut each into eight pieces ; put these into a stone jar ; put on them the salt, the shallots, and horseradish thinly sliced, the spices, mustard, and a little cayenne. Pour the vinegar over, and place the jar in a pan of boiling water, and let it boil for fifteen minutes ; keep the jar in a warm place, and stir it daily for six weeks, keeping it closely covered. At the end of that time pour off the clear liquor and put it into small bottles. The remainder of the lemon can also be used as a pickle.

3,104. LEMON EXTRACT.

4 lemons.	1 pint brandy or whisky.
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Peel the lemons very thinly, taking care that not a particle of the white pith is removed. Put the peel into a bottle, pour the spirit on to it, and cork it up tightly. Shake the bottle every day for the first two weeks, then occasionally for four weeks longer. This extract is good for flavouring sauces, puddings, cakes, etc., and will keep a very long time.

3,105. PICKLE FOR BEEF, TONGUE, ETC.

2 lbs. common salt.	$\frac{1}{4}$ lb. salt prunella.	2 lbs. coarse brown sugar (foot sugar).
2 lbs. bay-salt.	$\frac{1}{2}$ lb. saltpetre.	2 gallons hard water.

Dissolve all the above ingredients in the water. The tongues or beet should be rubbed with salt each day for two or three days before being put into the pickle ; they will be fit for use in three or four weeks. The brisket of beef is often pickled in this way, boiled till the bones can be removed easily, and then pressed under weights until quite cold.



Oeufs aux Olives

may be added, if liked. Rub the mixture, after being well pounded, through a wire sieve ; press it into small pots or jars, cover them with clarified butter or lard, and put in a cool place until required for use.

Average cost, uncertain. Time required, 20 minutes. Seasonable at all times.

3,112. POTTED HAM.

1 lb. cooked ham.	a little made mustard.	clarified butter (No. 199)
2 ozs. butter or fat from the ham.	pinch of cayenne.	or lard.

Cut 1 lb. of the remains of cold, cooked ham into small pieces ; put it into a mortar, with 4 ozs. of the fat, or, if only lean is used, 2 ozs. of butter ; pound thoroughly together ; season to taste with a little made mustard and a tiny pinch of cayenne ; rub the mixture through a wire sieve. Press the meat into small jars or pots ; cover with clarified butter or lard.

Average cost, uncertain. Time required, 20 minutes.

3,113. POTTED PHEASANT.

1 pheasant.	2 shallots.	1 quart	sprig of thyme.	salt.
1 glass sherry.	$\frac{1}{2}$ bay-leaf.	stock.	$\frac{1}{4}$ ozs. butter.	cayenne.

Roast the pheasant, cut away all the meat from the bones ; put the latter into a stewpan, with the shallots, sherry, bay-leaf, thyme, and stock ; boil this until it becomes a glaze, then strain. Chop the pheasant-meat, first removing all skin and sinew ; then put it into a mortar and pound until it becomes a smooth paste ; add the glaze and the butter ; pound all together ; season to taste with salt and cayenne. Press this mixture into small pots, cover with clarified butter, and use as required.

Average cost, 3s. 6d. Time required, $1\frac{1}{2}$ hours. Seasonable, October to February.

3,114. POTTED HARE.

half a hare.	1 bay-leaf.	12 peppercorns.	$\frac{1}{4}$ pint sherry.
1 lb. streaky	6 cloves.	salt.	pinch of cayenne.
bacon.	1 blade mace.	sprig of thyme.	$\frac{1}{4}$ pint stock.

Cut the hare into joints ; slice the bacon into dice ; fry the latter in a stewpan, then add the joints of hare, and fry them with the bacon ; add the spice, the bay-leaf, thyme, sherry, stock, and salt ; cover with the lid, and put the pan in the oven to simmer gently for about one hour. Then take up the hare ; take all the meat off the bones, cut up the flesh in small pieces, put it into a mortar, and pound. Add the bacon and the grease from the liquor ; pound this all well together to a smooth paste, then rub it through a wire sieve. Put this purée into a basin and mix to it the liquor from the hare ; season to taste. Fill some jam-jars with this mixture, cover them with a paste of flour and water ; put these in a deep baking-tin, with a little water at the bottom. Put into the oven for about one hour, then take them up, remove the paste, press the meat down, and cover with clarified butter or lard, so as to completely cover the meat. As soon as cold, cover down with white paper ; put the jars in a cool place, and use as required. This potted meat will keep good for months. Any kind of game or meats can be prepared in the same way.

Average cost, 3s. 6d. to 4s. Time required, 2 to $2\frac{1}{2}$ hours. Seasonable, September to February.

CHAPTER XXXIV

CUPS, ICED DRINKS, LIQUEURS, ETC.

3,115. CLARET CUP.

1 bottle claret.	peel of $\frac{1}{2}$ a lemon.	3 tablespoonfuls sifted sugar.
1 liqueur glass of curaçoa.	2 bottles lemonade.	2 lbs. ice.
$\frac{1}{2}$ wineglassful liqueur brandy.	2 bottles soda-water.	2 or 3 slices cucumber.

Mix all these ingredients together, except the sugar ; remove the cucumber after it has been with the other ingredients ten minutes. Just before serving, stir the sugar in gently. This will be found to give a smoothness which cannot be obtained in any other way.

Average cost, 3s., without the brandy. Time required, 20 minutes.

3,116. HOCK CUP.

1 bottle hock.	1 tablespoonful castor	4 lbs. ice.
1 bottle soda-water.	sugar.	3 large slices pineapple.

Mix all these ingredients together, adding the sugar last.

Average cost, 2s. 6d. Time required, 20 minutes.

3,117. SILVER FIZZ.

1 white of egg.	1 tablespoonful sifted sugar.	1 wineglass " Old Tom "
$\frac{1}{2}$ lb. pounded ice.	1 bottle soda-water.	(gin).

Mix all these ingredients together, adding the soda last, so as to make the whole into a froth.

Average cost, 7d. Time required, 5 minutes.

3,118. CHAMPAGNE CUP.

1 bottle champagne.	2 tablespoonfuls sugar.	1 small glass liqueur
2 bottles soda-water.	1 small glass curaçoa.	brandy.
2 glasses brown sherry.	3 lbs. ice.	cucumber-peel.

All mixed together, the sugar to be stirred in last, and the cucumber removed after ten minutes.

Average cost, about 8s. Time required, 10 minutes.

3,119. ICED TEA AND LEMON.

tea.	lemon.	sugar.	ice.
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Make some tea, and let it stand a few minutes ; pour it off the leaves ; stand it in a refrigerator for six hours. Serve in large china bowls, in which float slices of lemon and lumps of ice. In serving, give a slice of lemon and a lump of ice to each person.

3,120. GINGER BEER.

4 lbs. lump sugar.	2 ozs. cream of tartar.	2 tablespoonfuls fresh brewers' yeast.
$\frac{1}{4}$ lb. ginger.	2 lemons.	4 gallons boiling water.

Peel the lemons thinly, and put the peel into a large earthenware pan ; add the strained juice, the ginger bruised in a mortar, the sugar, and the cream of tartar ; pour the water boiling on to these ingredients. When cool enough (lukewarm),

add the yeast, and leave until the next day. Strain it after skimming off the yeast; bottle it, and tie the corks down. The beer will be ready for use in two days.

Average cost, 2s. Sufficient for 6 dozen bottles. Time required, 4 days.

3,121. WELSH NECTAR.

2 lbs. loaf sugar. | 2 gallons water. | 1 lb. raisins. | 3 lemons.

Boil the water, turn it into a large utensil, and let it stand till nearly cold; then add to it the loaf sugar, raisins, the rind and juice of the lemons; let all stand for four days, stirring it frequently, then strain through a cloth or sieve, and put into bottles. In a fortnight it will be ready for use.

Average cost, 10d. Time required, 4 days to make, a fortnight to mature.

3,122. CURAÇOA.

2 quarts best white brandy. | 4 ozs. Seville orange-peel. | 2 lbs. brown sugar candy.

Put these ingredients into a preserving-pan; the orange-peel should be cut very thin. Bring to the boil and skim. Put all into a jar, and tie it down; put the jar in a very warm place for two months, then strain into bottles carefully, so as not to disturb the contents of the jar more than necessary, as there must be a sediment, which makes the bottom of the liqueur rather less bright.

Average cost, 2s., exclusive of brandy. Sufficient for 3 quarts.

3,123. CURRANT WHISKY.

2 quarts whisky. | 2½ quarts black currants. | 3 lbs. loaf sugar.

Pick the currants, which should measure 2½ quarts after being prepared. Pour half the whisky on the currants, and let them stand for forty-eight hours; then the currants and whisky must be well mixed and mashed with the hands. Put the sugar and the remainder of the whisky into another vessel; strain the currant-juice on the sugar and whisky; mix well, and strain through a cloth or hair sieve.

Average cost, 2s., exclusive of whisky. Seasonable, June and July. Sufficient for 3 or 4 quarts.

3,124. CHERRY BRANDY.

morello cherries. | best French brandy. | 3 ozs. sugar to each lb. of fruit.

Wipe the cherries, which should be picked in dry weather. Fill a little more than half full some wide-necked bottles with the cherries; put in the sugar in the proper proportion, and then pour over the brandy, filling the bottles. Cork the bottles and seal the tops. In two months the brandy will be ready for use.

Average cost of cherries, 10d. per lb. Seasonable in July and August.

3,125. CLARET FIZZ.

1 wineglassful claret. | ice. | 1 bottle lemonade.

Put the claret into a large glass, with a few small pieces of ice; let it stand for a few minutes, then pour in the lemonade, and use immediately.

Average cost, 4d. to 6d.

3,126. MULLED CLARET.

½ pint claret. | nutmeg. | cinnamon. | a little ground
1 gill water. | 3 cloves. | 1 oz. sugar. | ginger.

Put the water into a saucepan, with the sugar, cloves, ginger, a small piece of cinnamon, and a grate of nutmeg. Place on the fire, bring to the boil, and let it simmer gently for a short time. Strain into another saucepan through a piece of fine muslin; add claret, heat thoroughly, without boiling, and serve hot.

3,127. SUMMER LEMONADE.

1 lb. loaf sugar. | 1 quart water. | 1 oz. tartaric acid. | 30 drops lemon essence.

Put the sugar and water into a saucepan ; bring to the boil, and let it cook for five minutes. Pour into a basin, and let it cool, then add the tartaric acid and lemon essence. Use half a wineglass at a time in a tumbler of cold water or claret and water.

Average cost, 4d.

3,128. DAMSON LIQUEUR.

1 lb. damsons. | 1 lb. loaf sugar. | 1 quart unsweetened gin.

Prick the damsons with a needle, put them into a large bottle or jar ; add the sugar ; pour the gin over them. Cork tightly, and it will be ready for use in three months ; during that time the bottle should be shaken occasionally. At the end of the three months strain off the liqueur and bottle it for use.

Average cost, 5s. 6d.

3,129. SLOE GIN.

$\frac{1}{2}$ lb. sloes. | 3 ozs. castor sugar. | 1 bottle unsweetened gin. | $\frac{1}{8}$ oz. bitter almonds.

Prick the sloes all over with a needle, put them into wide-necked bottles or a jar ; add the rest of the ingredients. It must stand for four or five weeks and be shaken up every day ; after that time strain off and bottle. It improves with keeping.

Average cost, 3s. 3d.

3,130. KERNEL BRANDY.

kernels of plum-stones. | brandy.

When making plum jam, take out the stones, crack them, and remove the kernels ; put these into bottles, and cover with brandy—the cheapest brandy will do for this purpose. Cover the bottles, and put aside for two months ; it will then be fit for use. This is excellent for flavouring puddings, sauces, etc.

3,131. MINT JULEP.

6 tender sprigs mint. | 1 wineglassful brandy. | pounded ice.
1 tablespoonful castor sugar. | 1 wineglassful peach brandy. | slice of pineapple.

Put the mint into a tumbler ; add the sugar, and pour over the brandy and the peach brandy. Then fill the tumbler with pounded ice. Place on the top a thin slice of pineapple, and serve.

3,132. SHERRY COBBLER.

2 wineglassfuls | $\frac{1}{2}$ orange. | $\frac{1}{2}$ wineglassful Jamaica rum.
sherry. | $\frac{1}{2}$ wineglassful maraschino. | crushed ice.

Put the sherry into a pint tumbler ; add the maraschino and rum, and mix all well together. Cut the orange into thin slices ; put this on the top, fill up with crushed ice, as much as is required, and drink through straws.

3,133. WHISKY SLING.

1 wineglassful whisky. | milk. | ice.

Put the whisky into a half-pint tumbler, fill up with milk ; add to this a piece of ice, and serve.

3,134. SCOTCH WHISKY SMASH.

1 wineglassful Scotch whisky. | ice. | 1 tablespoonful syrup. | slice of lemon.

Put the whisky into a glass ; add the syrup and a thin slice of lemon ; fill up with ice, and serve.

3,135. GIN SLING.

1 wineglassful gin.	mint.	1 teaspoonful sugar.	1 bottle lemonade or soda-
lemon-peel.	ice.	1 liqueur-glassful of maraschino.	water.

Put the gin, sugar, maraschino, a little grated lemon-rind, a few leaves of mint, and some crushed ice, in a jug ; mix all well together, and lastly add the bottle of lemonade or soda-water.

Average cost, 10d.

3,136. GIN SMASH.

1 wineglassful gin.	ice.	1 dessertspoonful water.	1 orange.	1 dessertspoonful sugar.
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Mix the sugar and water together ; add the gin ; fill up the glass with crushed ice ; stir it all together, and place a thin slice of lemon on the top. Serve with straws.

Average cost, 6d.

3,137. GINGERADE.

1 quart water.	1½ lbs. loaf sugar.	bicarbonate of
2 ozs. ground ginger.	½ oz. citric acid.	soda.

Put the water and ginger into a saucepan ; let it simmer for half an hour ; strain through a cloth into another saucepan ; add the sugar, and boil until it becomes a syrup, keeping it well skimmed. Put into a basin to cool, then add the citric acid. Use two tablespoonfuls in a tumbler of water with a saltspoonful of soda dissolved in it.

Average cost, 6d.

3,138. RASPBERRY VINEGAR.

3 lbs. raspberries.	1 quart white wine.	vinegar.	sugar.
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Take the stalks off the fruit ; put 1 lb. of the raspberries into a china bowl, and pour over them the vinegar. Let this stand until the next day, then strain the liquor and pour it on to 1 lb. of fresh raspberries. Leave until the next day, then proceed in the same way. Strain the liquor on to the third pound of raspberries. The next day strain, and then pass the liquor through a cloth, previously wetted with vinegar, to prevent waste. Measure the juice, and to every pint take 1 lb. of loaf sugar. Put these together into a preserving-pan ; stir it over the fire until the sugar is melted ; simmer gently for twenty minutes. It must do slowly, or it will become a jelly. Let the vinegar get cold, then bottle it. This is a most useful preparation, and should be always kept in a house. Not only is it a most refreshing beverage, but is of singular efficacy in complaints of the chest. Mix a spoonful or two in a glass of water. No glazed or metal utensil should be used for it.

Average cost, 2s. Time required, 3 days to stand ; 20 minutes to simmer. Seasonable, June and July.

3,139. EFFERVESCENT APRICOT DRINK.

fresh apricots.	½ lb. sugar.	1 oz. tartaric acid.
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Cut some apricots in halves, remove the stones ; put the fruit in a mortar, and pound thoroughly. Put the pulp into a cloth and squeeze it until all the juice has been extracted. Put 1 pint of this into a stewpan, with the sugar and tartaric acid. Boil this until it becomes a thick syrup ; pour into bottles, taking care that they are not more than half full, and leave till cold ; then cork tightly, and put away till required. To use, put a small pinch of carbonate of soda in a tumbler, add ½ gill of the syrup, and fill with cold water.

Seasonable, August to October.

3,140. LEMON SQUASH.

1 lemon.	ice.	1 dessertspoonful sugar.	soda-water.
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Put the sugar into a tumbler ; squeeze the juice of the lemon and add also. Break up some ice into small pieces ; put some of these into the lemon and sugar.

and then fill with soda-water ; mix thoroughly, strain into another tumbler, and serve immediately.

Average cost, 3d. Time required, a few minutes. Seasonable always. Sufficient for 1 person.

3,141. PINEAPPLE RUM PUNCH.

2 slices pineapple.		1 pint raspberry syrup		$\frac{1}{2}$ glass curaçoa.		1 tumbler ice.
$\frac{1}{2}$ pint rum.		(No. 3,144).		1 gill plain syrup.		2 bottles lemonade.

Cut two thin slices of pineapple ; put these at the bottom of a bowl, pour over the rum and the curaçoa, mix, and then add the two syrups. Put in the ice, which should be broken up, pour in the lemonade, and serve.

3,142. CHERRY BRANDY FIZZ.

1 wineglassful brandy.		1 teaspoonful peach		1 bottle soda-water.
ice.		brandy.		1 dessertspoonful syrup.

Put the syrup in a glass ; add the brandy and the peach brandy, put in a few lumps of ice, add a small bottle of soda-water, and the drink should be taken at once.

3,143. CHERRY BOUNCE.

1 lb. morello cherries.		1 lb. black-heart cherries.		1 pint whisky.		3 ozs. sugar.
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Stone the morello cherries ; put them into a jar, with the blackhearts, crack the stones of the morellos, and take out the kernels, add these to the cherries, with the sugar, pour the whisky over. Cover the jar tightly, and let stand for at least six months ; it will then be ready to strain and bottle. The longer it is kept in the jar before bottling the better.

3,144. RASPBERRY SYRUP, No. 1.

2 lbs. raspberries.		2 lbs. sugar.
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Pick the raspberries, mash them in a basin, and let it stand for twenty-four hours, then strain the juice through muslin. Put the juice into a pan, add the sugar, and melt it over the fire gradually, bring to the boil, then withdraw from the fire. When cold, put into bottles, and tie down securely.

Average cost, 1s. Seasonable, July and August.

3,145. RASPBERRY SYRUP, No. 2.

Fill a jar with raspberries ; cover them with vinegar, and let stand for three days, then pass the vinegar and as much of the fruit as possible through a hair sieve. Pour this liquor back into the jar, and fill up again with fresh raspberries ; let it stand for another three days, then strain, and to every pint of liquor add $1\frac{1}{4}$ lbs. of loaf sugar. Boil in a preserving-pan for twenty minutes after it comes to the boil. Care must be taken not to boil too quickly, or it will become a jelly. This is excellent to eat with light puddings.

3,146. RASPBERRY-ACID DRINK.

6 lbs. raspberries.		1 oz. tartaric acid.		1 quart water.		sugar.
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Put the raspberries into a jar with the tartaric acid, which has been dissolved in the water ; let it stand for twenty-four hours, then strain the juice, taking care not to bruise the fruit. Measure the juice and put it into a jar. To every pint of juice add $1\frac{1}{2}$ lbs. of powdered sugar ; stir it frequently, and when quite dissolved, put it into bottles. The bottles must be only half filled, and resined over ; the bottles are apt to fly if filled too full. Two tablespoonfuls put into a tumbler of water, with a pinch of carbonate of soda, makes a cooling and refreshing drink.

3,147. BLACKBERRY CORDIAL.

1 quart brandy. | blackberries. | loaf sugar. | water. | port wine.

Put the brandy into a jar; the brandy should only fill it one-third of its height, then fill it up with blackberries that have been stalked and picked over. Cover it, tie down tightly, and put it away for three months, then pour off the liquor through a hair sieve; press the fruit well, so as to extract all the liquor. Measure it, and add $\frac{1}{2}$ lb. of crushed loaf sugar to every quart, 1 pint of port-wine, and 1 pint of water. Strain all together through a cloth, then bottle it, cork it down well, and put aside for six or eight weeks before using.

3,148. BLACKBERRY SYRUP.

ripe blackberries. | sugar. | water.

Mash the fruit so as to extract the juice, then measure it, and to each quart of juice add a syrup. For this take 5 lbs. of sugar to $1\frac{1}{2}$ pints of water, boil, skim, and simmer for ten minutes, add the juice, boil up, then pass through a fine strainer or sieve. Bottle, cork tightly, and keep for use.

3,149. STRAWBERRY SYRUP.

2 lbs. strawberries. | 2 lbs. sugar.

Proceed in the same way as for raspberry syrup. Currant syrup can be made in the same way.

3,150. PINEAPPLE SYRUP.

rind of 1 large pineapple. | 1 quart water. | loaf sugar.

Peel the pineapple thickly; put it into a stone jar, boil the water, and pour it boiling over the pineapple, put aside, and let it stand for two days; then strain the liquor, put it into a saucepan, add sufficient sugar to sweeten, just bring to the boil. When cold, pour it into bottles, and cork well. The drink will be ready for use in about a week.

3,151. ORANGE SYRUP.

6 oranges. | $\frac{3}{4}$ oz. citric acid. | 3 lbs. sugar. | $2\frac{1}{2}$ pints water.

Peel three oranges very thinly, taking care not to remove any of the white pith; put this rind into a stewpan with the water, place on the fire, and simmer for fifteen minutes, then add the strained juice of the six oranges, and simmer for fifteen minutes longer. Strain through a cloth, return it to the pan, add the sugar and citric acid, and boil gently again for five minutes. Let it get cold, and then bottle it. This syrup is very good, and will keep good a long time. Can be used with water or aerated water.

Average cost, 1s. Time required, 45 minutes. Seasonable, December to February.

3,152. LEMON SYRUP.

1 large lemon. | $\frac{1}{2}$ oz. citric acid. | 2 lbs. loaf sugar. | $1\frac{1}{2}$ pints water.

Peel the rind very thinly, taking care not to remove any of the white part, or the syrup will be bitter. Put the rind into a stewpan with the water, and simmer for ten minutes; then add the strained juice of the lemon, and simmer for another ten minutes; strain through a cloth, return to the stewpan, add the sugar and citric acid, and simmer for a few minutes. Let it get cold, then bottle it.

Average cost, 6d. Time required, 45 minutes. Seasonable at all times.

3,153. TO MAKE TEA.

The quantity of tea to be used depends a great deal on the quality of the tea and the strength desired. A teaspoonful for each person and one for the pot is a very good rule, using less or more according to the kind of tea. One or two rules

must be remembered in order to make good tea. The water should be boiling, and the tea made directly the water boils. If the water is allowed to boil for any length of time, the water becomes hard, and some of the gases which it contains pass off in steam, and in consequence the tea will not be as good and wholesome as it would otherwise be. Warm the teapot by rinsing it out with boiling water ; put in the tea, and pour over the boiling water ; let it infuse for three minutes, then use. Tea should always be freshly made. It is a bad plan to place the teapot on the hob to keep hot, as that extracts the tannin, which is injurious, and the longer it stands the more tannin is given out. Tea is an astringent, and has the property of hardening the food eaten with it, and thus interfering with digestion. For this reason it should not be taken with meat or other too solid food, or too soon after a heavy meal.

3,154. COFFEE.

Coffee is best when freshly roasted, and should be ground as wanted. Every house should be furnished with a small coffee-mill if coffee is much used. The coffee-beans after roasting should be kept in air-tight canisters : this also applies to ground coffee. The aroma of coffee is spoilt if exposed to the air. Coffee is often adulterated with chicory, some people thinking that the chicory improves and brings out the flavour of the coffee ; but although chicory is harmless in itself, it has not the stimulating and restorative properties that coffee has. If chicory is used, it should be bought separately and mixed at home. The proper proportions of the two ingredients are $\frac{1}{4}$ lb. of chicory to 1 lb. of coffee. There are many patent contrivances and pots for the making of coffee, but an earthenware jug is as good as anything for the purpose. To make the coffee, use 1 tablespoonful to each $\frac{1}{2}$ pint of water. Have the jug hot and dry ; put in the coffee, and pour over the boiling water ; cover it over, and let it stand on the side of the stove for about ten minutes, then pour some into a cup, pour it back again, let it stand a few minutes longer, in order that it may settle. It may then be gently strained into another jug or coffee-pot, and served. Hot milk should always be served with coffee, as it greatly improves the flavour. Café noir, served after dinner, should be very strong, and served without cream or milk.

3,155. COCOA.

Cocoa can be procured in different forms : the cocoa-nibs are the purest form, and on that account preferred by many. To prepare the nibs they must be bruised and then boiled for three or four hours, and the fat as it floats skimmed off the top. Cocoa is often mixed with starch. This kind must be boiled either with water or milk, in order that the starch may be thoroughly cooked, which only takes place by boiling. If cocoa unmixed with starch is used, put two teaspoonfuls into a breakfast-cup, mix it to a paste with a little milk or water, then fill up the cup with boiling milk and water, mixed in equal proportions, stir while mixing. Sweeten to taste, and serve.

3,156. CHOCOLATE.

Grate 2 ozs. of chocolate ; put it into a saucepan with $\frac{1}{4}$ pint of water, boil it for about five minutes, until quite smooth, then add $\frac{3}{4}$ pints of milk, boil for half a minute longer, stir well, and serve at once.

APPENDIX

GATEAU VIOLETTE.

6 eggs.	$\frac{1}{4}$ teaspoonful baking-powder.	2 ozs. crystallized violets.	angelica.
6 ozs. flour.	6 ozs. sugar.	water icing (No. 2,176).	vanilla.

Separate the yolks and whites of the eggs ; beat the yolks and sugar together until creamy. Crush half the violets small. Sieve the flour and baking-powder together, whisk the whites of the eggs to a stiff froth, and stir these lightly and quickly into the yolks and sugar. Add the crushed violets, turn the mixture into a greased tin, and bake in a moderate oven for twenty to thirty minutes. When done, place the cake on a sieve to cool. Have ready some vanilla-flavoured water icing, and pour this over the cake. When the icing is nearly set decorate the top with bunches of crystallized violets, stalks of angelica, and leaves to represent sprays. (See coloured plate.)

Average cost, 1s. 4d. Time required, 1½ hours.



Gâteau Violette

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